



NUTRITION™
GET A TASTE FOR THE HEALTHY LIFE™

BMI CHART

Body Mass Index (BMI) measures your weight in relation to your height. A BMI between 18.5 and 24.9 is considered healthy. A low BMI is linked with osteoporosis, undernutrition and eating disorders. A high BMI indicates increased risk for heart disease, high blood pressure, cancer, type 2 diabetes and other health concerns

Here's a quick chart to give you an idea of risk:¹

HEIGHT	MINIMAL RISK (BMI UNDER 25)	MODERATE RISK (BMI 25-29.9) OVERWEIGHT	HIGH RISK (BMI 30 AND ABOVE) OBESE
4'10"	118 lbs. or less	119 - 142 lbs.	143 lbs. or more
4'11"	123 or less	124 - 147	148 or more
5'0	123 or less	124 - 147	153 or more
5'1"	131 or less	132 - 157	158 or more
5'2'	135 or less	136 - 163	164 or more
5'3"	140 or less	141 - 168	169 or more
5'4"	144 or less	145 - 173	174 or more
5'5"	149 or less	150 - 179	180 or more
5'6"	154 or less	155 - 185	186 or more
5'7"	158 or less	159 - 190	191 or more
5'8"	163 or less	164 - 196	197 or more
5'9"	168 or less	169 - 202	203 or more
5'10"	173 or less	174 - 208	209 or more
5'11"	178 or less	179 - 214	215 or more
6'0"	183 or less	184 - 220	221 or more
6'1"	188 or less	189 - 226	227 or more
6'2"	193 or less	194 - 232	233 or more
6'3"	199 or less	200 - 239	240 or more
6'4"	204 or less	205 - 245	246 or more

Note:

1. The BMI does not apply to people under age 18, pregnant women, very muscular people or those over age 65.

This discussion of nutrition and physical activity issues is provided as a service to the public. It is for informational purposes only and may not be applicable to everyone. Always consult your health care professional before making any significant changes in your dietary habits or your physical activity routines.