



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.

Español

STANDARD

METRIC

Your Height: 5 3
(feet) (inches)

Your Weight: 240
(pounds)

Your BMI:
42.5

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](#)
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- [Controlling Your Weight](#)
- [Recipes](#)

 [Download the BMI Calculator iPhone App](#)

Note: If this does not work with your browser or for a text alternative to this page, [go to our CGI-based BMI Calculator.](#)

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