

# The International Gestational Weight Gain Standards

For Women of Normal Weight

INTERGROWTH-21<sup>st</sup>



## Gestational Weight Gain (Kg)



Gestational age (exact weeks)	centiles						
	3 <sup>rd</sup>	5 <sup>th</sup>	10 <sup>th</sup>	50 <sup>th</sup>	90 <sup>th</sup>	95 <sup>th</sup>	97 <sup>th</sup>
15	-1.77	-1.52	-1.14	0.39	2.24	2.82	3.23
16	-1.26	-1.00	-0.60	1.01	2.95	3.55	3.98
17	-0.80	-0.52	-0.09	1.61	3.65	4.30	4.75
18	-0.37	-0.08	0.38	2.19	4.36	5.05	5.53
19	0.03	0.34	0.82	2.75	5.07	5.80	6.31
20	0.41	0.74	1.25	3.30	5.78	6.56	7.11
21	0.77	1.11	1.66	3.84	6.49	7.33	7.91
22	1.11	1.48	2.05	4.37	7.19	8.09	8.72
23	1.45	1.83	2.44	4.90	7.90	8.86	9.52
24	1.77	2.18	2.82	5.42	8.61	9.62	10.34
25	2.09	2.52	3.19	5.94	9.31	10.39	11.15
26	2.40	2.85	3.56	6.45	10.02	11.17	11.97
27	2.71	3.18	3.93	6.96	10.73	11.94	12.79
28	3.02	3.51	4.29	7.47	11.43	12.71	13.61
29	3.33	3.84	4.65	7.98	12.14	13.49	14.44
30	3.63	4.17	5.01	8.49	12.86	14.27	15.27
31	3.94	4.49	5.37	9.00	13.57	15.06	16.10
32	4.24	4.82	5.73	9.52	14.29	15.84	16.94
33	4.55	5.15	6.10	10.03	15.01	16.63	17.78
34	4.85	5.47	6.46	10.55	15.73	17.43	18.62
35	5.16	5.80	6.82	11.06	16.46	18.22	19.47
36	5.47	6.14	7.19	11.58	17.19	19.03	20.32
37	5.78	6.47	7.56	12.11	17.92	19.83	21.18
38	6.10	6.80	7.93	12.63	18.66	20.64	22.04
39	6.41	7.14	8.30	13.16	19.40	21.46	22.91
40	6.73	7.48	8.68	13.69	20.15	22.28	23.79

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## Gestational Weight Gain (Kg)



Gestational age (exact weeks)	z-scores						
	-3	-2	-1	0	1	2	3
15	-2.81	-1.89	-0.83	0.39	1.81	3.44	5.32
16	-2.35	-1.39	-0.27	1.01	2.49	4.20	6.16
17	-1.95	-0.93	0.25	1.61	3.18	4.98	7.05
18	-1.60	-0.51	0.75	2.19	3.85	5.77	7.98
19	-1.27	-0.12	1.21	2.75	4.53	6.58	8.94
20	-0.97	0.25	1.67	3.30	5.20	7.39	9.93
21	-0.69	0.60	2.10	3.84	5.86	8.21	10.94
22	-0.43	0.93	2.52	4.37	6.53	9.04	11.96
23	-0.18	1.26	2.94	4.90	7.19	9.87	12.99
24	0.06	1.57	3.34	5.42	7.85	10.70	14.04
25	0.29	1.88	3.75	5.94	8.51	11.54	15.10
26	0.52	2.18	4.14	6.45	9.17	12.38	16.17
27	0.75	2.48	4.54	6.96	9.83	13.23	17.24
28	0.97	2.78	4.93	7.47	10.49	14.07	18.32
29	1.19	3.08	5.32	7.98	11.15	14.93	19.41
30	1.41	3.37	5.71	8.49	11.82	15.78	20.51
31	1.63	3.67	6.10	9.00	12.48	16.64	21.61
32	1.85	3.96	6.49	9.52	13.15	17.50	22.72
33	2.07	4.26	6.88	10.03	13.82	18.37	23.83
34	2.30	4.55	7.27	10.55	14.49	19.24	24.96
35	2.52	4.85	7.67	11.06	15.16	20.11	26.09
36	2.74	5.15	8.06	11.58	15.84	20.99	27.22
37	2.97	5.45	8.46	12.11	16.52	21.88	28.37
38	3.20	5.75	8.86	12.63	17.21	22.77	29.52
39	3.43	6.06	9.26	13.16	17.90	23.66	30.68
40	3.66	6.37	9.67	13.69	18.59	24.57	31.84