A few answers to your questions and comments:
1) In the code given, you should not be looking at totpreg5, but at totpreg7m. totpreg5 gave all pregnancies in the last 5 years, not just those of 7 months or more. totpreg7m gives the number of pregnancies of 7 months or more. If you look at totpreg7m you will see it is less (not more) than the number in table 10.6 as it does not include the twins.
2) To include twins in this variable you can add the following code to the code given earlier:
* Compute additional twins in the last 5 years. One is counted in totpreg7m already, this just counts the 2nd and 3rd, etc.
* First rename birth history variables to facilitate forvalues loop
rename b*_0* b*_*
gen twins = 0
* loop through the birth history counting the additional twins in the last 5 years
forvalues i = 1/20 {
   * only count second, third, etc. of twins if born in the last 5 years
   replace twins = twins+1 if b3_`i' != . & b3_`i' >= v008-59 & b0_`i' >= 2
}
replace totpreg7m = totpreg7m+twins
tab totpreg7m [iw=wgt]
This code counts all of the additional twins in the last 5 years and adds those to totpreg7m. Note that this is not all twins, but all 'additional' twins as one child has already been counted.