Tips to maintain a healthy weight

Being overweight or obese can increase your risk for certain types of cancer, like endometrial, colorectal and post-menopausal breast cancer.

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

• **Avoid sweetened beverages**
  like soda and sports drinks. Choose water to stay hydrated without adding calories.

• **Avoid high-calorie, low-nutrient foods**
  like chips, sweets and fast food.

• **Stay physically active.** Aim for 150 minutes of moderate activity or 75 minutes of vigorous activity each week.

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

• **Sit less.** Get up and move for a minute or two every hour while you’re awake.

THE UNIVERSITY OF TEXAS MD Anderson Cancer Center
Making Cancer History®
Body mass index (BMI) is a tool to measure the relationship between weight and height for adults age 18 and older. BMI is just one tool to see if you are a healthy weight.

### CALCULATE YOUR BMI

1. Find your height on the left side.
2. Find your weight on the top.
3. Your BMI is at the point where your height and weight meet.

**EXAMPLE**

If you weigh 120 lbs and are 5 ft tall, your BMI is 23.

<table>
<thead>
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<th>Height</th>
<th>Weight</th>
<th>BMI</th>
</tr>
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<tbody>
<tr>
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<td>20</td>
</tr>
<tr>
<td></td>
<td>110</td>
<td>22</td>
</tr>
<tr>
<td></td>
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<td>24</td>
</tr>
<tr>
<td>5'0&quot;</td>
<td>100</td>
<td>20</td>
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<td>21</td>
</tr>
<tr>
<td></td>
<td>120</td>
<td>23</td>
</tr>
</tbody>
</table>

What does it mean?

- **18.4 or lower** underweight
- **18.5-24.9** normal
- **25 – 29.9** overweight
- **30 or higher** obese

Talk to your doctor if your BMI is outside of the normal range.

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