

Table 6. ENERGY NEEDS FOR PREGNANCY BASED ON GESTATIONAL AGE ¹,
revised 2006

The Institute of Medicine formulas for estimating the energy requirements for pregnant women who have normal weight are as follows:

- 1st trimester = Adult EER + 0
- 2nd trimester = Adult EER + 160 kcal (8 kcal/wk x 20 wk) + 180 kcal
- 3rd trimester = Adult EER + 272 kcal (8 kcal/wk x 34 wk) + 180 kcal

At this time there is no formula supported by research to determine energy requirements for **overweight and obese** pregnant women. A dietetics professional should evaluate each individual's case and provide the necessary education and monitoring to achieve weight gain goals (Table 4). Some women, especially those who are sedentary and/or live in developed countries, may not need the additional kcal recommended above.²

REFERENCES

1. Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Protein and Amino Acids (Macronutrients). Washington, DC: National Academy Press; 2002.
2. Position of the American Dietetic Association: Nutrition and lifestyle for a healthy pregnancy outcome. J Am Diet Assoc. 2002; 102: 1481