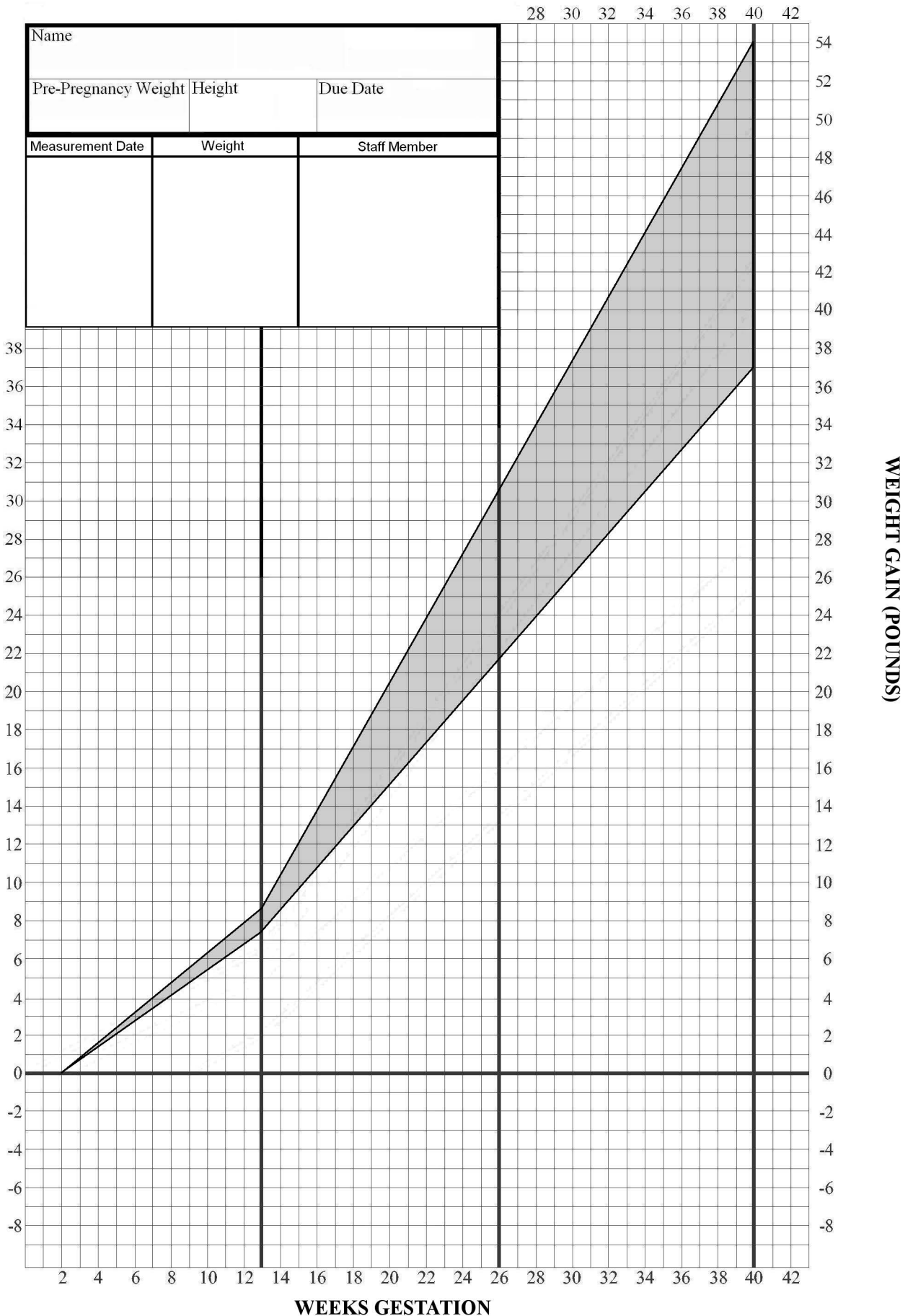


PRENATAL WEIGHT GAIN GRID BMI 18.5 - 24.9 MULTIPLES



Reference: Institute of Medicine, 2009. *Weight Gain During Pregnancy: Reexamining the Guidelines*. Washington, D.C. National Academies Press.



This institution is an equal opportunity provider.

Washington WIC does not discriminate.

For persons with disabilities, this document is available on request in other formats.

To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).



DOH 961-294 July 2011