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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)

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:**  
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