

Tips to maintain a healthy weight

Maintaining a healthy weight will reduce your risk for more than 10 types of cancer, including breast, colorectal, endometrial and liver cancers.

Control portions. Often the amount of food on your plate exceeds the recommended serving size which means you will eat too many calories. Nutrition labels specify the serving size for a packaged food.

Limit high-calorie, low nutrient foods. This includes chips, sweets and fast food.

Limit sweetened beverages and added sugar. Choose water to stay hydrated without adding calories and check labels for hidden sugars.

Eat a plant-based diet. Fill two-thirds of your plate with non-starchy vegetables, fruit, whole grains, nuts and seeds. Fill the rest with lean protein, like chicken, fish, or plant protein.

Stay physically active. Aim for at least 150 minutes of moderate activity or 75 minutes of vigorous activity each week. Get up and move throughout the day.

Strengthen your muscles. Muscle-strengthening exercises can include weights or weight machines. You also can do push-ups, lunges or other body-weight exercises.



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Are you a healthy weight?

Below are a couple tools to help you determine if you are at a healthy weight.

Tool #1: **Body mass index (BMI)**

BMI measures the relationship between weight and height for adults age 18 and older. It is a way to see if you are carrying too much body fat, which can increase your risk for diseases like cancer. Your results will put you in one of four categories: **underweight, healthy weight, overweight or obese.**

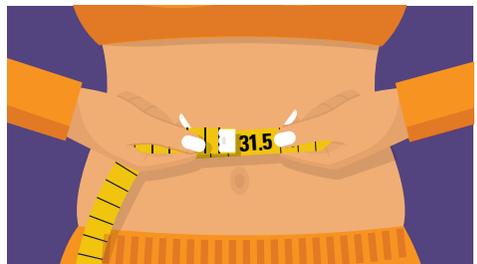
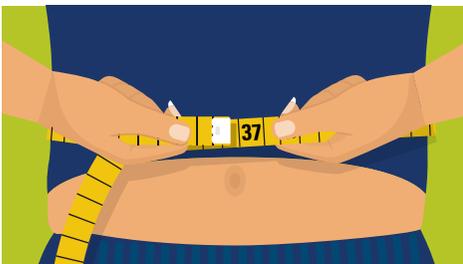
Scan the QR code or visit **MDAnderson.org/Weight** to calculate your BMI.



Underweight 18.5 or less	Healthy 18.6 - 24.9	Overweight 25 - 29.9	Obese 30+
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Tool #2: **Waist Size**

Your **waist size** is a way to see if you are carrying too much body fat, which can increase your risk for diseases like cancer. A wide waist can be a warning sign that fat is growing around important organs which increases cancer risk.



Stand and place a tape measure around your waist just above your hip bones. Take the measurement just after you exhale.

Men should aim for a waist measurement of 37 inches or less, and women 31.5 inches or less to reduce your cancer risk.

Talk with your doctor if your BMI or waist circumference is outside of the recommended range.

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