

Your Weekly Food Diary

In order to really know if we are eating healthily, we must be aware of what we are consuming. Many of us are inaccurate at recalling exactly what we have eaten. Keeping a food diary for a week or two can really help us understand our eating habits. It is best to record all food and drink, with the time of consumption.

Do you know your Body Mass Index (BMI)? A healthy BMI is between 18.5 and 24.9. Under 18.5 is considered underweight, 25 to 29.9 is considered overweight and anything over 30 is obese. Your BMI is calculated by taking your weight in kg and dividing it by your height in metre squared. For example, with someone who weighs 60kg and measures 170cm, convert 170cm into metres by dividing it by 10, which will equal 1.7m, multiply it by itself to square it ($1.7 \times 1.7 = 2.89$). Now divide 60 by 2.89, which equals 20.76. This indicates a healthy BMI.