

HAVE YOU HAD YOUR TODAY?

5+ 2 FRUITS 3 VEGGIES



When you balance calories with healthy foods and daily physical activity, you can maintain a healthy weight. For more information and ideas on how to live better and grow stronger, go to healthysd.gov.



BODY MASS INDEX TABLE

BMI	Normal 19-24	Overweight 25-29	Obese 30-39	Extreme Obesity 40-54
HEIGHT (INCHES)	BODY WEIGHT (POUNDS)			
58	91-115	119-138	143-186	191-258
59	94-119	124-143	148-193	198-267
60	97-123	128-148	153-199	204-276
61	100-127	132-153	158-206	211-285
62	104-131	136-158	164-213	218-295
63	107-135	141-163	169-220	225-304
64	110-140	145-169	174-227	232-314
65	114-144	150-174	180-234	240-324
66	118-148	155-179	186-241	247-334
67	121-153	159-185	191-249	255-344
68	125-158	164-190	197-256	262-354
69	128-162	169-196	203-263	270-365
70	132-167	174-202	209-271	278-376
71	136-172	179-208	215-279	286-386
72	140-177	184-213	221-287	294-397
73	144-182	189-219	227-295	302-408
74	148-186	194-225	233-303	311-420
75	152-192	200-232	240-311	319-431
76	156-197	205-238	246-320	328-443

