




## 体重指数和腰围用于肥胖的营养评定

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## Application of Body Mass Index and Waist Circumference for Nutritional Assessment among Obese Individuals

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摘要

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摘要 摘要: 本文介绍了体重指数和腰围在肥胖营养评定中的价值和局限性,并强调将二者结合用于评定肥胖的重要性。

关键词: 肥胖 体重指数 腰围

Abstract: ABSTRACT: This article outlines the clinical values and limitations of body mass index and waist circumference for nutritional assessment among obese individuals and emphasizes the importance of combining these two parameters for diagnosis of obesity.

Keywords: obesity body mass index waist circumference

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