

# 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.



THE UNIVERSITY OF TEXAS  
**MD Anderson**  
~~Cancer~~ Center

Making Cancer History®

# 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.**

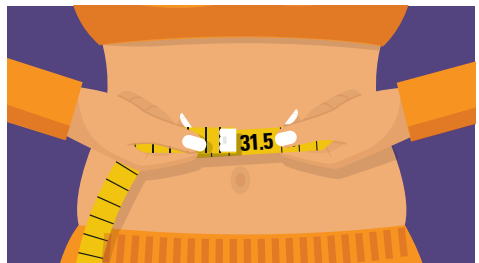
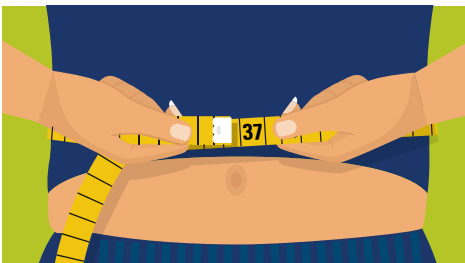
Scan the QR code or visit [MDAnderson.org/Weight](https://MDAnderson.org/Weight) to calculate your BMI.



<b>Underweight</b>	<b>Healthy</b>	<b>Overweight</b>	<b>Obese</b>
18.5 or less	18.6 - 24.9	25 - 29.9	30+

## 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.**

THE UNIVERSITY OF TEXAS  
**MD Anderson**  
**Cancer Center**  
Making Cancer History®