

Minimum/maximum BMI and weight in pounds for preferred/preferred plus

Height	Male/female age 18 to 60				Male/female age 61+			
	Preferred plus BMI		Preferred BMI		Preferred plus BMI		Preferred BMI	
	Min 18	Max 30	Min 18	Max 32	Min 19	Max 31	Min 19	Max 33
4' 10"	88	143	88	153	91	148	91	157
4' 11"	91	148	91	158	94	153	94	163
5' 0"	94	153	94	163	97	158	97	169
5' 1"	98	158	98	169	100	164	100	174
5' 2"	101	164	101	175	104	169	104	180
5' 3"	104	169	104	180	107	175	107	186
5' 4"	108	174	108	186	110	180	110	192
5' 5"	111	180	111	192	114	186	114	198
5' 6"	114	185	114	198	118	192	118	204
5' 7"	118	191	118	204	121	198	121	210
5' 8"	122	197	122	210	125	203	125	217
5' 9"	125	203	125	216	128	209	128	223
5' 10"	129	209	129	222	132	216	132	230
5' 11"	133	215	133	229	136	222	136	236
6' 0"	136	221	136	235	140	228	140	243
6' 1"	140	227	140	242	144	235	144	250
6' 2"	144	233	144	249	148	241	148	257
6' 3"	148	240	148	256	152	248	152	264
6' 4"	152	246	152	263	156	254	156	271

For heights not listed on this table, go to www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm