Obesity is defined as having too much body fat. It results from eating more calories than your body needs over time. Obesity increases the risk of diabetes, heart disease, stroke, arthritis and some cancers. About 1/2 of adults in the U.S. are considered obese according to body mass index. The number of obese children has continued to rise over the past 2 decades. Body Mass Index (BMI) is calculated using a person's weight and height to determine if a person has a healthy amount of body fat. Use the calculator below to determine if you are at a healthy weight.

http://www.eatright.org/bmi

Below are some tips you can do to achieve and maintain a healthy weight:

1. Stay active. Exercise at least 3 times per week for 30 minutes. (Check with your Dr. before starting an exercise program.)
2. Eat more fruits and vegetables, lean meats, and whole grains.
3. Eat smaller portions.
4. Drink more water.
5. Avoid buffets.
6. Bake, Broil or Grill foods instead of frying.
7. Keep tempting high fat foods out of the house.
8. Don't skip meals.
9. Spend less time in front of the television and more time outdoors.

For more information on Obesity, visit the websites below:

Center for Disease Control

http://www.cdc.gov/obesity/index.html

Mayo Clinic

http://www.mayoclinic.com/health/obesity/DS00314

The American Dietetic Association

http://www.eatright.org/

FOOD A PEDIA

https://www.supertracker.usda.gov/foodapedia.aspx