

# BMI Guide



**BMI GUIDE WITH  
FOOD & LIFESTYLE  
TIPS**

*This guide provides a clear understanding of Body Mass Index (BMI), its health indicators, and practical tips for achieving or maintaining a healthy weight. Use it as a quick reference for choosing the right foods and lifestyle habits for your BMI category.*

## BMI Categories & Indicators

BMI Category	BMI Range	Indicators / Health Notes
Under Weight	< 18.5	Low energy, frequent illness, nutrient deficiencies, weakened
Normal Weight	18.5 - 24.9	Healthy weight, good energy, low risk of chronic diseases
Over weight	25 - 29.9	Risk of insulin resistance, joint pain, fatigue
Obese	30+	High risk of diabetes, heart disease, blood pressure issues

## Food & Lifestyle Tips!

### Underweight (<18.5)

## Goal: Gain healthy weight & muscle mass

Eat More	Lifestyle Tips
Whole grains (brown rice, oats, chapati)	Eat 5–6 smaller meals per day
Proteins (eggs, chicken, lentils, beans)	Snack on nuts/dry fruits
Healthy fats (avocado, nuts, olive oil) Dairy (milk, cheese, yogurt)	Strength training for muscle gain
High-calorie smoothies	Avoid junk food — focus on nutrient-dense foods

## Normal Weight (18.5 - 24.9)

### Goal: Maintain weight & health

Eat	Lifestyle Tips
Balanced plate (½ veggies, ¼ protein, ¼ whole grain)	<input checked="" type="checkbox"/> Exercise 4–5 times per week
Fresh fruits & vegetables daily	<input checked="" type="checkbox"/> Sleep 7–8 hours
Moderate healthy fats & proteins	<input checked="" type="checkbox"/> Avoid excess sugar/junk
	<input checked="" type="checkbox"/> Monitor weight monthly

## Overweight (25 - 29.9)

### Goal: Gradual weight reduction

Eat	Lifestyle Tips
High-protein, low-refined-carb meals	<input checked="" type="checkbox"/> Calorie deficit diet
Salads, beans, whole grains	<input checked="" type="checkbox"/> Walk 30–45 mins daily
Water, green tea, lemon water	<input checked="" type="checkbox"/> Avoid sugary drinks & fried foods
	<input checked="" type="checkbox"/> Sleep well for hormone balance

## Obese (30+)

Goal: Major fat loss, disease risk reduction

Eat	Lifestyle Tips
Portion-controlled meals Vegetables, lean proteins Low-calorie snacks	<ul style="list-style-type: none"><li>✓ Consult a doctor/dietitian</li><li>✓ Begin with low-impact workouts (walking, swimming)</li><li>✓ Track meals &amp; progress weekly</li><li>✓ Focus on sustainable habits</li></ul>

*Remember, BMI is just one measure of health – your overall well-being also depends on balanced nutrition, regular exercise, proper sleep, and stress management. Take small, consistent steps toward your health goals, and consult a healthcare professional for personalized guidance.*