

## BODY MASS INDEX TABLE

Find your height and weight range on the table. If your Body Mass Index (BMI) falls *between 19 and 25* or *between 28 and 40*, you fit into a study weight group. If you are interested in joining the CARB study, please complete the screening questionnaire. If you do not fit into either of these weight groups, we are sorry but you are not eligible to join the CARB Study. Thank you for your interest in our study.

STEP 1: FIND YOUR HEIGHT IN THE LEFT-HAND COLUMN.

STEP 2: MOVE TO THE RIGHT TO FIND THE YOUR WEIGHT RANGE.

STEP 3: CHECK COLUMN HEADING TO SEE IF YOU FIT INTO ONE OF THE STUDY WEIGHT GROUPS.

	Not eligible if your weight is below	Eligible if your weight is between		Not eligible if your weight is between		Eligible if your weight is between		Not eligible if your weight is above
BMI (kg/m <sup>2</sup> )	19	19 and above	Below 25	25 and above	Below 28	28 and above	Below 40	40
Height (in.)	Body Weight (pounds)							
58	90	91	118	119	133	134	190	191
59	93	94	123	124	137	138	197	198
60	96	97	127	128	142	143	203	204
61	99	100	131	132	147	148	210	211
62	103	104	135	136	152	153	217	218
63	106	107	140	141	157	158	224	225
64	109	110	144	145	162	163	231	232
65	113	114	149	150	167	168	239	240
66	117	118	154	155	172	173	246	247
67	120	121	158	159	177	178	254	255
68	124	125	163	164	183	184	261	262
69	127	128	168	169	188	189	269	270
70	131	132	173	174	194	195	277	278
71	135	136	178	179	199	200	285	286
72	139	140	183	184	205	206	293	294
73	143	144	188	189	211	212	301	302
74	147	148	193	194	217	218	310	311
75	151	152	199	200	223	224	318	319
76	155	156	204	205	229	230	327	328