# Omolola Omotoso-Oladeji

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* **Search term:** Healthy Weight
* **Numbers of results you obtained:** 24
* **The name of the website and the link:** https://www.cdc.gov/healthyweight/
* **The group providing this information:** Centers for Disease Control and Prevention
* Information on CDC website compliance with the specific requirements of the Information Quality Act (2000), 44 U.S.C. 3516, and of peer review standards developed by the Office of Management and Budget (OMB)

***Healthy Eating for a Healthy Weight***

Overweight is having extra body weight from muscle, bone, fat, and water. Obesity is having a high amount of extra body fat.

Body mass index (BMI) is a useful measure of overweight and obesity.

Body mass index (BMI) is a measure of body fat based on your weight in relative to your height, and applies to most adult men and women aged 20 and over. For children aged 2 and over, BMI percentile is the best assessment of body fat.

Losing weight and keeping a healthy weight is essential for general health and can help you avoid and control many diseases and conditions. An overweight or obese individual is at higher risk of developing major health problems, including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and some type of cancers. For these reasons is very important to maintaining a healthy weight:healthy weight will significantly lower the risk for developing healthissues, healthy weight will help you feel good about yourself, and it give you more energy to enjoy life.

Many factors can contribute to anindividual’s weight. The way your body changes food and oxygen into energy, theseinfluences include environment, family history and genetics, metabolism, and behavior or habits.

Balancing our Energy is vital for sustaining a healthy weight. The amount of energy or caloriesintake weobtain from food and drinks is balanced with the energy your body uses for things like breathing, digesting, and being physically active.

The same amount of energy intake and energy output over time result to energy balance, meaning the weight that stays the same

More energy intake thanoutput over time will result into weight gain

More output of energy than intake of energy over time will eventually result to weight loss

To maintain a healthy weight, your intake energy and output of energy needs to balancepreciselyeach day. The energy balance over time that helps you maintains a healthy weight. Include a healthy eating plan that helps you manage your weight into your lifestyle

You can reach and maintain a healthy weight if you, “eat healthfully and enjoy it”

Monitor a healthy diet and reducing daily intake of calories by 500 will help an overweight or obese loss weight.

According to the Dietary Guidelines for Americans 2015-2020, a healthy eating plan:

Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products includes lean meats, poultry, fish, beans, eggs, and nuts is low in saturated fats, Trans fats, cholesterol, salt (sodium), and added sugars and stays within your daily calorie needs

References:

cdc.gov/healthyweight/index.html. Access October 26, 2017

cdc.gov/healthyweight/healthy\_eating/index.html Access October 26, 2017