

International Gestational Weight Gain Standards for Women with Normal BMI



Weight Gain (kg)

INTERGROWTH-21st



Gestational age (exact weeks)	z-scores (Standard Deviations)						
	-3	-2	-1	0	1	2	3
15	-2.8	-1.9	-0.8	0.4	1.8	3.4	5.3
16	-2.4	-1.4	-0.3	1.0	2.5	4.2	6.2
17	-2.0	-0.9	0.3	1.6	3.2	5.0	7.0
18	-1.6	-0.5	0.7	2.2	3.9	5.8	8.0
19	-1.3	-0.1	1.2	2.8	4.5	6.6	8.9
20	-1.0	0.3	1.7	3.3	5.2	7.4	9.9
21	-0.7	0.6	2.1	3.8	5.9	8.2	10.9
22	-0.4	0.9	2.5	4.4	6.5	9.0	12.0
23	-0.2	1.3	2.9	4.9	7.2	9.9	13.0
24	0.1	1.6	3.3	5.4	7.9	10.7	14.0
25	0.3	1.9	3.7	5.9	8.5	11.5	15.1
26	0.5	2.2	4.1	6.5	9.2	12.4	16.2
27	0.7	2.5	4.5	7.0	9.8	13.2	17.2
28	1.0	2.8	4.9	7.5	10.5	14.1	18.3
29	1.2	3.1	5.3	8.0	11.2	14.9	19.4
30	1.4	3.4	5.7	8.5	11.8	15.8	20.5
31	1.6	3.7	6.1	9.0	12.5	16.6	21.6
32	1.9	4.0	6.5	9.5	13.1	17.5	22.7
33	2.1	4.3	6.9	10.0	13.8	18.4	23.8
34	2.3	4.6	7.3	10.5	14.5	19.2	25.0
35	2.5	4.9	7.7	11.1	15.2	20.1	26.1
36	2.7	5.2	8.1	11.6	15.8	21.0	27.2
37	3.0	5.5	8.5	12.1	16.5	21.9	28.4
38	3.2	5.8	8.9	12.6	17.2	22.8	29.5
39	3.4	6.1	9.3	13.2	17.9	23.7	30.7
40	3.7	6.4	9.7	13.7	18.6	24.6	31.8