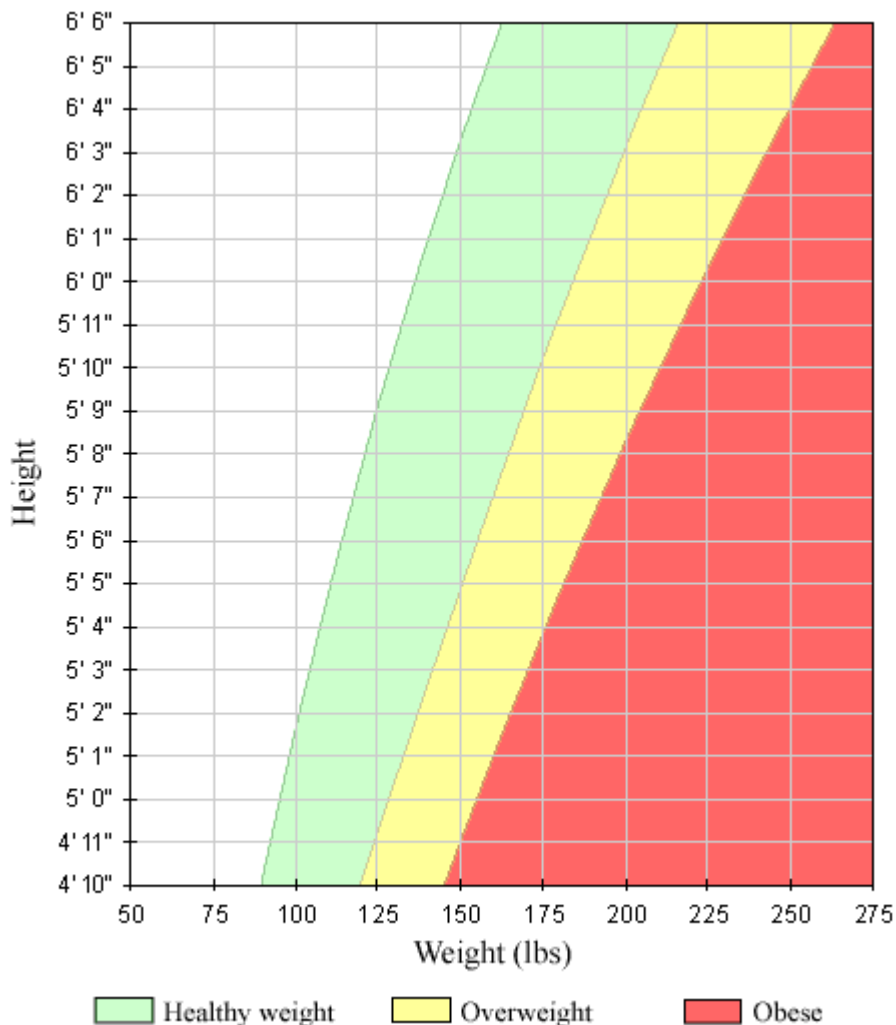


# Healthy weight chart for adults

## Healthy weight chart for adults



Use the chart to locate your height and weight. The shaded regions on the chart correspond to healthy and overweight ranges based on body mass index (BMI). For adults older than 20 years:

- A BMI below 18.5 (shown in white) is considered underweight.
- A BMI between 18.5 and 25 (green) is considered a healthy weight.
- A BMI between 25 and 30 (yellow) is considered overweight.
- A BMI above 30 (red) is considered obese.

Adapted from the Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans (2000). U.S. Department of Health and Human Services (<http://www.health.gov/dietaryguidelines/>).