

Help your
child stay



is your child of healthy weight?

Is your child overweight?

It is important for your child to maintain a healthy weight. If he weighs more than he should for his height, he is overweight. Pages 25 and 26 contain the weight for height tables for school-going boys and girls. The tables were developed after measuring the heights and weights of 30,000 students aged 6-18 years, taken over a period of 4 months from January to April 1993. These students were representative of the student population.

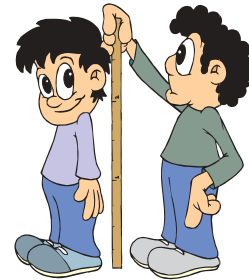


Measure your child's height and weight.

Date of measurement = _____

My child's height = _____ cm
a

My child's weight = _____ kg
b



For this height*, the healthy weight range should be between _____ kg and _____ kg.
c d

If your child is overweight, think about your family's habits, activities and practices. Could these be contributing to your child being overweight? If you often include high-fat foods in your family's diet and do not encourage your child to be physically active, your answer may be 'Yes'. **This booklet will give you tips on how to make your family lifestyle healthier and help your child become trim and fit.**

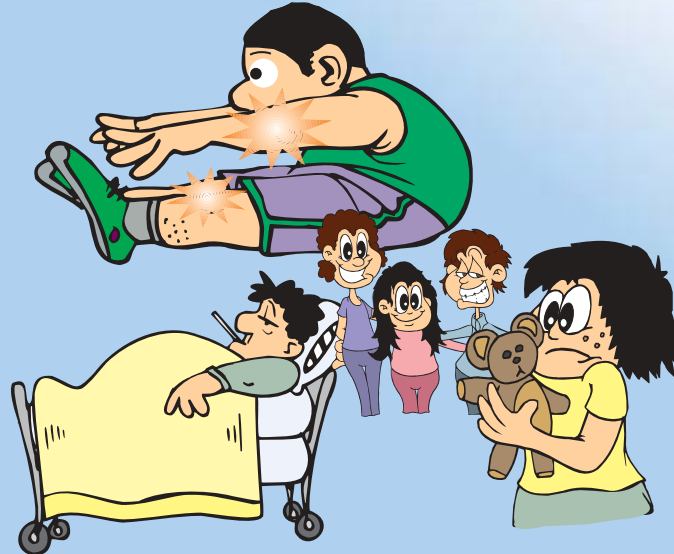
* Please refer to page 25 & 26 for the healthy weight range.

What's wrong with being overweight?

Overweight children will become overweight adults unless they make an effort to lose weight. Overweight adults are more likely to develop serious illnesses like heart attack, stroke, high blood pressure, diabetes and certain types of cancer.

Children who are overweight can have these problems:

- They are more likely to get bone and joint pains.
- They tend to be more clumsy.
- Their hearts will have to work harder every time they work and play.
- They are more likely to get illnesses that are linked to being overweight when they grow up.



- They get breathless and tired more easily.
- Their bodies will have to carry excess weight.
- Their friends may laugh at them and tease them.
- They are often shy about how they look.

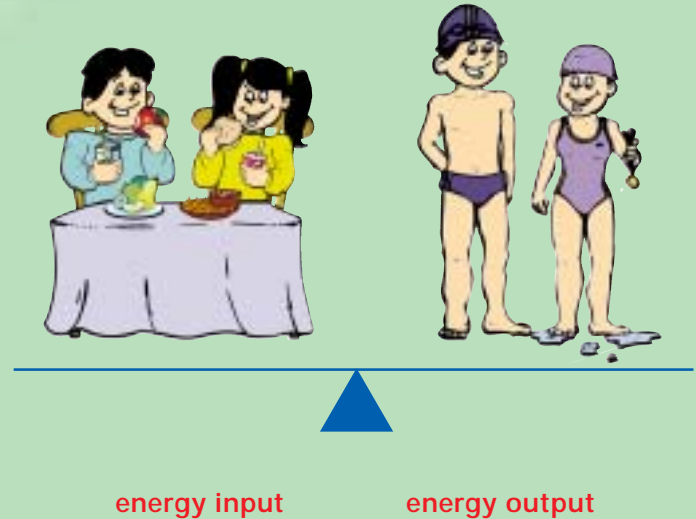
Why your child is overweight

We all need energy to live and grow, study and play. Food gives us this energy (energy input). We use energy in our daily activities (energy output).

To stay trim, we have to balance what we eat (energy input) with what we do (energy output).

When your child **eats too much and does not exercise enough**, the excess energy becomes stored as fat in his body. He then becomes overweight.


Every 3500 calories (a unit of energy measurement in food) that the body takes in excess will be turned into an extra half a kilogram of fat.



Why be trim and fit

How you can help

Being trim and fit helps your child to:

- 
- feel more confident
 - look better
 - experience fewer medical problems.
 - be more alert and study better
 - move faster

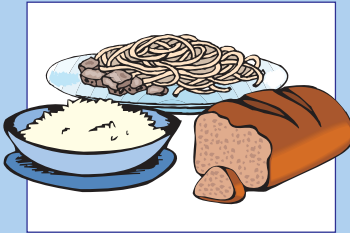
As parents, you can help your child to lose weight.

- Find out how much excess weight he has to lose.
- Plan with him how much weight he should lose by a certain date.
- Teach and help him to practise healthy eating habits.
- Help and encourage him to be more active and exercise regularly.
- Set him a good example by practising healthy eating habits and exercising regularly yourself.
- Praise him whenever he makes changes in his eating and exercise habits.
- Encourage and motivate him even if he does not seem to be losing any weight.
- Be positive and supportive. Avoid nagging or scolding.

Teach your child to eat the right amount of food

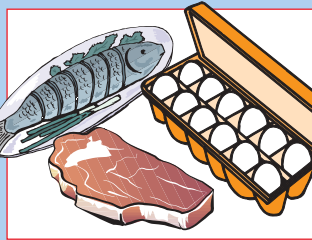
Teach your child to:

Eat a balanced diet every day which includes foods from the four food groups at each meal:



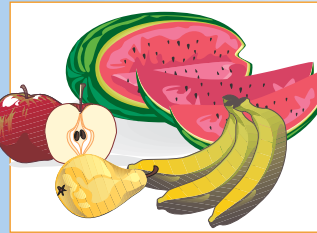
Rice and alternatives

(Rice, noodles, bread, chapati, thosai)



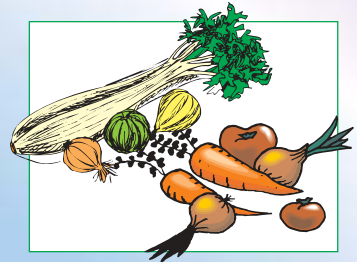
Meat and alternatives

(Meat, poultry, fish, eggs, milk, beancurd)



Fruits

(Apple, pear, banana, papaya, watermelon)



Vegetables

(Leafy and non-leafy vegetables)

Children between 6 to 18 years old need to eat the following servings from each food group per day.

RICE & ALTERNATIVES

No. of servings needed per day: 5 (6-11 years of age)
6-7 (12-18 years of age)

Examples of 1 serving:

- 1/2 bowl/plate of rice/noodles/pasta
- 1/2 bowl of cereal
- 2 slices of bread
- 2 small pieces of chapati
- 1 piece of thosai
- 4 plain biscuits

FRUITS

No. of servings needed per day: 2
Examples of 1 serving:

- 1 small apple/pear/orange/mango
- 1 medium banana
- 1 wedge of papaya/watermelon/pineapple
- 6 rambutans/dukus/lychees
- 10 grapes or longans

MEAT & ALTERNATIVES

No. of servings needed per day: 2 (6-11 years of age)
3 (12-18 years of age)

Examples of 1 serving:

- 1 piece (palm-size) of meat/fish/poultry
- 5 medium prawns
- 3 eggs
- 2 glasses of milk
- 2 slices of cheese
- 2 small squares of beancurd

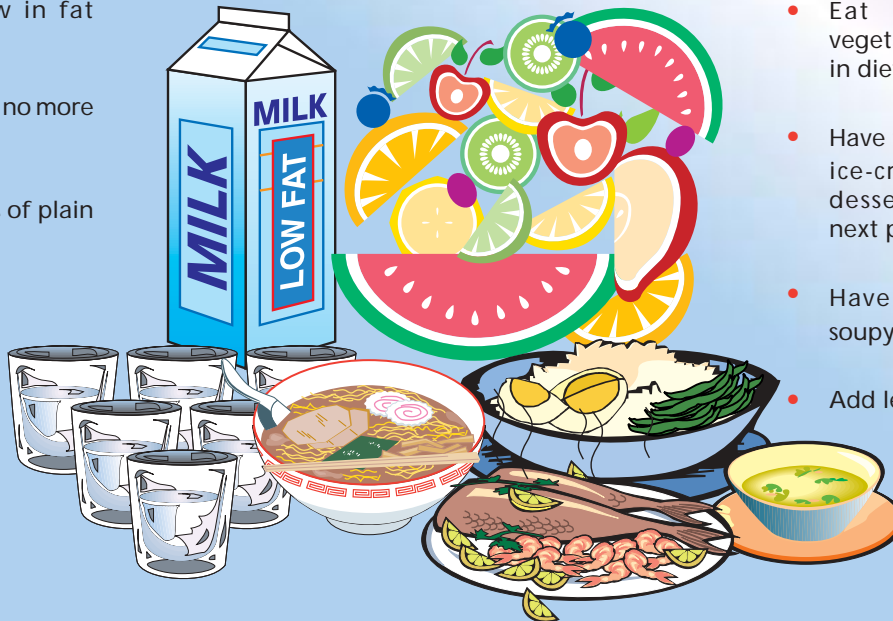
VEGETABLES

No. of servings needed per day: 2
Examples of 1 serving:

- 1 cup of cooked leafy vegetables (e.g. spinach, cabbage)
- 1/2 cup of non-leafy vegetables (e.g. carrot, pumpkin, potato)

Make healthy eating a habit

- Choose foods low in fat and sugar.
- Eat deep-fried food no more than twice a week.
- Drink 6 to 8 glasses of plain water each day.

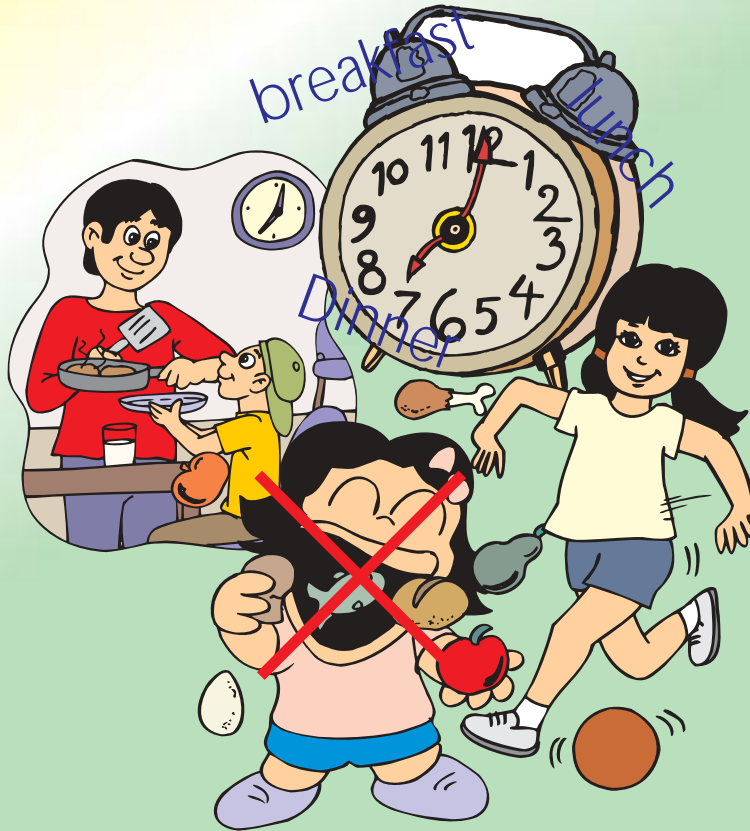


- Eat more fruits and vegetables which are high in dietary fibre.
- Have fresh fruits instead of ice-cream or cakes for dessert and snacks (see next page)
- Have steamed food and soupy dishes more often.
- Add less gravy and sauces.

- Encourage your child to eat at regular times and not skip meals.

- Have your child eat only at the dining table. Do not let him eat at the refrigerator, or in front of the television.

- Ask your child to chew each mouthful well before swallowing. This will allow your child to feel full so that he won't overeat.



- Tell him to leave the table soon after the meal to avoid eating more food.

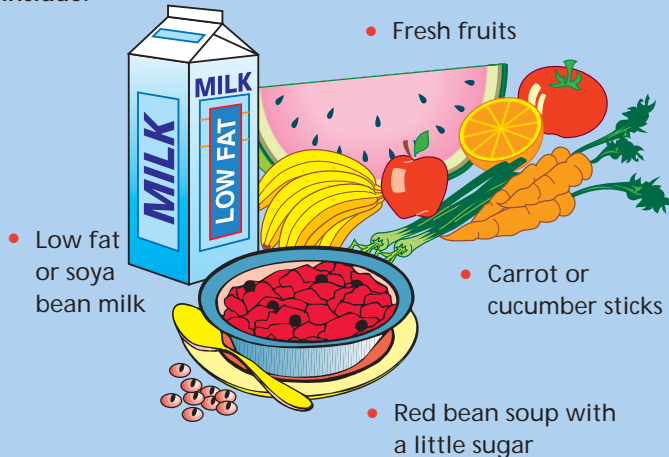
- Help your child to develop interesting hobbies that will take his mind off food.

- Encourage your child to take small servings and say 'No' to second servings.

Choose healthy snacks

Snacks may not be necessary if your child eats regular meals. If he must have a snack, teach him how to choose healthy ones.

Some snacks can be eaten more often. “Everyday” snacks include:



Eat less high energy foods which contain a lot of fat and sugar. They should not be eaten more than 2 times a week.

“Sometimes” snacks include:

- Sweets and chocolates
- Sweet drinks (eg. soft and / or fizzy drinks)
- Fried food
- Potato chips/crisps
- Cakes, pastries
- Ice-cream

Keep more “Everyday” snacks at home.

Avoid storing “tempting” high fat and high sugar foods like chips, chocolates or rich cakes at home. You could also prepare snacks like carrot, celery or cucumber sticks for your child to crunch on instead of chips or crackers.

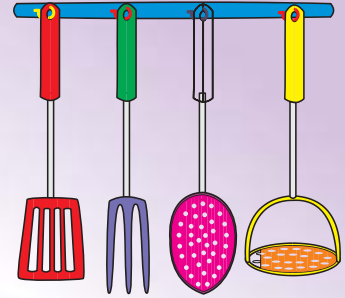
Cooking with less fat

You can make your child's meal healthier by cooking with less fat.

- Drain off extra oil from food after deep frying
- Take away the top layer of oil from soups and stews
- Look for foods with "reduced fat" content
- Use only a little oil to cook food
- Use a non-stick pan
- Use low fat milk instead of full cream milk or coconut milk to cut down the amount of fat by half
- Trim all visible fats from meats and remove skin from chicken/duck

Healthier cooking methods

Try these healthy cooking methods which can help to cut down use of fat or oil.



Boil

- no oil is needed
- soup is rich in nutrients and tasty
- top layer of fat can be removed easily



Grill/roast/bake

- food is crisp & fragrant
- flavour is not lost
- little oil is needed
- extra fat is drained off



Stew/crockpot

- soup is rich in flavour
- tough and cheaper cuts of meat can be made tender



Steam

- food can be cooked without using any oil
- flavour is not lost



Microwave

- short cooking time
- nutrients are not lost
- no oil is needed



Stir-fry

- little oil is needed
- nutrients are not lost
- meat and vegetables are not over-cooked



Turbobroil










- cooks food fast
- extra fat is drained off
- food is crisp
- oil is not needed



Pressure cook

- short cooking time
- flavour is not lost
- good for tough meats, fruits, and nuts

How you cook your food can make a difference to the amount of fat it contains. For each serving of the following food types, you can cut down the fat content by at least half by choosing a healthier cooking method.

Type of food	Fat content (g/teaspoons)
Chicken	
Deep fried	26 
Roasted	11 
Steamed	8 
Fish	
Fried	9 
Steamed	4 
Egg	
Fried	11 
Boiled	6 
Potato	
Chips	11 
Mashed	5 

Eating out at fast food outlets



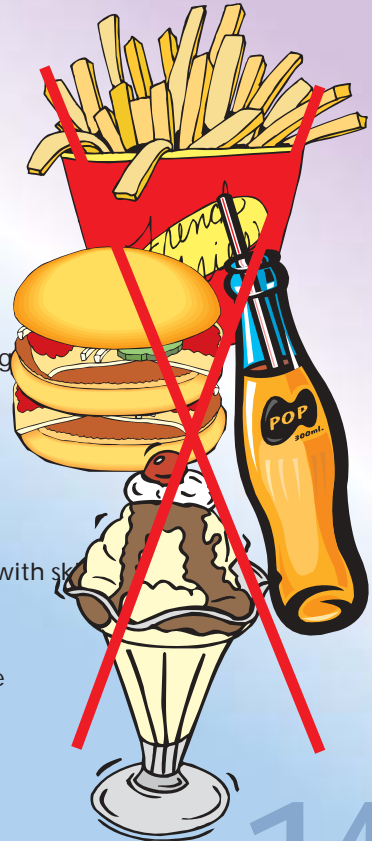
Tell your child to:

Choose these

- ✓ Small hamburger
- ✓ Small fries
- ✓ Fruit juice
- ✓ Plain water
- ✓ Fried chicken without skin
- ✓ Mashed potatoes
- ✓ Pizza with vegetables
- ✓ Fresh fruit
- ✓ Frozen yoghurt

Avoid these

- ✗ Large hamburger
- ✗ Large fries
- ✗ Milk shake
- ✗ Soft drink
- ✗ Fried chicken with skin
- ✗ French fries
- Pizza ✗ with meat/cheese
- ✗ Apple pie
- Ice-cream sundae ✗



Eating out at hawker centres

Teach your child to select wisely when eating out.

Have these dishes more often

- ✓ Soto ayam
- ✓ Mee siam
- ✓ Noodle soup
- ✓ Rojak
- ✓ Meat and fish porridge
- ✓ Gado gado
- ✓ Bean soup
- ✓ Plain spring rolls
- ✓ Fresh fruit
- ✓ Plain rice
- ✓ Stir fried vegetables
- ✓ Baked rolls
- ✓ Fishball noodles
- ✓ Mee soto
- ✓ Yong tau foo
- ✓ Steamboat
- ✓ Prawn soup noodles
- ✓ Lean char siew rice
- ✓ Soya beancurd



Have these dishes less often

- × Curry noodles
- × Mee rebus
- × Lontong
- × Tau suan
- × Cream cakes
- × Chendol
- × Fried noodles
- × Fried rice
- × Fried oyster omelette
- × Briyani rice
- × Fried carrot cake
- × Roti prata
- × Fried kway teow
- × Soup kambing
- × Fried prawn noodles
- × Laksa lemak
- × Deep fried chicken
- × You tiao
- × Bubur chacha
- × Pastries
- × Chocolates



Encourage your child to have plain water instead of soft drinks. Water has no calories.



Making healthier food choices

Keep a food diary for your child. Get your child to do this with you. List down the types of food your child enjoys and eats often. Do this for a few days each month. Then decide together whether any of them need to be replaced with healthier food choices. Explain to your child the reason for any replacement.

	Type of food your child enjoys and eats often	Replace with healthier choices
Breakfast		
Lunch		
Dinner		
Snack		



Make exercise a daily activity

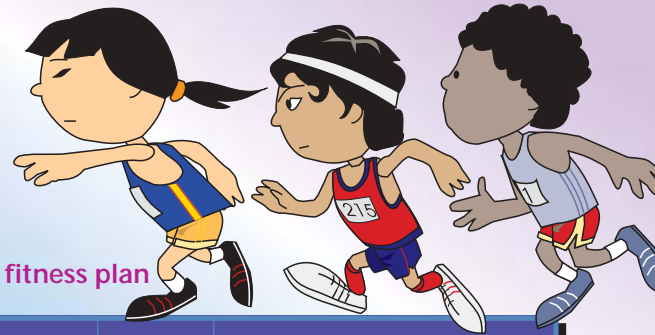
Start an exercise programme for your child:

- to exercise three to five times a week
- 15 – 60 minutes each time
- until your child perspires and breathes deeply without getting breathless.

It isn't enough to just eat right – your child needs to exercise regularly too.

Regular exercise will help your child

- lose body fat
- tone up muscles
- keep appetite under control
- improve blood circulation and stamina
- sleep well and feel less tired
- feel and look good



My child's fitness plan

Day	Activity planned	How long (in min)	Activity each week (tick if carried out)											
			1	2	3	4	5	6	7	8	9	10		
Mon														
Tues														
Wed														
Thur														
Fri														
Sat														
Sun														

Some exercise safety tips

If your child is very overweight and has not exercised regularly before, check with your doctor before starting him on any form of exercise.

Get your child to:

- wear comfortable and well-fitting shoes. Also wear comfortable and light clothes.
- stop exercising if he is not feeling well.
- start slowly and gradually build up.
- stop and rest if he is feeling breathless, tired or in pain.



- avoid exercising outdoors during the hottest time of the day.
- exercise before meals or at least two hours after meals.
- do five minutes of stretching exercises before and after exercise to warm up and cool down respectively.
- drink plenty of plain water before and after exercising to replace water loss.

Put more life into it

Your child can also lose fat by **being more active** to increase the energy output. **Get him to:**

- use the stairs instead of taking the escalator or lift.
- walk faster and put more spring into his movement.
- get off one bus stop earlier and walk the rest of the way.
- take up a hobby that requires body movements.



- walk around after a meal instead of just sitting around.
- watch less television or do some stretching exercises while watching.
- stand and walk more, sit less. Walk when travelling for short distances.
- do things instead of sitting around.
- help with simple housework and gardening.

Be patient and supportive

Losing weight is hard. It takes time and a lot of patience.
Your child needs your support.

Praise him when he is able to stick to his diet and exercise plan. Encourage him not to give up if he finds it difficult or slow.

Once your child has reached his ideal weight, both of you can be proud that he is now trim and fit. **He can face the future with greater confidence and in better health.**

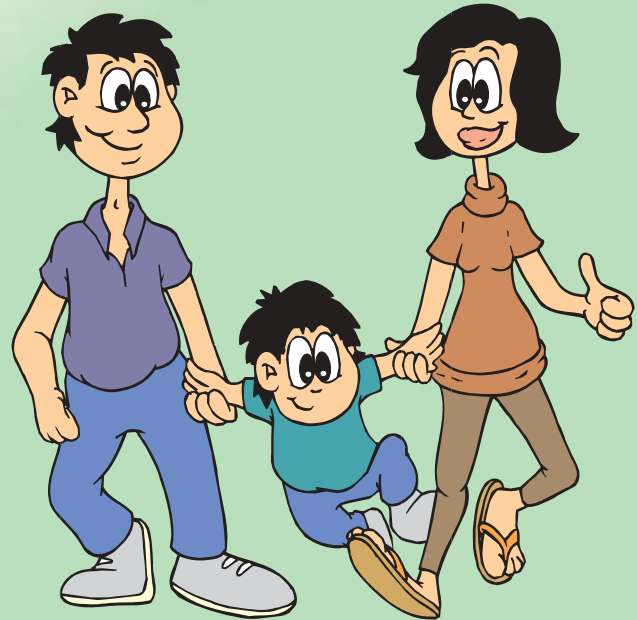


Table of energy content of foods

Food	Portion size		kJ	Cals
	qty	wt (g)		
Bread, plain	2 slices	60	647	154
Roti prata	One	200	2705	644
Cornflakes	1 cup	30	449	107
Mee curry	1 bowl	400	2167	516
Mee goreng	1 plate	400	2772	660
Rice, plain, cooked	1 plate	200	1092	260
Fried rice (nasi goreng)	1 plate	400	3242	772
Nasi briyani, rice only	1 plate	250	1924	458
Nasi lemak with ingredients	1 plate	300	2129	507
Mutton curry	1 serve	100	777	185
Lamb chop, loin, grilled, lean & fat	2	96	1428	340
Beef burger patty	One	80	848	202
Beef rendang	1 pc	90	958	228
Beef/chicken satay	6 sticks	90	907	216
Chicken, roasted, meat & skin	1 serve	90	815	194
Luncheon meat	2 slices	90	1184	282
Pork chop, loin, grilled lean	1 serve	85	1184	282

Food	Portion size		kJ	Cals
	qty	wt (g)		
Duck meat, roasted, meat & skin	1 serve	100	1567	373
Ikan bilis sambal	1 serve	40	530	126
Tenggiri, fried	One	55	764	182
Fish finger, grilled	2	46	428	102
Fish cake, fried	One	50	395	94
Soya bean cake (dòu gān), fried	1 serve	30	277	66
Soya bean curd (dòu fu)	1 serve	50	143	34
Cashew nut, roasted	2 tbsp	30	722	172
Peanut, roasted	2 tbsp	30	718	171
Apple	One	150	223	53
Banana	One	90	176	42
Durians	5 seeds	175	643	153
Orange	One	150	181	43
Papaya	1 wedge	150	164	39
Watermelon	1 wedge	200	130	31
Fruit cocktail, canned	½ cup	128	420	100
Carrot, cut into slices	½ cup	65	97	23

Table of energy content of foods

Food	Portion size		kJ	Cals
	qty	wt (g)		
Spinach	1 cup	30	25	6
Gai-lan	1 cup	65	118	28
Cucumber, cut into thick slices	5	40	25	6
Long beans	1/2 cup	55	76	18
Bean sprouts	1 cup	104	109	26
Cheddar cheese, processed	1cm cube	16	218	52
Milk shake	1 glass	250	945	225
Cow's milk, whole	1 glass	250	685	163
UHT, low fat	1 glass	250	538	128
UHT, chocolate flavour	1 glass	250	714	170
Ice-cream, vanilla	1 scoop	45	374	89
Yoghurt, natural, plain	1 cup	200	716	170
Boiled egg	One	50	311	74
Fried egg with fat	One	53	424	101
Egg omelette	One	65	449	107
Cola	1 can	285	491	117
Soya bean milk, packet	1 packet	250	664	158
Soya bean milk, fresh	1 cup	250	336	80

Food	Portion size		kJ	Cals
	qty	wt (g)		
Thousand island salad cream	1 dsp	10	160	38
Chilli/tomato sauce	1 dsp	10	46	11
Butter/margarine	1 dsp	15	466	111
Peanut butter	1 dsp	15	378	90
Jam/marmalade/kaya	1 dsp	15	151	36
Milk chocolate	2 pcs	40	890	212
Fruit cake	1 wedge	50	743	177
Chocolate cake	1 wedge	55	1054	251
Doughnut, ring, iced	1 pc	80	1285	306
Kueh lapis, steamed	1 pc	90	575	137
Apple pie	One	85	1105	263
Hamburger	One	100	1121	267
Big Mac	One	205	2365	563
KFC chicken thigh	1 pc	68	899	214
Pizza, thin N crispy, supreme	2 slices	200	1928	459
Pan pizza, supreme	2 slices	255	2474	589
Curry puff, potato & spices	One	40	538	128
Potato crisp	1 packet	35	785	187

Source: Food & Nutrition Department, 1993

Table of energy output of various activities

Activity	No of Cals used in 1 min. of activity*	No of mins of activity needed to burn off:					
		25 Cal	50 Cal	100 Cal	150 Cal	200 Cal	250 Cal
Light housework	2.70	9	19	37	56	74	93
Mopping floor	2.79	9	18	36	54	72	90
Cycling (leisure)	2.88	9	17	35	52	70	87
Table tennis	3.06	8	16	33	49	62	82
Brisk walking	3.33	8	15	30	45	60	75
Badminton	4.37	6	12	23	34	46	57
Tennis	4.91	5	10	20	31	41	51
Jogging (slow)	5.04	5	10	20	30	40	50
Football	5.94	4	8	17	25	34	42
Basketball	6.21	4	8	16	24	32	40
Running (slow, 8km/h, male)	6.57	4	8	15	23	30	38
Swimming (breaststroke)	7.29	3	7	14	19	27	32

*Calculated for a child weighing 45kg.

Weight for height table for school children

a) Boys (Height 108cm to 186cm)

Height (cm) (a)	Underweight (kg)	Borderline underweight (kg)	Healthy weight (kg) (c) (d)	Borderline overweight (kg)	Overweight (kg)
108	12.8 & below	12.9 – 15.1	15.2 – 18.0	18.1 – 19.9	20.0 & above
110	13.4 & below	13.5 – 15.8	15.9 – 18.9	19.0 – 20.8	20.9 & above
112	13.9 & below	14.0 – 16.5	16.6 – 19.6	19.7 – 21.5	21.6 & above
114	14.8 & below	14.9 – 17.3	17.4 – 20.4	20.5 – 22.5	22.6 & above
116	15.6 & below	15.7 – 18.0	18.1 – 21.2	21.3 – 23.5	23.6 & above
118	16.5 & below	16.6 – 19.0	19.1 – 22.7	22.8 – 24.8	24.9 & above
120	17.3 & below	17.4 – 19.9	20.0 – 23.6	23.7 – 25.9	26.0 & above
122	18.3 & below	18.4 – 20.9	21.0 – 24.9	25.0 – 27.1	27.2 & above
124	19.2 & below	19.3 – 21.9	22.0 – 26.2	26.3 – 28.7	28.8 & above
126	20.2 & below	20.3 – 22.8	22.9 – 27.6	27.7 – 29.9	30.0 & above
128	21.2 & below	21.3 – 24.0	24.1 – 28.9	29.0 – 31.5	31.6 & above
130	22.2 & below	22.3 – 25.3	25.4 – 30.3	30.4 – 33.0	33.1 & above
132	23.2 & below	23.3 – 26.5	26.6 – 31.9	32.0 – 34.6	34.7 & above
134	24.5 & below	24.6 – 27.6	27.7 – 33.5	33.6 – 36.1	36.2 & above
136	25.8 & below	25.9 – 28.9	29.0 – 34.9	35.0 – 38.2	38.3 & above
138	26.8 & below	26.9 – 29.9	30.0 – 36.5	36.6 – 40.0	40.1 & above
140	27.9 & below	28.0 – 31.1	31.2 – 37.8	37.9 – 41.9	42.0 & above
142	29.2 & below	29.3 – 32.7	32.8 – 39.7	39.8 – 43.9	44.0 & above
144	30.3 & below	30.4 – 33.9	34.0 – 41.2	41.3 – 45.7	45.8 & above
146	31.7 & below	31.8 – 35.0	35.1 – 42.9	43.0 – 47.6	47.7 & above
148	32.8 & below	32.9 – 36.4	36.5 – 44.8	44.9 – 49.3	49.4 & above
150	34.1 & below	34.2 – 37.9	38.0 – 46.5	46.6 – 51.1	51.2 & above
152	35.2 & below	35.3 – 39.2	39.3 – 48.1	48.2 – 52.9	53.0 & above
154	36.6 & below	36.7 – 40.8	40.9 – 50.0	50.1 – 54.9	55.0 & above
156	37.8 & below	37.9 – 42.1	42.2 – 51.8	51.9 – 56.9	57.0 & above
158	39.0 & below	39.1 – 44.0	44.1 – 53.7	53.8 – 58.8	58.9 & above
160	40.6 & below	40.7 – 45.6	45.7 – 55.1	55.2 – 60.9	61.0 & above
162	41.9 & below	42.0 – 47.1	47.2 – 57.3	57.4 – 62.9	63.0 & above
164	43.4 & below	43.5 – 48.8	48.9 – 59.0	59.1 – 65.0	65.1 & above
166	44.9 & below	45.0 – 50.6	50.7 – 60.9	61.0 – 67.5	67.6 & above
168	46.3 & below	46.4 – 52.1	52.2 – 63.2	63.3 – 69.8	69.9 & above
170	47.7 & below	47.8 – 53.9	54.0 – 64.7	64.8 – 71.7	71.8 & above
172	49.0 & below	49.1 – 55.6	55.7 – 67.4	67.5 – 74.3	74.4 & above
174	50.4 & below	50.5 – 57.3	57.4 – 69.6	69.7 – 76.6	76.7 & above
176	51.7 & below	51.8 – 58.4	58.5 – 71.1	71.2 – 77.9	78.0 & above
178	52.9 & below	53.0 – 59.9	60.0 – 73.1	73.2 – 80.1	80.2 & above
180	54.2 & below	54.3 – 60.9	61.0 – 74.9	75.0 – 81.7	81.8 & above
182	55.4 & below	55.5 – 62.2	62.3 – 76.7	76.8 – 83.7	83.8 & above
184	56.4 & below	56.5 – 63.7	63.8 – 77.9	78.0 – 84.9	85.0 & above
186	56.9 & below	57.0 – 64.7	64.8 – 79.4	79.5 – 86.4	86.5 & above

b) Girls (Height 106cm to 180cm)

Height (cm) (a)	Underweight (kg)	Borderline underweight (kg)	Healthy weight (c) (d)	Borderline overweight (kg)	Overweight (kg)
106	12.1 & below	12.2 – 13.9	14.0 – 17.0	17.1 – 18.4	18.5 & above
108	12.7 & below	12.8 – 14.3	14.4 – 17.6	17.7 – 19.1	19.2 & above
110	13.2 & below	13.3 – 15.0	15.1 – 18.4	18.5 – 20.1	20.2 & above
112	13.8 & below	13.9 – 15.8	15.9 – 19.2	19.3 – 20.9	21.0 & above
114	14.5 & below	14.6 – 16.6	16.7 – 20.2	20.3 – 22.2	22.3 & above
116	15.1 & below	15.2 – 17.3	17.4 – 21.1	21.2 – 23.1	23.2 & above
118	15.9 & below	16.0 – 18.2	18.3 – 22.3	22.4 – 24.3	24.4 & above
120	16.7 & below	16.8 – 18.9	19.0 – 23.1	23.2 – 25.3	25.4 & above
122	17.5 & below	17.6 – 19.9	20.0 – 24.2	24.3 – 26.6	26.7 & above
124	18.2 & below	18.3 – 20.8	20.9 – 25.4	25.5 – 27.9	28.0 & above
126	19.1 & below	19.2 – 21.8	21.9 – 26.6	26.7 – 29.0	29.1 & above
128	20.0 & below	20.1 – 22.9	23.0 – 28.0	28.1 – 30.5	30.6 & above
130	21.1 & below	21.2 – 24.0	24.1 – 29.2	29.3 – 31.9	32.0 & above
132	22.1 & below	22.2 – 24.9	25.0 – 30.6	30.7 – 33.5	33.6 & above
134	23.3 & below	23.4 – 26.5	26.6 – 32.1	32.2 – 35.0	35.1 & above
136	24.5 & below	24.6 – 27.8	27.9 – 33.8	33.9 – 36.7	36.8 & above
138	25.8 & below	25.9 – 29.0	29.1 – 35.7	35.8 – 38.8	38.9 & above
140	26.9 & below	27.0 – 30.4	30.5 – 37.4	37.5 – 40.2	40.3 & above
142	28.3 & below	28.4 – 31.9	32.0 – 39.1	39.2 – 42.2	42.3 & above
144	29.7 & below	29.8 – 33.6	33.7 – 40.9	41.0 – 44.6	44.7 & above
146	31.1 & below	31.2 – 35.1	35.2 – 42.9	43.0 – 46.7	46.8 & above
148	32.4 & below	32.5 – 36.7	36.8 – 44.9	45.0 – 48.7	48.8 & above
150	33.8 & below	33.9 – 38.3	38.4 – 46.8	46.9 – 50.7	50.8 & above
152	34.9 & below	35.0 – 39.7	39.8 – 48.7	48.8 – 52.7	52.8 & above
154	36.6 & below	36.7 – 40.9	41.0 – 50.5	50.6 – 54.8	54.9 & above
156	37.9 & below	38.0 – 42.7	42.8 – 52.1	52.2 – 56.7	56.8 & above
158	39.1 & below	39.2 – 44.0	44.1 – 54.1	54.2 – 58.7	58.8 & above
160	40.4 & below	40.5 – 45.6	45.7 – 55.7	55.8 – 60.6	60.7 & above
162	41.6 & below	41.7 – 47.1	47.2 – 57.5	57.6 – 62.4	62.5 & above
164	42.8 & below	42.9 – 48.4	48.5 – 59.1	59.2 – 64.1	64.2 & above
166	43.8 & below	43.9 – 49.4	49.5 – 60.6	60.7 – 65.7	65.8 & above
168	45.1 & below	45.2 – 50.7	50.8 – 61.9	62.0 – 67.4	67.5 & above
170	46.0 & below	46.1 – 51.8	51.9 – 63.5	63.6 – 69.0	69.1 & above
172	46.9 & below	47.0 – 52.9	53.0 – 64.7	64.8 – 70.5	70.6 & above
174	47.9 & below	48.0 – 53.9	54.0 – 66.0	66.1 – 71.8	71.9 & above
176	48.4 & below	48.5 – 54.9	55.0 – 67.1	67.2 – 73.1	73.2 & above
178	49.1 & below	49.2 – 55.8	55.9 – 68.4	68.5 – 74.4	74.5 & above
180	49.9 & below	50.0 – 56.1	56.2 – 69.4	69.5 – 75.9	76.0 & above

Source: School Health Service, 1993

*Please note that the acceptable weight range shown in the weight for height tables in your school includes that of healthy weight, borderline underweight and borderline overweight.