**Figure S1.** Detailed criteria and guidelines for gestational weight gain.

GWG, gestational weight gain; BMI, body mass index.

### Detailed criteria for trimester-specific or total gestational weight gain

**A**

**Total GWG**

- GWG from 2nd to 3rd trimester

**Prepregnancy**

| First trimester | Second trimester | Third trimester | End of pregnancy |
|-----------------|------------------|-----------------|------------------|
| (visit 1)       | (13–28 weeks at visit) | (29–40 weeks at visit) | (visit 4) |

### Guidelines of the Institute of Medicine for weight gain during pregnancy

**B**

| Prepregnancy BMI (kg/m²) | Rates of weight gain in the first trimester (kg) | Rates of weight gain in the second and third trimester (kg/week) | Recommended total weight gain (kg) |
|--------------------------|--------------------------|--------------------------|--------------------------|
| BMI < 18.5               | 0.5–2.0                  | 0.44–0.50                | 12.5–18.0                |
| 18.5 ≤ BMI < 25.0        | 0.5–2.0                  | 0.35–0.50                | 11.5–16.0                |
| 25.0 ≤ BMI < 30.0        | 0.5–2.0                  | 0.23–0.33                | 7.0–11.5                 |
| 30.0 ≤ BMI               | 0.5–2.0                  | 0.17–0.27                | 5.0–9.0                  |

Institute of Medicine (IOM), 2009