

# Body Mass Index and Caloric Needs

BMI is a measure of average body fat based on height and weight. It is only a guide but it can serve as a general indication of health. Read across for your height in inches and then down to the row containing your weight in pounds.

Height (inches)		58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
Height (cm)		147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193
Weight (pounds)	Weight (KG)																			
100	45	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12
105	48	22	21	21	20	19	19	18	18	17	16	16	16	15	15	14	14	14	13	13
110	50	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	13
115	52	24	23	23	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	14
120	55	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
125	57	26	25	24	24	23	22	22	21	20	20	19	18	18	17	17	17	16	16	15
130	59	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
135	61	28	27	26	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16
140	64	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
145	66	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
150	68	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
155	70	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	20	20	19	19
160	73	34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	20
165	75	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20
170	77	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	80	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	21
180	82	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
185	84	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
190	86	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
195	89	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24
200	91	42	40	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24
205	93	43	41	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	26	25
210	95	44	43	41	40	38	37	36	35	34	33	32	31	30	29	29	28	27	26	26
215	98	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26
220	100	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27
225	102	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30	29	28	27
230	105	48	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	30	29	28
235	107	49	48	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29
240	109	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29
245	111	51	50	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31	30
250	114	52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30
255	116	53	52	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31
260	118	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	33	32

## BMI Ranges:

<b>Underweight:</b> Less than 18.5	<b>Normal Range:</b> 18.5 - 24.9	<b>Overweight:</b> 25 - 29.9	<b>Obese:</b> 30+
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## Caloric Needs

This Caloric Needs Chart shows how many calories are required for the body to maintain proper energy balance. The calorie ranges reflect the needs of different ages and genders. Children and adolescents need more calories at older ages, whereas adults require fewer calories at older ages.

	Age (years)	Sedentary	Moderately Active	Active
<b>Child</b>	2-3	1,000	1,000-1,400	1,000-1,400
<b>Female</b>	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
<b>Male</b>	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

## Lifestyle Guide:

**Sedentary** – includes only the light physical activity associated with typical day-to-day life.

**Moderately Active** – in addition to typical daily activities, moderately active includes physical activity equivalent to walking about 1.5-3 miles per day.

**Active** – in addition to typical daily activities, an active lifestyle includes walking more than 3 miles per day.