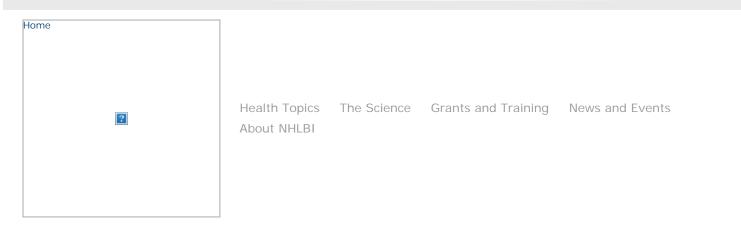
Calculate Your BMI - Standard BMI Calculator

Visited 06/22/2020

U.S. Department of Health & Human Services



Home » Health Information for the Public » Educational Campaigns & Programs » Aim for a Healthy Weight » Healthy Weight Tools » BMI Calculator



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

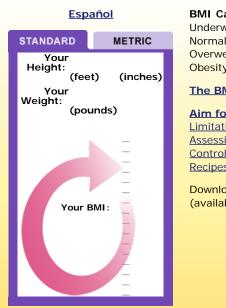
BMI Calculator Menu Plans

Portion Distortion

Key Recommendations

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

Health Professional Resources



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 <u>iPhone</u> and <u>Android</u>).

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