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Who was the fattest president

With a staggering £340 and a body mass index of £42.3, William Howard Taft wasn't just the heaviest president in US history. He was also the first celebrity weight loss patient, according to Deborah Levine, a professor of health policy and management at Providence College in Rhode Island. For a new report in the journal *Annals of Internal Medicine*, Levine studied the letters exchanged between Taft and The English physician Nathaniel E. Yorke-Davies. Taft, who according to legend once got stuck in the presidential tub because of his circumference, asked for a personalized weight loss plan, writing that no true gentleman weighs more than 300 pounds. Yorke-Davies provided him with a heavy schedule on grilled vegetables, fruits and lean proteins, and low in carbohydrates and sugar. (In other words, what most modern doctors agree on is a healthy way to eat.) The diet worked wonders for the 27th president, who lost 60 pounds. But Taft wasn't the only president of the United States with a few extra baggage in between. Here are five more fat commanders-in-chief, and how they tried - and sometimes failed - to lose extra weight.

Grover Cleveland22nd President (1885–1889), 24th President (1893–1897)240–280 pounds, BMI 34.6 Cleveland has struggled with its weight all its life. According to the 1994 book *The Health of the Presidents*, he went from a chubby child to a large-bellied adult whose grandchildren called him Uncle Jumbo. He loved food and hated exercise - he once said Body Movement alone... is among the sad and unsatisfactory things about life - and he wasn't all that interested in diet. The closest to a full-life diet was when he was 18, suffering from typhoid fever in Buffalo, New York. His doctors prescribed a starvation diet, sometimes called an absolute diet. For 3 days, despite already suffering from death, Cleveland was prohibited from eating any food. Somehow he didn't die from the experience. He nearly tried his diet again in 1870, during his campaign for district attorney in Erie County, New York. He and rival Lyman K. Bass made a gentleman's agreement to consume only four glasses of beer a day until the November election, ostensibly because it wasn't kosher for district attorneys to be publicly intoxicated. It wasn't long before he decided it wasn't much fun. But rather than break their own rules, they began ordering beer in 48-ounce German steins. In this way, they could drink a gallon of alcohol every night and still stick to their responsible intake allowance.

Dwight D. Eisenhower34th President (1953-1961)172 pounds, BMI 25.3 General Ike did not have a but struggled with high cholesterol - its levels reached an all-time high of 259 mg/dL on its last day in office - and heart disease. He had his first heart attack in 1955, at the age of 64, and his cardiologist advised against it. a second term as president. Instead, he focused on lowering his risk factors with an aggressive, low-fat, low-cholesterol diet. He stopped eating anything with butter, margarine, cream or lard. He's only eaten one egg in the last four weeks; just a piece of cheese, wrote his personal physician, Dr. Howard Snyder. For breakfast he has skimmed milk, fruit and Sanka. Lunch is practically cholesterol-free, unless it's a piece of cold meat from time to time. None of this worked - Eisenhower's cholesterol and weight were just rising - so he tried even more food deprivation. He stopped having breakfast altogether, and then cut the lunch as well. As Dr. Snyder noted, his lack of any nutrition made him irritable during noon. Eisenhower's empty stomach didn't affect her sense of humor. In 1960, after hearing that presidential candidate John F. Kennedy had said that 17 million people in the United States go to bed hungry every night, Eisenhower joked Well, I go to bed hungry every night as well, but it's only because my doctor made me on a diet.

Bill Clinton42nd President (1993-2001)£230, BMI 28.3 The good news is that my husband loves to eat and has fun, Hillary Clinton told *The New York Times* in 1992. The bad news is that he loves to eat, even when things aren't always right for him. President Clinton's diet included everything from cheeseburgers and ribs to McDonald's and Kool-Aid. He tried to make some healthy changes during his presidency, adding soy burgers, salmon and stirring frying vegetables on the White House menu. But in just 2 years, between 1997 and 1999, he fell 18 pounds, according to his personal doctor. Things have gone from bad to worse. In 2004, the 58-year-old Clinton had a quadruple bypass surgery. In 2010, a replacement for the heart stent followed. Inspired by surgeon and heart health expert Dr. Caldwell Esselstyn, who recommends not eating anything with a mother or face, Clinton has become a strict vegan. As he told CNN's Wolf Blitzer in 2010, I essentially continued a plant-based diet. I live on beans, legumes, vegetables and fruits. He also drinks a protein shake with almond milk every morning and avoids all meat, dairy products and eggs. The former president claims to have lost 30 kilos in his diet, and today weighs what he did in high school.

Theodore Roosevelt26th President (1901–1909)220 pounds, BMI 30.2 Roosevelt was, according to friends and colleagues, a eating machine. I saw what it was like that he had more than 2 inches of meat and fat on his ribs, his campaign manager wrote in 1912, during the request Roosevelt for a third term. I saw him eat a whole chicken and drink four large glasses of milk at a meal, and chicken and milk weren't the only things served at all. He was also a fan of coffee, and his son, Ted Jr., once claimed that the size of his father's coffee cups was more in the nature of a bathtub. that one that just the beginning of his culinary extravagances: Roosevelt enjoyed pigs in blankets, liver and bacon, green turtle soup, and fried chicken with sauce. By all accounts, he should have been a much older man, at least in the territory of Taft. His secret to staying, well, semi-thin kept active. He participated in everything from hunting and boxing to cutting wood and tennis. While I was in the White House I always tried to do a couple of hours of exercise in the afternoon, he wrote in his 1913 autobiography. A man whose activity is sedentary should do some kind of exercise if he wants to keep himself in good physical condition.

Warren G. Harding29th President (1921-1923)Over 200 pounds, BMI 23.5 Well before entering the White House, Harding was a health nightmare. He had high blood pressure, diabetes, constant chest pain and breathing difficulties. Harding's solution to his dangerous symptoms? Eat more frankfurt and waffles. The *Presidents' Cookbook*, a 1968 book documenting presidential menus, paints a portrait of Harding's diet that will harden the arteries simply by reading them. White House poker games included the presidential favorite: knockwurst and sauerkraut. Ms. Harding brought her recipe for authentic chicken pie to the White House. A typical breakfast included scrambled eggs and bacon, wheatcakes with maple syrup, corn muffins, toast, and proverbial gallons of coffee. Not all guests at the president's dinner shared his immense appetite, so occasional concessions were made. There was often a need on white house menus... for a light first course or a light dessert. You can only imagine Harding grimacing to the very idea of a light dessert. If you liked this story, you will like it.

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William H. Taft was the heaviest president at 340 pounds (154.2 kg). James Madison was the lightest president at 100 pounds (45.4 kg). The average weight of the first 44 presidents is 182 pounds (82.7 kg). The weights listed below reflect the best information available. Weights fluctuated over time or were not measured accurately. Back to the presidential facts

Is Donald Trump the fattest president of the last 100 years? This is not, in a way, an important question, and it is cruel to shame people for their weight. However, because Trump himself thinks it's very important to judge people by weight and appearance, we think it's right to delve deeper into the president's weight than his predecessors. It is 6 feet, 3 inches tall and weighs 243 pounds, according to a statement released by the White House physician earlier this year. This puts its body mass index, or BMI, at about 30.4, making it obese. Where would he place him among the presidents of the United States? Well, it's hard to get reliable weight data for presidents before World War II, but we can be pretty sure that William Howard Taft was fatter; Wikipedia notes tactfully that Taft is remembered as the heaviest president; it was 5 feet 11 inches tall and its weight peaked at 335-340 pounds. Taking the top end of that estimate, Taft's peak BMI would have been about 47.4, which would have made it very seriously obese according to Wikipedia's BMI page. Trump is nowhere near that, so that gives us a clear limit: 104 years ago, there was definitely a fatter president. What about the century that is going on? Only two people strike me as contenders; everyone else was obviously thinner than Trump. The first is Bill Clinton, who was said to love eating fast food. But a quick look at some photos indicates that it was leaner than we remember. Here she is in her famous appearance in the Arsenio Hall; seems

reasonably quick. In this New Republic article about his health habits, the highest weight they mention is 216 pounds, which, given his height of 6'2, would indicate a peak BMI of 27.7 - overweight, but still shy of Trump. The other guy is Lyndon Johnson, who is listed as weighing 200 pounds. But the weight of LBJ fluctuated a lot; it was naturally a bit paunchy but quite vain to diet constantly (and sometimes, apparently, to wear a belt). A book puts its maximum weight up to 220 pounds; another as more than 240. LBJ is usually listed as 6'3.5 high, so with a weight of, for example, 245 pounds, which would give it a maximum BMI of 30.2. So it's pretty obvious that Trump takes the crown as the fattest president of the last 100 years, and that's assuming you believe it's 243 pounds and 6'3. It seems plausible that he weighs more than 243 pounds, perhaps in the 250-260 range. But surprisingly, the best case has to do with his height. Photos of him standing next to other people strongly suggest that he is not 6'3; Politico also found the driver's license, which says it's 6'2. Apparently he gets very angry when people say it's 6'2, but here he is: Donald Trump is 6'2. It's not 6'3; is 6'2. To be clear: I'm 6'2 for the height of Donald Trump, which is not 6'3, and instead it's only 6'2. Justin Trudeau is 6'2. Trump is at 6.3 in two-inch heels. Someone's a liar. pic.twitter.com/q4jXymPYTU - Schrodinger's Cat-herine (@C_doc_911) August 26, 2019 Donald Trump is listed as 6 feet 2 on his driver's license. There's also the question of exercise, which Trump doesn't seem to be doing much about. To find a healthier President among the other 44 you have to go back... one, to Barack Obama, who is 16 years younger and plays on a regular basis. Or, go back two, to George W. Bush, who is also younger than Trump even though he left office nearly a decade ago, and who famously liked to train all the time. Bill Clinton, who is also younger than Donald Trump, was also jogging with those McDonald's. Trump apparently loves fast food just as much, and in that aspect of Dr. Oz with fake medical records, we have this exchange: OZ: How do you stay healthy in the wake of the campaign? TRUMP: That's a lot of work. When I talk in front of 15 and 20,000 people and they're up there using a lot of movement, I think in their own way, it's a pretty healthy act. I really like doing that. A lot of times these rooms are very hot, like saunas, and I guess it's a form of exercise and, you know? He thinks that speaking in public is a form of exercise, because he moves his arms and sometimes it gets hot in the room. This is not a man who works, or, in fact, fully grasps the concept of processing. So while it's possible that the use of BMI unfairly defames the suitability of some presidents, it clearly barely scratches the surface of Trump's ill health. Unhealthiness.

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