

U.S. Department of Health & Human Services

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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

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.

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: 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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