

Maintaining a Healthy Weight Anatomical Chart in Spanish (Manteniendo un peso saludable)



Now available in Spanish, this chart briefly describes a healthy diet plan and provides further detail on physiological hazards that accompany low-carbohydrate diets. The chart lists strategies for diet planning and contains suggestions and tips for physical activity. It shows how to calculate Body Mass Index (BMI), contains a chart showing acceptable weights based on BMI, and discusses the unique risks of apple- and pear-shaped fat distribution. It explains calories and how to calculate your total daily energy needs and lists calories burned by various activities from basketball to walking. The chart also lists problems associated with overweight and underweight.

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