

## Body Weight Chart

**(From: USDA Dietary Guidelines for Americans)**

The chart below lists healthy weight ranges for adults as published by the U.S. Department of Agriculture. Weight ranges are given in the chart because people of the same height may have equal amounts of body fat but different amounts of muscle and bone. It is a general chart that applies to men and women of all ages.

You should use this or any chart only as a guide. Please consult your health professional for specific weight goals based on your gender, body size, and activity level.

<b>Height</b>	<b>Weight(in Pounds)</b>
4'10"	91-119
4'11"	94-124
5'0"	97-128
5'1"	101-132
5'2"	104-137
5'3"	107-141
5'4"	111-146
5'5"	114-150
5'6"	118-155
5'7"	121-160
5'8"	125-164
5'9"	129-169
5'10"	132-174
5'11"	136-179
6'0"	140-184
6'1"	144-189
6'2"	148-195
6'3"	152-200
6'4"	156-205
6'5"	160-211
6'6"	164-216

