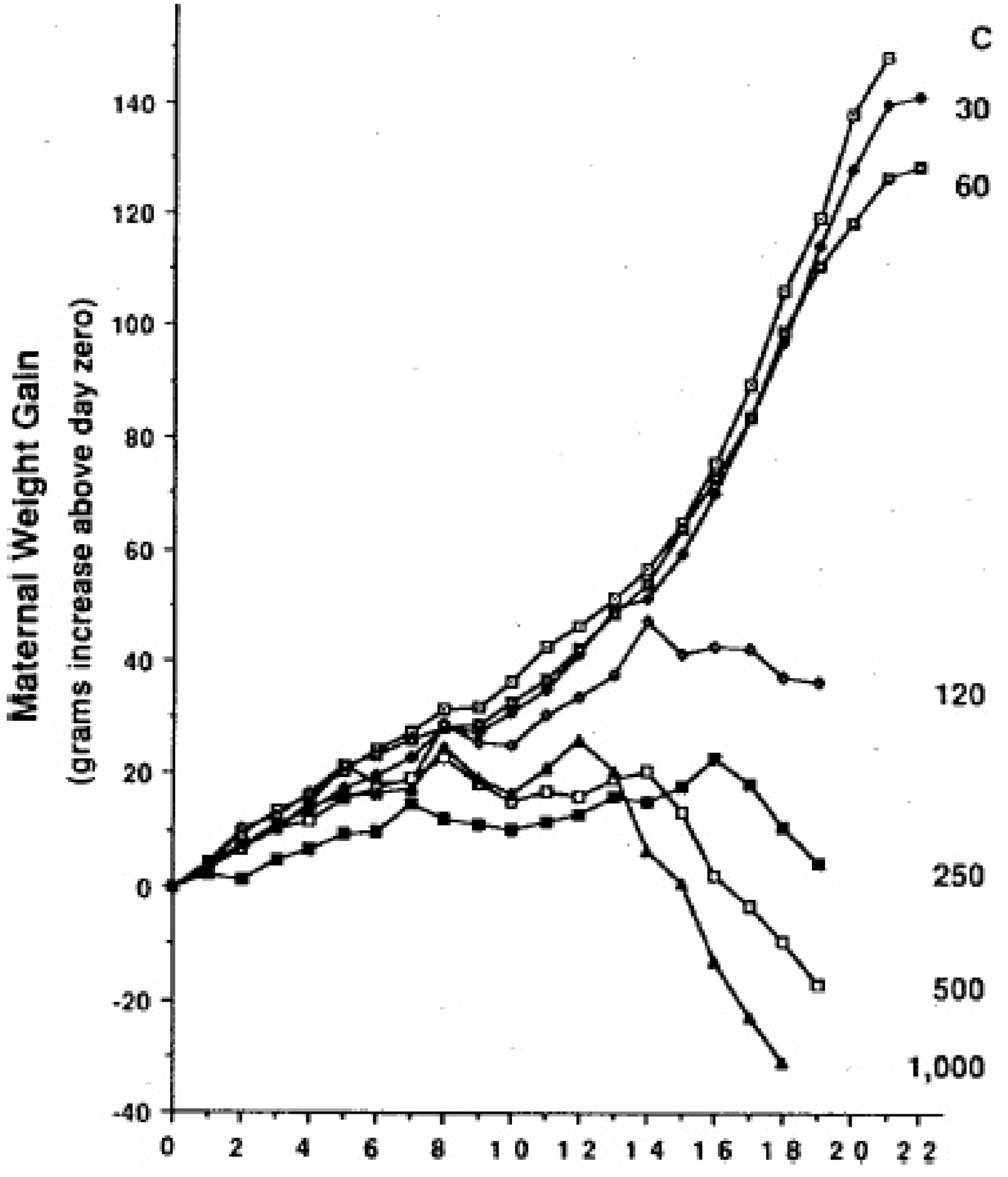
Maternal Weight Gain
(grams increase above day zero)
140
120
100
80
60
40
20
0
-20
-40
0
2
4
6
8
10
12
14
16
18
20
22
C
30
60
120
250
500
1,000