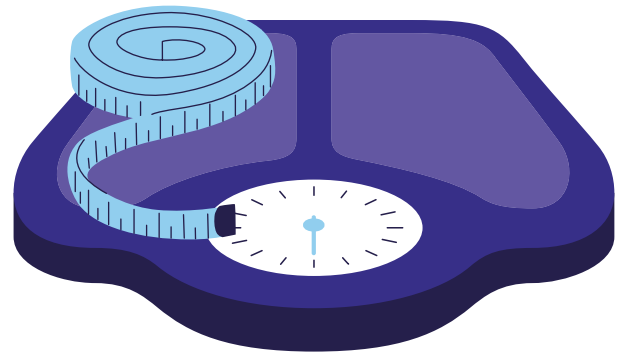


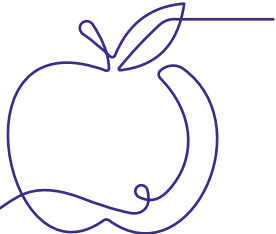

# THE FACTS ABOUT WEIGHT



## Are you a healthy weight?

Check your **Body Mass Index (BMI)** to see if you're a healthy weight for your height. Use our online BMI calculator at [wcrf.org/bmi-calculator](http://wcrf.org/bmi-calculator)

Find your BMI in the table below:



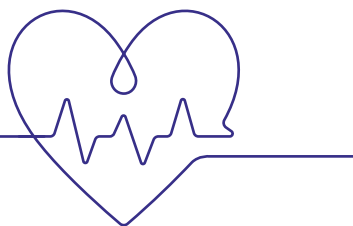
	Asian, Black or Middle Eastern background:	White European background:
Underweight	Less than 18.5	Less than 18.5
Healthy weight	18.5-22.9	18.5-24.9
Overweight	23-27.4	25-29.9
Obese	27.5 or more	30 or more

**BMI may not be a useful measure of a healthy weight for pregnant women, older adults, very muscular people or those shorter than 1.5m (5ft).**

**Measure around your waist** to check if you have too much fat around your middle, even if your BMI is healthy, as it increases health risks. To lower these risks, aim to keep your waist at or below these guidelines:

- Women: 80cm (31.5 inches)
- Men of South Asian background: 90cm (35.5 inches)
- Men of White European and other ethnic backgrounds: 94cm (37 inches)

If you are worried about your weight, speak to your GP.



## What is the impact of weight on cancer risk?

There is strong evidence that living with overweight or obesity increases your risk of at least 13 types of cancer, including breast and bowel cancer. It doesn't mean you will develop cancer, but it does mean your risk is higher than if you were at a healthy weight.

To reduce your cancer risk, we recommend that you maintain a healthy weight.

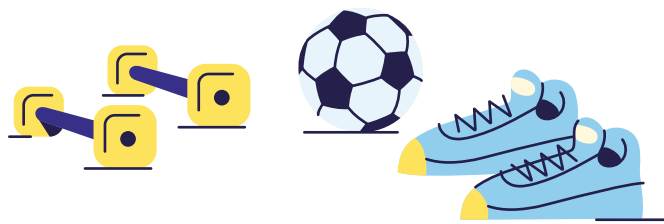
There are many other great benefits of being a healthy weight, such as sleeping better, giving you more energy and lowering your risk of type 2 diabetes and heart disease.

Many things can affect your weight, like your genes, health conditions, medications, where you live, what you eat and how much physical activity you do. It's important to try to keep to a weight that's healthy for you.

# How can I get to a healthier weight?

## Plan and prepare

- **Set realistic goals:** Aim to lose 0.5-2 lbs (0.2-0.9 kg) per week by eating 200-500 fewer calories a day.
- **Avoid fad diets:** Focus on a healthy, balanced diet instead of quick fixes.
- **Have healthy options available all week:** Make a shopping list, prep meals and limit fast food.
- **Read food labels:** Choose products lower in saturated fat, sugar and salt.



## Move more in different ways

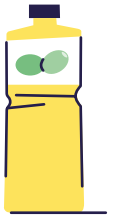
- **Walk more:** Take stairs, park further away and walk during breaks or after meals.
- **Sit less:** Break up sitting with stretches or short walks; move every 30-60 minutes.
- **Strengthen muscles:** Do resistance exercises like squats, weight training, yoga or Pilates twice a week.



Learn more about physical activity at [wcrf.org/physical-activity-factsheet](https://wcrf.org/physical-activity-factsheet)

## Make healthy changes to your diet

- **Follow the UK's Eatwell Guide:** Fill your plate with fibre-rich fruit, vegetables, pulses, wholegrains, plant-based proteins (like tofu), and small amounts of dairy or lean meat.
- **Choose healthier fats:** Swap butter or ghee with vegetable oils. Opt for lower-fat dairy and use healthier cooking methods like steaming.
- **Pick healthier snacks:** Replace high-fat, salty or sugary snacks with unsalted nuts, veg sticks, fruit or low-fat yoghurt.
- **Cut sugary drinks:** Choose water, sugar-free drinks or unsweetened tea/coffee.
- **Control portions:** Learn portion sizes and use smaller plates to avoid overeating.
- **Eat mindfully:** Focus on your meal, eat slowly and stop before you feel full.



Learn more about healthy portion sizes at [wcrf.org/portion-poster](https://wcrf.org/portion-poster)

For more tips and advice on reaching a healthier weight, download our **Weight Matters** guide at [wcrf.org/weightmatters](https://wcrf.org/weightmatters)



## Preventing cancer. Saving lives

For any enquiries or to request the information in large print, please contact us:

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