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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)

#### 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](#)).

Your BMI:

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