

Semana de Gestación	BAJO PESO (IMC Pre-gestacional < 18.5 kg/m <sup>2</sup> )			PESO NORMAL (IMC Pre-gestacional 18.5 a 24.9 kg/m <sup>2</sup> )			PESO NORMAL MULTIPLE (IMC Pre-gestacional 18.5 a 24.9 kg/m <sup>2</sup> )		
	UNICO			UNICO			MULTIPLE		
	MIN	MED	MAX	MIN	MED	MAX	MIN	MED	MAX
1	0.0	0.1	0.2	0.0	0.1	0.2			
2	0.1	0.2	0.3	0.1	0.2	0.3			
3	0.1	0.3	0.5	0.1	0.3	0.5			
4	0.2	0.4	0.6	0.2	0.4	0.6			
5	0.2	0.5	0.8	0.2	0.5	0.8			
6	0.2	0.6	0.9	0.2	0.6	0.9			
7	0.3	0.7	1.1	0.3	0.7	1.1			
8	0.3	0.8	1.2	0.3	0.8	1.2			
9	0.3	0.9	1.4	0.3	0.9	1.4			
10	0.4	1.0	1.5	0.4	1.0	1.5			
11	0.4	1.1	1.7	0.4	1.1	1.7			
12	0.5	1.2	1.8	0.5	1.2	1.8			
13	0.5	1.3	2.0	0.5	1.3	2.0			
14	0.9	1.8	2.6	0.9	1.7	2.5	1.1	2.0	2.9
15	1.4	2.3	3.2	1.3	2.2	3.0	1.7	2.7	3.7
16	1.8	2.8	3.8	1.7	2.6	3.6	2.3	3.4	4.6
17	2.3	3.3	4.4	2.1	3.1	4.1	2.9	4.2	5.4
18	2.7	3.8	5.0	2.5	3.6	4.6	3.6	4.9	6.3
19	3.2	4.4	5.6	2.9	4.0	5.1	4.2	5.6	7.1
20	3.6	4.9	6.1	3.4	4.5	5.6	4.8	6.4	8.0
21	4.1	5.4	6.7	3.8	5.0	6.1	5.4	7.1	8.8
22	4.5	5.9	7.3	4.2	5.4	6.7	6.0	7.8	9.7
23	4.9	6.4	7.9	4.6	5.9	7.2	6.6	8.6	10.5
24	5.4	7.0	8.5	5.0	6.3	7.7	7.2	9.3	11.4
25	5.8	7.5	9.1	5.4	6.8	8.2	7.8	10.0	12.2
26	6.3	8.0	9.7	5.8	7.3	8.7	8.4	10.8	13.1
27	6.7	8.5	10.3	6.2	7.7	9.3	9.1	11.5	13.9
28	7.2	9.0	10.9	6.6	8.2	9.8	9.7	12.2	14.8
29	7.6	9.5	11.5	7.0	8.7	10.3	10.3	13.0	15.6
30	8.1	10.1	12.1	7.4	9.1	10.8	10.9	13.7	16.5
31	8.5	10.6	12.7	7.8	9.6	11.3	11.5	14.4	17.3
32	8.9	11.1	13.3	8.2	10.0	11.9	12.1	15.1	18.2
33	9.4	11.6	13.9	8.6	10.5	12.4	12.7	15.9	19.0
34	9.8	12.1	14.4	9.1	11.0	12.9	13.3	16.6	19.9
35	10.3	12.7	15.0	9.5	11.4	13.4	13.9	17.3	20.7
36	10.7	13.2	15.6	9.9	11.9	13.9	14.6	18.1	21.6
37	11.2	13.7	16.2	10.3	12.4	14.4	15.2	18.8	22.4
38	11.6	14.2	16.8	10.7	12.8	15.0	15.8	19.5	23.3
39	12.1	14.7	17.4	11.1	13.3	15.5	16.4	20.3	24.1
40	12.5	15.3	18.0	11.5	13.8	16.0	17.0	21.0	25.0

Fuente: Institute of Medicine, Weight Gain During Pregnancy Washington DC National Academy of Sciences 2009

### TABLA DE RECOMENDACIONES DE GANANCIA DE PESO EN GESTANTES según IMC pregestacional



Semana de Gestación	BAJO PESO (IMC Pre-gestacional < 18.5 kg/m <sup>2</sup> )			PESO NORMAL (IMC Pre-gestacional 18.5 a 24.9 kg/m <sup>2</sup> )			PESO NORMAL MULTIPLE (IMC Pre-gestacional 18.5 a 24.9 kg/m <sup>2</sup> )		
	UNICO			UNICO			MULTIPLE		
	MIN	MED	MAX	MIN	MED	MAX	MIN	MED	MAX
1	0.0	0.1	0.2	0.0	0.1	0.2			
2	0.1	0.2	0.3	0.1	0.2	0.3			
3	0.1	0.3	0.5	0.1	0.3	0.5			
4	0.2	0.4	0.6	0.2	0.4	0.6			
5	0.2	0.5	0.8	0.2	0.5	0.8			
6	0.2	0.6	0.9	0.2	0.6	0.9			
7	0.3	0.7	1.1	0.3	0.7	1.1			
8	0.3	0.8	1.2	0.3	0.8	1.2			
9	0.3	0.9	1.4	0.3	0.9	1.4			
10	0.4	1.0	1.5	0.4	1.0	1.5			
11	0.4	1.1	1.7	0.4	1.1	1.7			
12	0.5	1.2	1.8	0.5	1.2	1.8			
13	0.5	1.3	2.0	0.5	1.3	2.0			
14	0.9	1.8	2.6	0.9	1.7	2.5	1.1	2.0	2.9
15	1.4	2.3	3.2	1.3	2.2	3.0	1.7	2.7	3.7
16	1.8	2.8	3.8	1.7	2.6	3.6	2.3	3.4	4.6
17	2.3	3.3	4.4	2.1	3.1	4.1	2.9	4.2	5.4
18	2.7	3.8	5.0	2.5	3.6	4.6	3.6	4.9	6.3
19	3.2	4.4	5.6	2.9	4.0	5.1	4.2	5.6	7.1
20	3.6	4.9	6.1	3.4	4.5	5.6	4.8	6.4	8.0
21	4.1	5.4	6.7	3.8	5.0	6.1	5.4	7.1	8.8
22	4.5	5.9	7.3	4.2	5.4	6.7	6.0	7.8	9.7
23	4.9	6.4	7.9	4.6	5.9	7.2	6.6	8.6	10.5
24	5.4	7.0	8.5	5.0	6.3	7.7	7.2	9.3	11.4
25	5.8	7.5	9.1	5.4	6.8	8.2	7.8	10.0	12.2
26	6.3	8.0	9.7	5.8	7.3	8.7	8.4	10.8	13.1
27	6.7	8.5	10.3	6.2	7.7	9.3	9.1	11.5	13.9
28	7.2	9.0	10.9	6.6	8.2	9.8	9.7	12.2	14.8
29	7.6	9.5	11.5	7.0	8.7	10.3	10.3	13.0	15.6
30	8.1	10.1	12.1	7.4	9.1	10.8	10.9	13.7	16.5
31	8.5	10.6	12.7	7.8	9.6	11.3	11.5	14.4	17.3
32	8.9	11.1	13.3	8.2	10.0	11.9	12.1	15.1	18.2
33	9.4	11.6	13.9	8.6	10.5	12.4	12.7	15.9	19.0
34	9.8	12.1	14.4	9.1	11.0	12.9	13.3	16.6	19.9
35	10.3	12.7	15.0	9.5	11.4	13.4	13.9	17.3	20.7
36	10.7	13.2	15.6	9.9	11.9	13.9	14.6	18.1	21.6
37	11.2	13.7	16.2	10.3	12.4	14.4	15.2	18.8	22.4
38	11.6	14.2	16.8	10.7	12.8	15.0	15.8	19.5	23.3
39	12.1	14.7	17.4	11.1	13.3	15.5	16.4	20.3	24.1
40	12.5	15.3	18.0	11.5	13.8	16.0	17.0	21.0	25.0

Tabla IMC Pregestacional

IMC TALL A m	CLASIFICACION						
	DELGADEZ		NORMAL		SOBREPESO		
	I	II	I	II	I	II	III
<16	> 16	> 17	> 18.5	> 25	> 30	> 35	> 40
1.35	26.2	31.0	33.7	45.6	54.7	63.6	72.9
1.36	26.6	31.4	34.2	46.2	55.5	64.7	74.0
1.37	27.0	31.9	34.7	46.9	56.3	65.7	75.1
1.38	27.5	32.4	35.2	47.6	57.1	66.7	76.2
1.39	27.9	32.9	35.7	48.3	58.0	67.8	77.3
1.40	28.4	33.3	36.3	49.0	58.8	68.6	78.4
1.41	28.8	33.8	36.8	49.7	59.6	69.6	79.5
1.42	29.3	34.3	37.3	50.4	60.5	70.6	80.7
1.43	29.7	34.8	37.8	51.1	61.3	71.6	81.8
1.44	30.2	35.3	38.4	51.8	62.2	72.6	82.9
1.45	30.6	35.7	38.9	52.6	63.1	73.6	84.1
1.46	31.1	36.2	39.4	53.3	63.9	74.6	85.3
1.47	31.6	36.7	40.0	54.0	64.8	75.6	86.4
1.48	32.0	37.2	40.5	54.8	65.7	76.7	87.6
1.49	32.5	37.7	41.1	55.5	66.6	77.7	88.8
1.50	33.0	38.3	41.6	56.3	67.5	78.8	90.0
1.51	33.5	38.8	42.2	57.0	68.4	79.8	91.2
1.52	34.0	39.3	42.7	57.8	69.3	80.9	92.4
1.53	34.5	39.8	43.3	58.5	70.2	81.9	93.6
1.54	35.0	40.3	43.9	59.3	71.1	83.0	94.9
1.55	35.5	40.8	44.4	60.1	72.1	84.1	96.1
1.56	36.0	41.4	45.0	60.8	73.0	85.2	97.3
1.57	36.5	41.9	45.6	61.6	73.9	86.3	98.6
1.58	37.0	42.4	46.2	62.4	74.9	87.4	99.9
1.59	37.5	43.0	46.8	63.2	75.8	88.5	101.1
1.60	38.0	43.5	47.4	64.0	76.8	89.6	102.4
1.61	38.5	44.1	48.0	64.8	77.8	90.7	103.7
1.62	39.0	44.6	48.6	65.6	78.7	91.8	105.0
1.63	39.5	45.2	49.2	66.4	79.7	92.9	106.3
1.64	40.0	45.7	49.8	67.2	80.7	94.1	107.6
1.65	40.5	46.3	50.4	68.1	81.7	95.2	108.9
1.66	41.0	46.8	51.0	68.9	82.7	96.4	110.2
1.67	41.5	47.4	51.6	69.7	83.7	97.6	111.6
1.68	42.0	48.0	52.2	70.6	84.7	98.8	112.9
1.69	42.5	48.6	52.8	71.4	85.7	100.0	114.2
1.70	43.0	49.1	53.5	72.3	86.7	101.2	115.6
1.71	43.5	49.7	54.1	73.1	87.7	102.4	117.0
1.72	44.0	50.3	54.7	74.0	88.8	103.5	118.3
1.73	44.5	50.9	55.4	74.8	89.8	104.8	119.7
1.74	45.0	51.5	56.0	75.7	90.8	106.0	121.1
1.75	45.5	52.1	56.7	76.6	91.9	107.2	122.5
1.76	46.0	52.7	57.3	77.4	92.9	108.4	123.9
1.77	46.5	53.3	58.0	78.3	94.0	109.7	125.3
1.78	47.0	53.9	58.6	79.2	95.1	110.9	126.7
1.79	47.5	54.5	59.3	80.1	96.1	112.1	128.1
1.80	48.0	55.1	59.9	81.0	97.2	113.4	129.6
1.81	48.5	55.7	60.6	81.9	98.3	114.7	131.0
1.82	49.0	56.3	61.3	82.8	99.4	115.9	132.5
1.83	49.5	56.9	62.0	83.7	100.5	117.2	134.0
1.84	50.0	57.5	62.6	84.6	101.6	118.5	135.4
1.85	50.5	58.1	63.3	85.4	102.7	119.8	136.9
1.86	51.0	58.7	64.0	86.3	103.8	121.1	138.4
1.87	51.5	59.3	64.7	87.2	104.9	122.4	139.9
1.88	52.0	59.9	65.4	88.1	106.0	123.7	141.4
1.89	52.5	60.5	66.1	89.0	107.2	125.0	142.9
1.90	53.0	61.1	66.8	90.0	108.4	126.4	144.4
1.91	53.5	61.7	67.4	91.0	109.6	127.8	145.9
1.92	54.0	62.3	68.1	92.0	110.8	129.2	147.4
1.93	54.5	62.9	68.8	93.0	112.0	130.7	148.9
1.94	55.0	63.5	69.5	94.0	113.2	132.1	150.4
1.95	55.5	64.1	70.2				