GO LIGHT when you GRAB A BITE

Families in America lead busy lives—balancing work, school, and play. Our busy schedules often mean eating more meals on the go.

In 1960, over a quarter of the money spent on food in the United States was on food eaten away from home. By 2011, the money spent on food eaten away from home in the United States jumped to nearly half.

The average American eats away from home four times a week, and studies have shown that people who eat out have a higher BMI.

Body Mass Index (BMI) is an estimate of body fat in an individual, and a good measure of risks for diseases. BMI is measured by the ratio of weight to height. This tool is a widely accepted tool for evaluating and monitoring obesity. The diagram to the right breaks down the numerical value of an individual's BMI.

Obesity affects nearly 93.3 million adults in the US. It is an epidemic that causes higher medical costs and lower quality of life. In every state, more than 15% of adults are obese. Obesity can lead to health-related problems such as diabetes, heart disease, stroke, and certain types of cancers. The key to achieving and maintaining a healthy weight is to eat healthy and be physically active. Some resources, such as Choose My Plate, teach you healthy eating habits which are essential in achieving and maintaining a healthy weight.