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.

REFERENCES
