



Tips For Healthy Weight and Metabolism After Cancer Treatment

Weight effects many cancer survivors and many times, survivors find they have poor metabolic health. Three important goals for cancer survivors is achieve a normal weight, maintain a normal weight, and strive for metabolic health.

1. **Know your BMI and what is healthy.**

A BMI of 30 or more is obese.

A BMI of 25-29.9 is overweight.

A BMI of 18.5-24 is normal weight.

A BMI of less than 18.5 is underweight.

Calculate your BMI using the BMI calculator available at cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html.

2. **Metabolic syndrome is a state of unhealthy metabolism.**

It is diagnosed when a person has at least 3 out of 5 of the following unhealthy conditions: a large waistline, high blood pressure, high blood sugar, high triglycerides, and low "good" cholesterol or LDL.

A healthy metabolism lowers the chance of heart disease, type 2 diabetes, and stroke.

Some people with normal weight can still have metabolic syndrome.

It is important to be active, eat well, and to not smoke.

3. **All survivors should follow these healthy strategies:**

Move more, rest less.

Exercise weekly.

Stretch and strengthen your muscles.

Eat plant-based food for at least half of your diet.

Limit eating soy, red meat, and processed meat.

4. **Some survivors need to gain weight.**

Consume more calories.

Eat more often and consume foods higher in calories.

Eat foods high in nutrients, not empty-calorie foods.

5. **Many cancer survivors need to lose weight to reach their health goals.**

Weigh yourself daily.

Look for trends in your weight, it will slightly fluctuate from day to day.

Consume fewer calories.

6. **Tips for maintaining weight.**

Weigh weekly.

Avoid eating too many high calorie foods.

Do not overeat or deprive yourself of foods.