



### 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**

Your Height:  (feet)  (inches)

Your Weight:  (pounds)

**METRIC**

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 app today (available for [iPhone](#) and [Android](#)).



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