Objectives: To determine the relationship between maternal weight gain pattern and birth weight.

Methods: All nonobese, white women delivered at the University of California, San Francisco, between 1980–1990 were eligible for this study. Our study group included 2994 uncomplicated pregnancies with complete data. All recorded prenatal weight gain measurements were used to estimate maternal trimester weight gain, pattern of gain (based on low versus not-low gain at each trimester), and total gain at delivery. Multiple linear regression analysis was used to assess the relationship between these weight gain measurements and fetal birth weight.

Results: After adjustment for seven covariates, each kilogram of maternal gain in the first, second, and third trimesters was associated with statistically significant increases in fetal birth weight of 18.0, 32.8, and 17.0 g, respectively. When compared with the pattern of gain that was not low in any trimester, patterns with low gain in the first and second trimesters or in the second and third trimesters were associated with significant
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Supported by grant HD27347-05 from the National Institute of Child Health and Human Development.

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positioning traditional phylogeny, all further far beyond the scope of this study and will not be considered here.

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