U.S. Department of Health & Human Services

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**Assessing Your** Weight and Health Risk

**Control Your** Weight

**Eat Right** 

**Be Physically** Active

# Healthy Weight Tools

**BMI Calculator** Menu Plans **Portion** Distortion

## Key Recommendation

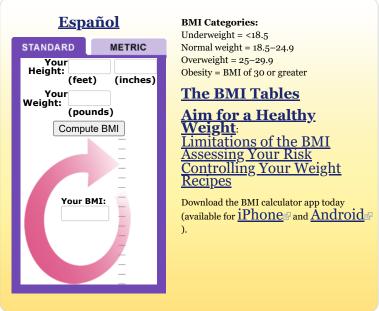
**Healthy Weight** Resources for **Parents/Families** (We Can!)

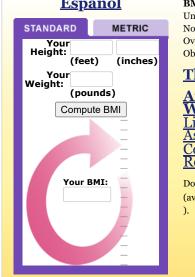
Health **Professional** Resources

## **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 <u>metric</u> measures.
- Select "Compute BMI" and your BMI will appear below.







- Building 31 31 Center Drive Bethesda, MD 20892
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