Am I a healthy weight?

The Body Mass Index (BMI) is a simple tool to work out the healthy weight for an adult, based on how tall they are. Find out what your BMI is by finding your height and weight on the chart below.

BMI is a useful guide for most people but isn’t accurate if you’re under 18, pregnant or breastfeeding.

If you would like more support to reach a healthy weight, you can speak to your GP, nurse or pharmacist who’ll be able to help. They may be able to refer you to a weight management service.

8 Think about your drinks

Alcohol, fizzy drinks and energy drinks can be high in sugar and calories. And fruit juice is high in natural sugar, so stick to no more than one small glass a day.

Make water your first choice

And if you fancy mixing it up, try adding sliced lemon to your water or sugar-free squash.

9 Focus on your food

It’s easy to eat more if you’re on the go, watching TV or working.

Take your time

Eating slowly can be a surprisingly effective way to eat less. Try this while sitting at a table.

Don’t forget your five-a-day

Having fruit or veg at every meal makes it easier to get at least five a day.

Freezing is pleasing

Fruit, veg and pulses don’t always have to be fresh - frozen and tinned (not in syrup) are good for you too.

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Keeping a healthy weight has loads of benefits, and a big one is reducing the risk of cancer. You won’t be surprised to hear that keeping a healthy weight boils down to three things: eating healthier foods, not eating too much, and getting more active. But in the world we live in that can be tough. These 10 weight loss tips are based on scientific evidence and can help you make healthy habits that are easy to stick to every day. So, let’s get going.

**1. Keep to your meal routine**
Eating at roughly the same times each day, whether that’s two or five times, helps avoid unplanned meals and snacks.

**2. Cut down on calories**
Foods high in fat and calories like takeaways, some processed meats, butter and fried food can make you put on weight.

**3. Walk off the weight**
Challenge yourself to 10,000 steps each day. It might sound a lot, but start with small increases and you’ll soon up your steps. A pedometer (or smartphone app) can help you keep track.

**4. Pack a healthy snack**
If you snack, having a healthy option on standby helps you dodge chocolate or crisps.

**5. Look at the labels**
Food labels can help you compare packaged foods and pick options higher in fibre and lower in fat, salt and sugar.

**6. Up on your feet**
Sitting less has many benefits beyond just weight loss.

**7. Caution with your portions**
It’s not just what you eat and drink, how much is important too. Try using the picture below to help you plan your meals. It can also help to eat off a smaller plate.

**10 top tips to lose weight**

**Plan ahead:** Think about how you’ll fit the tips into your daily routine. Doing each one at a similar time every day makes it easier to turn it into a habit.

**Be realistic:** The sooner you build the tips into your life, the quicker you’ll start losing weight. But it can be difficult to make lots of changes all at once. Try starting with one or two until you feel confident enough to move on to the others.

**Track your progress:** Whether it’s using your phone, a calendar or a notebook try to keep a record of what you’re doing. Record-keeping helps make your changes stick.

**Swap to good fats**
Choose reduced-fat dairy products and go for small amounts of healthy fats from plant oils (like olive or rapeseed), nuts and oily fish instead.

**Challenge yourself to 10,000 steps each day.** It might sound a lot, but start with small increases and you’ll soon up your steps. A pedometer (or smartphone app) can help you keep track.

**Take the stairs, walking to the shop and getting off one bus stop earlier all add up.**

**If you snack, having a healthy option on standby helps you dodge chocolate or crisps.**

**Try packing fresh fruit, plain popcorn or a small handful of plain nuts.**

**Choose reduced-fat dairy products and go for small amounts of healthy fats from plant oils (like olive or rapeseed), nuts and oily fish instead.**

**Try using the picture below to help you plan your meals.** It can also help to eat off a smaller plate.

**In a hurry? Look out for red, amber and green colour-codes on food labels. The more green you see on the label, the healthier it is. Find out more at www.nhs.uk/foodlabels**

**Break up sitting time**
Stand more anywhere, anytime - on the bus or train, during TV adverts, or while on the phone.

**It’s not just what you eat and drink, how much is important too.** Try using the picture below to help you plan your meals. It can also help to eat off a smaller plate.