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- Public
- Health Professionals
- Networks
- Funding & Research
- Clinical Trials
- Training & Careers
- Researchers
- Educational Campaigns
- News & Resources
- About NHLBI

Aim for a Healthy Weight » BMI Calculator

Wednesday, June 05, 2013



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:
(feet) (inches)

Your Weight:
(pounds)

Your BMI:

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 iPhone App](#)

Home

[Assessing Your Weight and Health Risk](#)

[Control Your Weight](#)

[Eat Right](#)

[Be Physically Active](#)

Healthy Weight Tools

- [BMI Calculator](#)
- [Menu Planner](#)
- [Portion Distortion](#)

Key Recommendations

[Healthy Weight Resources for Parents/Families \(We Can!\)](#)

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