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Calculate Your Body Mass Index

Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

- Enter your weight and height using standard or metric measures.
- Select "Compute BMI" and your BMI will appear below.

Home

Assessing Your Weight and Health Risk

Control Your Weight

Eat Right

Be Physically Active

Healthy Weight Tools

- BMI Calculator
- Menu Plans
- Portion Distortion

Key Recommendations

Healthy Weight Resources for Parents/Families (We Can!)

Health Professional Resources

Español

STANDARD **METRIC**

Your Height:
(feet) (inches)

Your Weight:
(pounds)

BMI Categories:

- Underweight = <18.5
- Normal weight = 18.5-24.9
- Overweight = 25-29.9
- Obesity = BMI of 30 or greater

The BMI Tables

Aim for a Healthy Weight:

- [Limitations of the BMI](#)
- [Assessing Your Risk](#)
- [Controlling Your Weight](#)
- [Recipes](#)

Download the BMI calculator app today (available for [iPhone](#) and [Android](#)).

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