

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
MDAnderson
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.

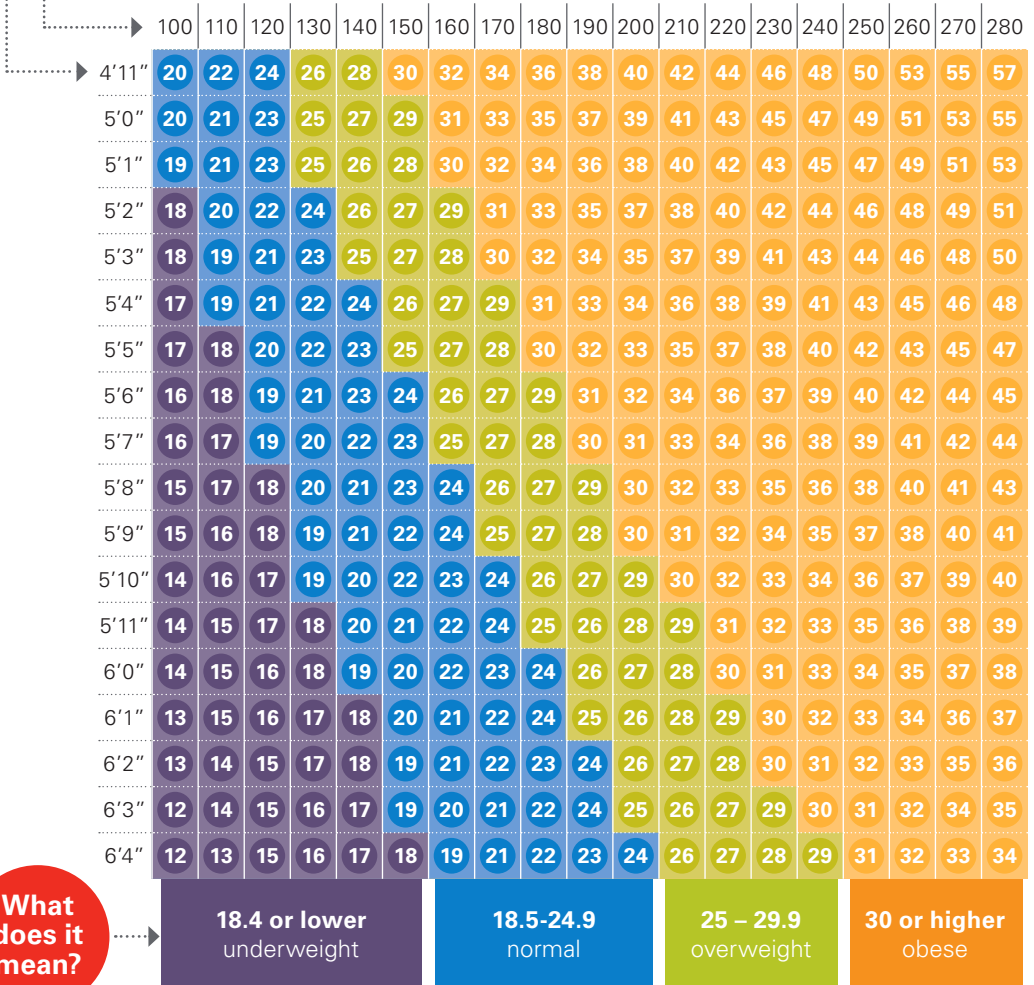
BMI is just **one tool** to see if you are a healthy weight.

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.

	100	110	120
4'11"	20	22	24
5'0"	20	21	23



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