

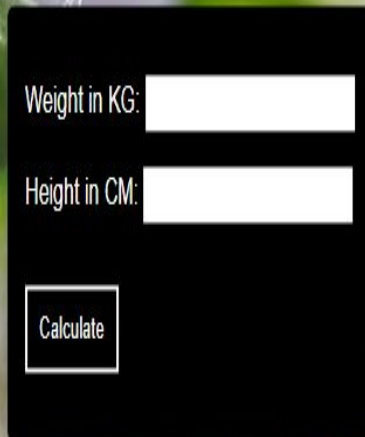
The background of the entire image is a top-down view of several orange slices and green leaves scattered on a white, slightly textured surface. The orange slices are cut into halves or quarters, showing the bright orange pulp and white pith. The green leaves are fresh and vibrant. The text is centered over this background.

**EAT GOOD.
FEEL GOOD.**

FOOD MATTERS®

Body Mass Index (BMI)

Body mass index (BMI) is a value derived from the mass (weight) and height of a person. The BMI is defined as the body mass divided by the square of the body height, and is expressed in units of kg/m^2 , resulting from mass in kilograms and height in metres.



Weight in KG:

Height in CM:

BMI, basic categories	
Category	BMI (kg/m^2) ¹
Underweight (Severe thinness)	< 16.0
Underweight (Moderate thinness)	16.0 – 16.9
Underweight (Mild thinness)	17.0 – 18.4
Normal range	18.5 – 24.9
Overweight (Pre-obese)	25.0 – 29.9
Obese (Class I)	30.0 – 34.9
Obese (Class II)	35.0 – 39.9
Obese (Class III)	≥ 40.0

How to Increase BMI

To gain weight your body needs to take in more calories than it burns. Eating more calories will help increase weight, which increases BMI. It is easier to figure out how to lose weight than it is to gain weight. Everyone's bodies are different and factors such as genetics come into play.

1. What to Eat
2. Increase Muscle Mass
3. Increase Your Calorie Intake





How to lower your BMI

The best way to lower your BMI is to make simple changes towards a healthier lifestyle. Here are some things you can do to help.

- 1. Don't bother with crash diets**
- 2. Look out for hidden sugar**
- 3. Get your heart pumping**
- 4. Simply move more**
- 5. Get the right support**

You don't have to
EAT LESS.

You just have to
EAT RIGHT.



“To eat is a
necessity, but
to eat
intelligently
is an art.”

”

La Rochefoucauld



Thank



BCA: Shifa khousain Saniya Tabbasum Hajeera Khatoon Shafiya Taj