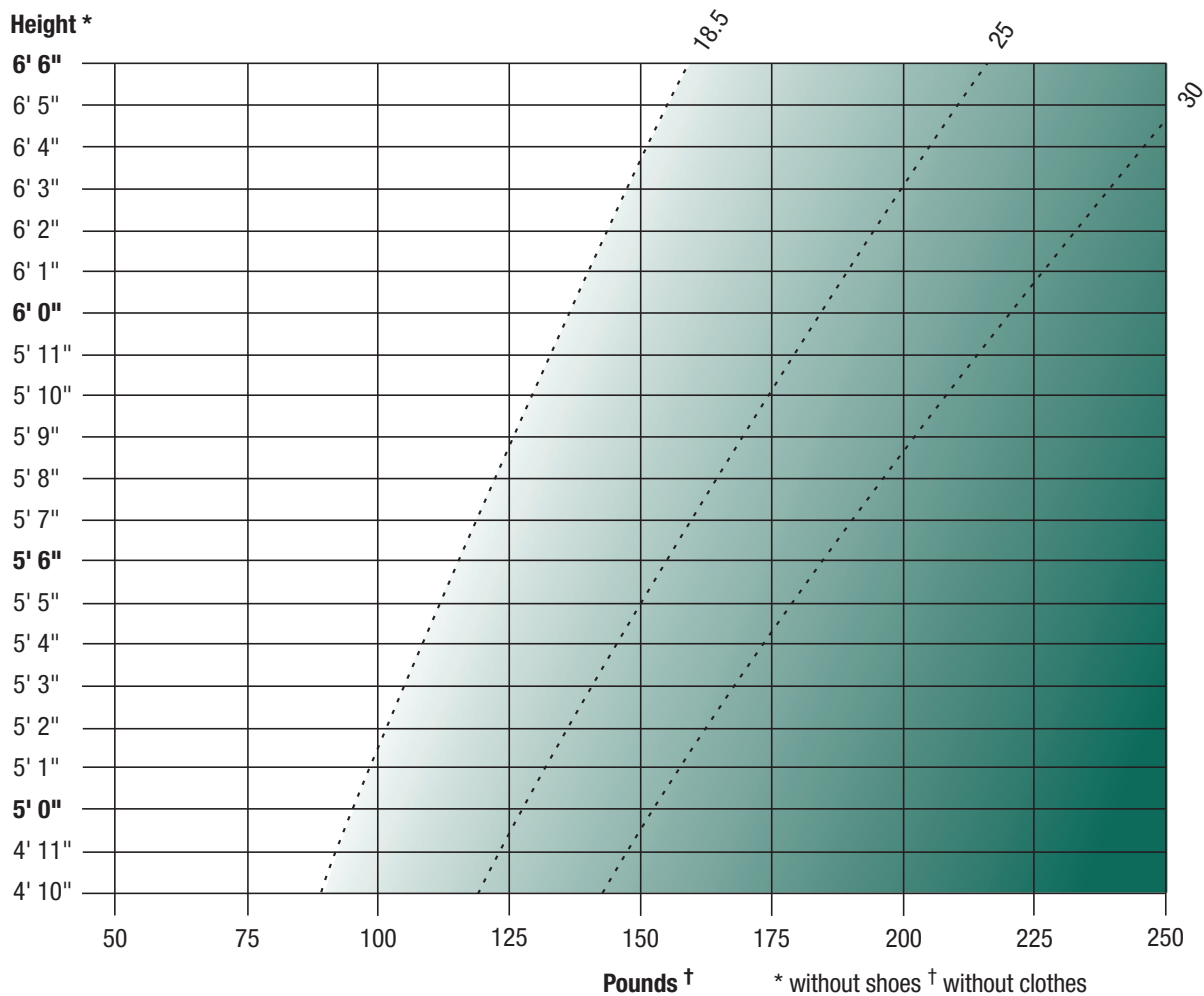


GAUGING HEALTHY WEIGHT: THE BODY MASS INDEX

Body Mass Index (BMI)



Directions: Find your weight on the bottom of the graph. Go straight up from that point until you come to the line that matches your height. Then look to find your weight group.

- Healthy Weight** BMI from 18.5 up to 25 refers to healthy weight.
- Overweight** BMI from 25 up to 30 refers to overweight.
- Obese** BMI 30 or higher refers to obesity. Obese persons are also overweight.

From U.S. Department of Agriculture, U.S. Department of Health and Human Services. Nutrition and your health: Dietary guidelines for Americans, 5th ed. Washington, D.C.: U.S. Government Printing Office, 2000.