

Total Nutrition

Weighing In

by Mindy Hermann, R.D.

(NAPSA)—My friends and I used to enjoy comparing our weight to so-called “ideal” weight charts. We spent a lot of time making sure that our height was accurate and trying to figure out whether our frame was small, medium or large. Figuring out your recommended (or ideal) weight is easier today using body



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mass index (BMI) charts that are readily available on-line and in brochures.

Body weight is important because it is linked to good health. People who maintain a “healthy” body weight have less chance of developing long-term illnesses like diabetes, heart disease, high blood pressure and arthritis. A BMI chart can tell you whether your weight is in the healthy, overweight or obese range.

The BMI chart may not be exactly right for you. For example, if you are muscular, the chart may say that you are overweight because muscle weighs a lot. “BMI charts can only offer a weight goal range based on your height,” explains Robyn Flipse, MS, RD, a nutrition consultant and author of “The Wedding Dress Diet” and “Fighting the Freshman Fifteen.” “I recommend that people focus instead on choosing a balanced diet and getting regular exercise, at least 30 minutes each day. The weight that they arrive at will be a healthy weight for them.”

It is important to take action if your body weight falls in the overweight or obese range and your diet and activity routines are in need of improvement. Losing even

Healthy Weight Range

Height	Weight (lbs.)
5'2"	104-131
5'5"	114-144
5'8"	125-158
5'11"	136-172
6'1"	144-182

2005 Dietary Guidelines



10 pounds and preventing further weight gain can go a long way toward improving your health.

Eliminate just 50 to 100 calories each day—it's as simple as avoiding seconds at dinner. In addition, regular physical activity can also help keep calories in balance to help you manage your weight.

Choose a diet rich in fiber—diets high in fiber sources like legumes, fruits, vegetables and whole grains are linked to a healthier body weight.

Include foods made from whole grains, like Whole Grain Total, whole wheat pasta, oatmeal, and whole grain corn tortillas. Whole grain can help you manage your weight.

Cut out sources of low-nutrient calories, like caloric soft drinks, full-fat salad dressing, butter and sugar-rich foods.

Start the day with a smart breakfast. For example, a serving of Whole Grain Total has 100 calories (before adding milk) to help you lose weight and 100 percent whole grain to help you keep your shape.

Mindy Hermann, MBA, RD, is a nutrition writer for women's, health and fitness magazines. She is the co-author of “Change One” and the American Medical Association's “Family Health Cookbook.”

