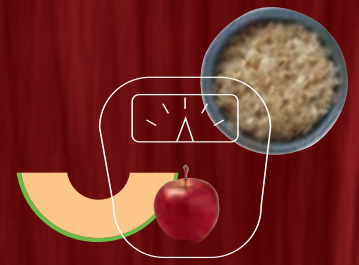




Health Facts



For a Healthy Weight, Find Your Balance Between Food and Physical Activity

Staying at—or getting to—a healthy weight may help you in several ways. Not only will it help you feel better and look better, but research shows it plays an important role in reducing the risk of several types of chronic disease.

Excess body fat leads to a higher risk for premature death, type 2 diabetes, high blood pressure, high blood cholesterol and triglycerides, heart disease, stroke, gall bladder disease, respiratory dysfunction, gout, arthritis, and certain kinds of cancers.

HERE'S WHAT YOU NEED TO KNOW:

Determine what a healthy weight is for you.

Use the Adult Body Mass Index (BMI) Chart on the next page to help you determine if you are underweight, at a healthy weight, overweight, or obese. Locate your height in the left-most column and read across the row for your height to your weight. Follow the column of the weight up to the top row that lists the BMI. BMI of less than 19 is underweight, BMI of 19 through 24 is the healthy weight range, BMI of 25 through 29 is the overweight range, and BMI of 30 and above is the obese range.

For those who are overweight or obese, modest weight loss (e.g., 10 pounds) has health benefits, and the prevention of further weight gain is very important. Eating fewer calories while increasing physical activity are the keys to controlling body weight.

Many Americans need to eat fewer calories, be more active, and make wiser food choices.

Eat fewer calories. Calories count—and they come from both food and beverages. There is a right number of calories for you to eat. You can estimate your number on the Estimated Calories Needed table on the next page.

Be more active. Eating fewer calories, of course, is just one side of the equation. Caloric expenditure needs to be in balance with caloric intake to maintain body weight. That means the calories “burned” during physical activity (in addition to activities of daily living) need to be the same as the calories taken in as food and beverages. All adults should engage in at least 30 minutes

of moderate-intensity physical activity, above usual activity, on most days of the week. However, to prevent weight gain, you may need up to 60 minutes of moderate- to vigorous-intensity activity on most days of the week, while not eating more calories than you require. To keep off lost weight, you may need as much as 60 to 90 minutes of moderately-intense physical activity a day while not eating too much.

Make wiser food choices. Remember, it is always important to eat foods that are high in nutrients for the amount of calories they contain, such as fruits, vegetables, whole grains, and low-fat or fat-free dairy products. Using the food label on packaged foods can help you make healthier food choices. And don't forget to watch your portion size. Controlling portion size helps limit calorie intake, especially when eating foods that are high in calories.

It's easier to maintain than to lose weight.

Since many adults gain weight slowly as they age, small decreases in calorie intake can help, especially when accompanied by increased physical activity. For most adults, a reduction of 50 to 100 calories a day may prevent gradual weight gain.

Consider this... If you eat 100 more calories a day than you burn, you'll gain about 1 pound in a month. That's nearly 10 pounds in a year. The bottom line is that to lose weight, it's important to eat less and move more. Think about your daily eating habits: Could you leave the jelly or butter off your morning toast? Switch to an artificial sweetener in your coffee? Use less salad dressing?

People who need to lose weight should aim for slow, steady weight loss by eating less and moving more.

For overweight or obese adults, it's beneficial even to lose a small amount of weight, and it's important not to gain more weight. If you need to lose weight, a reduction in 500 calories or more each day from added sugar, saturated and *trans* fats, and alcohol is a good strategy to lose weight. Diets that provide very low or very high amounts of protein, carbohydrates, or fat are likely to be deficient in important nutrients.

Adult BMI Chart																		
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	
Height	Weight In Pounds																	
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	
	Healthy Weight						Overweight						Obese					

Source: Evidence Report of Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998, NIH/National Heart, Lung, and Blood Institute (NHLBI).

Estimated Calories Needed by Gender, Age, and Activity Level ^a				
Gender	Age (Years)	Sedentary ^b	Moderately Active ^c	Active ^d
Child	2 - 3	1,000	1,000 - 1,400 ^e	1,000 - 1,400 ^e
Female	4 - 8	1,200	1,400 - 1,600	1,400 - 1,800
	9 - 13	1,600	1,600 - 2,000	1,800 - 2,200
	14 - 18	1,800	2,000	2,400
	19 - 30	2,000	2,000 - 2,200	2,400
Male	31 - 50	1,800	2,000	2,400
	51+	1,600	1,800	2,000 - 2,200
	4 - 8	1,400	1,400 - 1,600	1,600 - 2,000
	9 - 13	1,800	1,800 - 2,200	2,000 - 2,600
	14 - 18	2,200	2,400 - 2,800	2,800 - 3,200
	19 - 30	2,400	2,600 - 2,800	3,000
	31 - 50	2,200	2,400 - 2,600	2,800 - 3,000
	51+	2,000	2,200 - 2,400	2,400 - 2,800

^a These levels are based on Estimated Energy Requirements (EER) from the Institute of Medicine (IOM) Dietary Reference Intakes macronutrients report, 2002, calculated by gender, age, and activity level for reference-sized individuals. "Reference size," as determined by IOM, is based on median height and weight for ages up to age 18 years of age and median height and weight for that height to give a Body Mass Index (BMI) of 21.5 for adult females and 22.5 for adult males.

^b Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

^c Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

^d Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

^e The calorie ranges shown are to accommodate needs of different ages within the group. For children and adolescents, more calories are needed at older ages. For adults, fewer calories are needed at older ages.

For more information on the *Dietary Guidelines for Americans*, please visit www.healthierus.gov/dietaryguidelines.

