



# Is Your Child's Weight Healthy?

## Ask Your WIC Nutritionist



### Elijah

( 3 years / 6 months )

Weight: 34.5 pounds

Height: 38.5 inches

BMI Percentile: 68th



**Weight In A  
Healthy Range**



### Abel

( 3 years / 4 months )

Weight: 54.9 pounds

Height: 42.5 inches

BMI Percentile: 99th



**Weight In An  
Unhealthy Range**



### Healthy

5th to 84th Percentile

### Overweight

85th to 94th Percentile

### Obese

Greater than 95th Percentile