

# A Healthy Weight for You

## Having a healthy weight can help you:

- Feel good
- Have more energy
- Set a good example for your family

## Being overweight can lead to serious health problems that include:

- Type 2 diabetes
- High blood pressure
- Stroke
- Heart disease
- Some cancers

## You can become overweight if you:

- Eat more calories than your body needs
- Are not active
- Have a family history of weight problems
- Have a medical condition or take medications that can lead to being overweight



## What's a healthy weight for you?

A high amount of body fat can lead to weight-related diseases and other health issues. Being underweight is also a health risk. Body mass index, or BMI, is a measure of body size. It combines a person's weight with their height. The results of a BMI measurement can give an idea about whether a person has the correct weight for their height.

Your health care provider and WIC clinic can calculate your BMI. There are also many online tools and sites that can calculate your BMI.

## Being active is important for good health. It can help you stay fit and healthy.

- Being physically active is good for your overall health.
- Regular activity is one of the best ways to lose weight and keep it off.
- Find an activity you enjoy so you'll be more likely to stick with it.
- Start slowly and build up to 30 to 60 minutes of activity most days of the week.
- It doesn't matter what type of activity you do, just move! All movement counts.
- Talk with your medical provider before beginning any exercise program.

## Ideas for increasing activity:

- Go for a walk with family or friends.
- Walk around a shopping mall or large department store.
- Play games with your children (throw a ball, play tag).
- Work in the yard.
- Clean the house.
- Dance – by yourself or with your kids.
- Use an exercise video. There are many options online and on apps like YouTube.

## Making healthy food choices:

- Eat smaller portions and avoid second servings.
- Eat fewer fried foods. Bake, broil, or boil foods instead.
- Air fry instead of frying in oil.
- Trim fat and skin off meat, fish and poultry.
- Use less fat when cooking. Add flavor with spices.
- Use nonstick pans and pan sprays.
- Look for foods that are a good source of dietary fiber.

## Fiber can prevent illnesses and help you maintain a healthy weight.

### Try to get 20-30 grams of fiber per day.

- Eat more fruits and vegetables every day. These foods are high in vitamins and fiber, but low in calories.
- Drink eight glasses of water every day.
- Choose 100 percent fruit juices, but limit these to eight ounces per day.
- Avoid drinks that are high in sugar, such as Kool-aid, sodas, lemonade, snowballs, fruit punch and fruit drinks.
- Enjoy fat-free or low-fat milk, yogurt or other dairy foods daily.
- Eat whole grains daily (whole wheat breads and cereals, brown rice, whole wheat and corn tortillas, etc.). These foods are generally good sources of fiber.
- Choose snacks wisely. Try fruits, raw vegetables with dip, whole grain crackers or cereals, low-fat dairy (yogurt, ice milk, mozzarella cheese sticks), fruit smoothie, animal crackers or vanilla wafers.



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