

UNITED KINGDOM
FOOD STANDARDS AGENCY
HEIGHT AND WEIGHT
CHART

(2010)

16 December 2010

We would like to thank the
UK Food Standards Agency
for this excellent information

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Introduction

What is an acceptable adult weight, with respect to height, in our current society?

To answer this question the following information is given verbatim from the United Kingdom Food Standards Agency (<http://www.food.gov.uk/>) :

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Height/weight chart

You can use this chart to check if you are the right weight for your height.

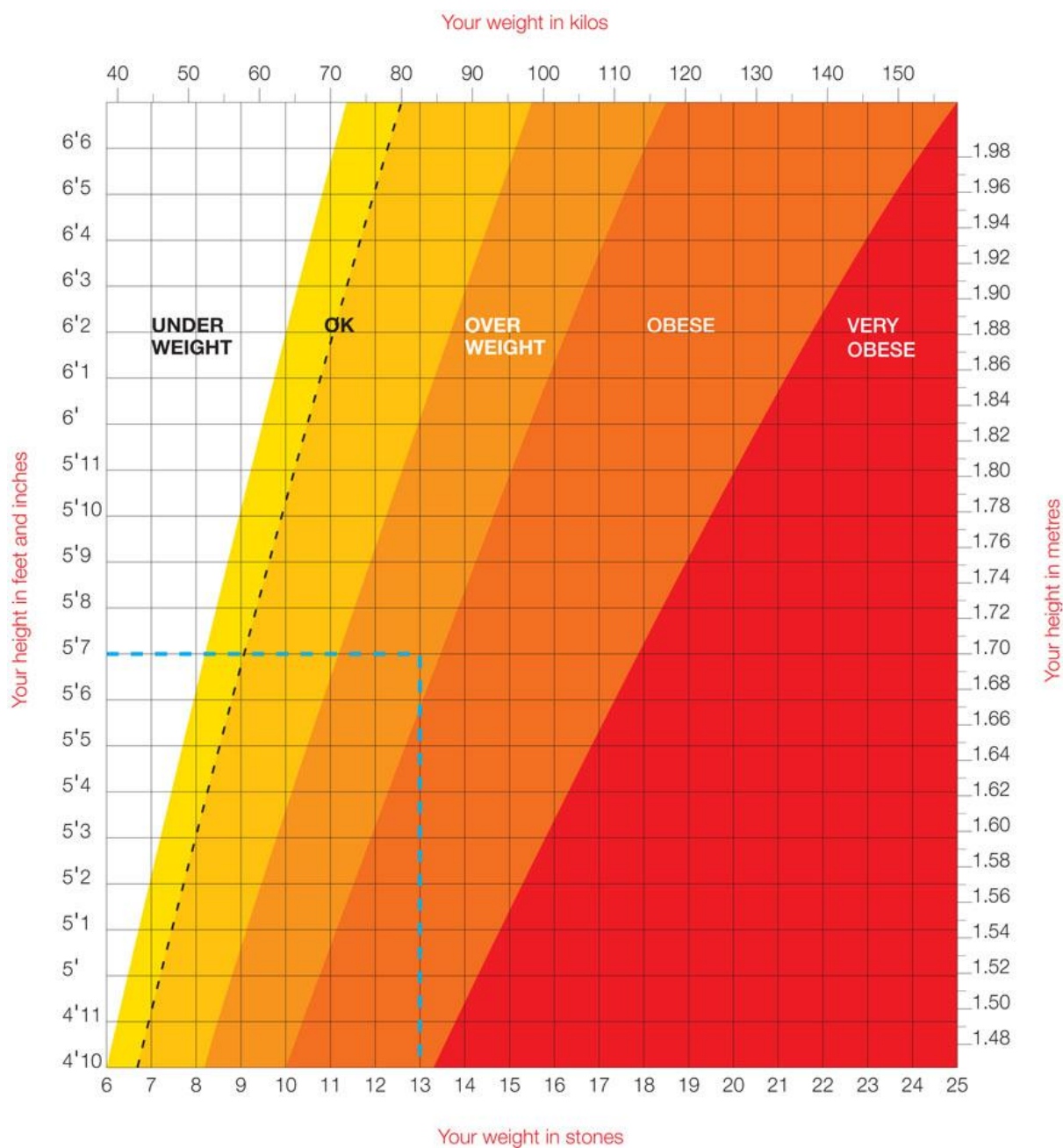
If you're underweight, this may be of concern. You may need to put on weight, in which case this should be done as part of a well-balanced and nutritious diet. If your weight is very low, consult your GP.

If your weight is in the ok range, you don't need to lose weight. You're eating the right amount of food to keep your weight in the desirable range for health, but it's still important to make sure you're eating a healthy balanced diet. If your weight is at the lower end of the range, try to maintain it and don't be tempted to aim for the underweight category.

If you're overweight for your height, make sure you don't put on any more weight. Try to cut down on the amount you're eating, especially food and drinks high in fat or sugar, and try to do more physical activity. Aim to lose half to one kilogram (one to two pounds) a week, until you get down to the OK weight range. Check with your GP if you need to lose weight and you've had problems losing it in the past. Have a look at the How to be a healthy weight section for some practical tips.

If your weight has reached the obesity level, this could increase your risk of heart disease, Type II diabetes, high blood pressure and osteoarthritis. If you fall into this group, it's important for you to lose weight. If you've had problems trying to lose weight in the past, check with your GP first.

But remember this information is only a guide and it's aimed at healthy adults. It isn't suitable for children, young people or older people.



Source:

<http://www.eatwell.gov.uk/healthydiet/healthyweight/heightweightchart/>

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