

Table S1

Modified IOM 2009 guideline for total weight gain during pregnancy by pre-pregnancy BMI categories in Taiwan.

Pre-pregnancy BMI	IOM ^a	Taiwan ^b	Total Weight Gain (lbs)	Total Weight Gain (kg)
Underweight	<18.5	<18.5	28–40	12.7-18.1
Normal weight	18.5-24.9	18.5-23.9	25–35	11.3-15.9
Overweight	25.0-29.9	24.0-26.9	15–25	6.8-11.3
Obese	≥30.0	≥27.0	11–20	5.0-9.1

IOM, Institute of Medicine

^a The IOM 2009 guideline:

<http://iom.edu/Reports/2009/Weight-Gain-During-Pregnancy-Reexamining-the-Guidelines.aspx>

^b The Bureau of Health Promotion, Department of Health, Taiwan:

http://health99.hpa.gov.tw/OnlinkHealth/Onlink_BMI.aspx