

What is a Healthy Weight?

Body Mass Index or BMI is an indicator of the amount of body fat for most people. It is used as a screening tool to identify whether an adult is at a healthy weight

Find your weight on the top of the chart, and circle it. Put your finger on the circled number, and lower your finger until you find the line that corresponds to your height. The shade of your square will show you if your weight level is healthy, overweight, or obese.

Height	Weight		
	Healthy weight (BMI under 25)	Overweight (BMI 25–29.9)	Obesity (BMI 30 and above)
4'10"	118 lbs. or less	119–142 lbs.	143 lbs. or more
4'11"	123 or less	124–147	148 or more
5'0	127 or less	128–152	153 or more
5'1"	131 or less	132–157	158 or more
5'2"	135 or less	136–163	164 or more
5'3"	140 or less	141–168	169 or more
5'4"	144 or less	145–173	174 or more
5'5"	149 or less	150–179	180 or more
5'6"	154 or less	155–185	186 or more
5'7"	158 or less	159–190	191 or more
5'8"	163 or less	164–196	197 or more
5'9"	168 or less	169–202	203 or more
5'10"	173 or less	174–208	209 or more
5'11"	178 or less	179–214	215 or more
6'0"	183 or less	184–220	221 or more
6'1"	188 or less	189–226	227 or more
6'2"	193 or less	194–232	233 or more
6'3"	199 or less	200–239	240 or more
6'4"	204 or less	205–245	246 or more

What does your weight range mean?

Level	Healthy weight	Overweight	Obese
Action	Congrats on maintaining a healthy weight!	<ul style="list-style-type: none"> Explore ways to develop healthy habits to get to a healthier weight. It's important not to gain more weight 	<ul style="list-style-type: none"> You need to lose weight. Lose weight slowly—about 1 to 2 pounds a week. Explore ways to develop healthy habits to get to a healthier weight. Ask your doctor or a registered dietitian for help

Virginia's Habits and Her Weight

		
Eat big portions.	Be physically inactive.	Gain weight.

		
Eat moderate portions.	Be physically active most days.	Maintain weight.

		
Eat small portions.	Be physically active most days.	Lose weight.

Read the Food Label for Calories!

Food labels help you choose foods that are lower in calories and sugar. Here’s a food label for sweetened tea.

1. Serving Size and Number of Servings

The serving size is 8 ounces, half the container of tea.

2. Amount Per Serving

The amounts are for one serving. But as you can see here, one serving is sometimes much less than the amount in the bottle.

3. Calories

The amount of calories in one serving is here. The amount of calories in the full bottle is twice that.

4. Carbohydrates and Sugar

The amount of carbohydrates in one serving is here. The amount of sugar is shown under carbohydrates.

Sweetened Tea

Nutrition Facts	
2 servings per container	
1 Serving size	8 fl oz (248g)
Amount Per Serving	
2 Calories	70 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
4 Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 32mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The Choice Is Yours — Compare!

Which one would you choose?

Sweetened tea has a lot of calories and all of the calories are from sugar. Read food labels to find low-sugar, low-calorie options.

Amount Per Serving	70
Calories	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	

Sweetened tea
A container of sweetened tea has 140 calories and 36 grams of sugar.

Amount Per Serving	0
Calories	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	

Unsweetened tea
Unsweetened tea has 0 calories and 0 sugar. Save calories: choose unsweetened tea, diet soda, sparkling water, or water.

*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Tips To Help You Control Your Weight

1. Choose foods low in fat, carbohydrates, and calories.

Try:

- ♥ Fat-free or low-fat (1%) milk
- ♥ Cheeses labeled “reduced fat”
- ♥ Fruits and vegetables without butter or sauce
- ♥ Unsweetened tea or sparkling water
- ♥ Small portions of brown rice, beans, cereals, corn or whole wheat tortillas, and whole-grain pasta and baked goods
- ♥ Lean cuts of meat, fish, and skinless turkey and chicken

2. Make foods the healthy way.

- ♥ Bake, broil, roast, or grill instead of frying foods.
- ♥ Cook beans and rice without lard, bacon, or fatty meats.
- ♥ Avoid cream, butter, lard, and high-fat cheese.
- ♥ Use a vegetable oil like corn, canola, safflower, or olive oil (not palm or coconut), and use only small amounts when cooking.
- ♥ Use fat-free or low-fat mayonnaise or salad dressing.

3. Limit your portion size.

- ♥ Eat smaller portions, and don't have second helpings. Have more salad or other vegetables if you're still hungry.
- ♥ To control your hunger, eat smaller meals or healthy snacks during the day, instead of one big meal.
- ♥ When eating out, watch your portion sizes. Many restaurant portions are too big. Share an entree, or bring half home.
- ♥ If you drink fruit juice, make sure it's a small portion of 100% fruit juice. The calories in beverages add up quickly.

4. Get active! Say goodbye to excuses!

- Be physically active for at least 2 hours and 30 minutes a week — 10 minutes of activity 3 times a day counts as 30 minutes.
- ♥ If you enjoy the outdoors, try biking or hiking.
 - ♥ Play with the children in your life.
 - ♥ Check out swimming options near you.
 - ♥ Think of physical activity as a special time to refresh your body and mind.

5. Aim for a healthy weight.

Try not to gain extra weight. If you are overweight or have obesity, a 5 percent to 10 percent weight loss can significantly improve your health and quality of life.

Suggested Serving Sizes

Based on a 2,000 Calorie Daily Meal Plan

Food Group	Serving Size
 <p>Grains*</p>	<p>1 slice whole wheat bread 1 ounce dry cereal† ½ cup cooked rice, pasta, or cereal</p>
 <p>Vegetables</p>	<p>1 cup raw leafy vegetable (greens) 1 cup cut-up raw, frozen, or cooked vegetable</p>
 <p>Fruits</p>	<p>1 medium fruit, such as an apple ½ cup fresh, frozen, or canned fruit</p>
 <p>Fat-free or low-fat milk and milk products</p>	<p>1 cup of fat-free or low-fat milk or yogurt‡ 1 ½ ounces of reduced-fat cheese</p>
 <p>Protein foods</p>	<p>1 ounce cooked lean meats, poultry, or fish 1 egg ½ ounce nuts or seeds 1 tablespoon nut butter ¼ cup cooked beans or peas</p>

* Choose whole grain foods. They're a good source of fiber and nutrients.

† Serving sizes vary between ½ cup and 1 ¼ cups, depending on cereal type. Check the product's food label.

‡ Lactose-free alternatives for people who are lactose intolerant

Fresh Cabbage and Tomato Salad Recipe

Heart-Healthy Recipe

1 small head	cabbage, sliced thinly
3 medium	tomatoes, cut in cubes
1 cup	sliced radishes
¼ teaspoon	salt
2 teaspoons	olive oil
2 teaspoons	rice vinegar (or lemon juice)
½ teaspoon	black pepper
½ teaspoon	red pepper
2 teaspoons	fresh cilantro, chopped

1. In a large bowl, mix together the cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients, and pour over the vegetables.



Yield: 8 Servings

Serving Size: 1 cup

Calories: 41

Total fat: 1 g

Saturated fat:
less than 1 g

Cholesterol: 0 mg

Sodium: 88 mg

Total Fiber: 3 g

Protein: 2 g

Carbohydrates: 7 g

Potassium: 331 mg

Weekly Promise - Week 9

This week, think about your eating and activity habits.

- Are there habits that keep you from being at a healthy weight?
- Are you ready to make a change or shift to any eating habits or physical activity habits?

Tips:

- Small changes are easier to make than big ones.
- It may be easier to focus on adding healthy food (like a fruit, vegetable or water) to your routine vs. taking foods away when you are just getting started.

