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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.

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 - BMI Calculator
 - Menu Plans
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- Key Recommendations
- Healthy Weight Resources for Parents/Families (*We Can!*)
- Health Professional Resources

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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

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