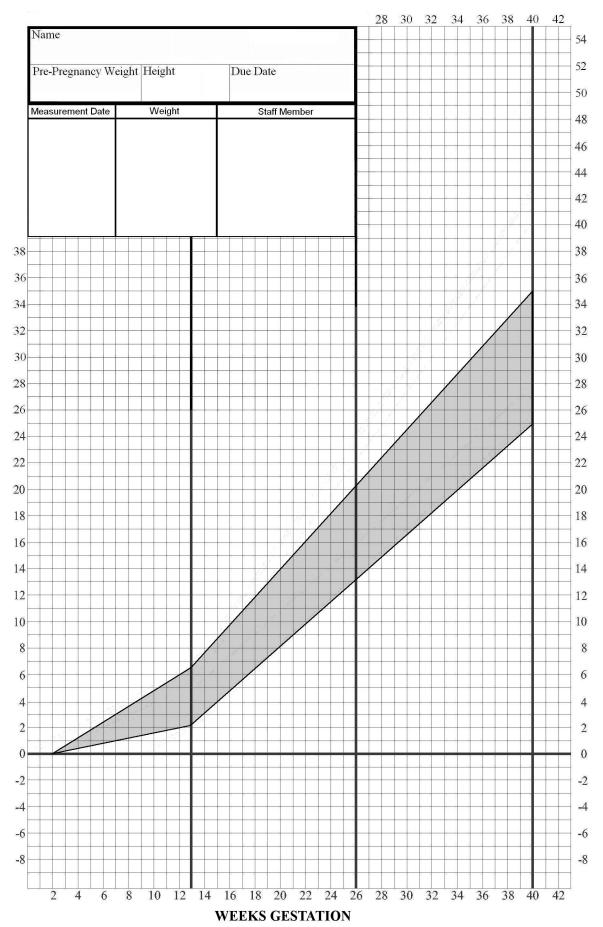
Westington State Department of Health PRENATAL WEIGHT GAIN GRID BMI 18.5 - 24.9



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



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