

Chart 1

BMI reference chart – weights for a given height, for healthy weight range, overweight and obese

## Imperial

Height	Weight for BMI 18.5	Weight for BMI 25	Weight for BMI 30	Height	Weight for BMI 18.5	Weight for BMI 25	Weight for BMI 30
4'8"	5st 12lbs	7st 13lbs	9st 7lbs	5'8"	8st 9lbs	10st 10lbs	14st 11lbs
4'9"	6st 1 lbs	8st 4lbs	9st 12lbs	5'9"	9st 13lbs	11st 11lb	14st 7lbs
4'10"	6st 4lbs	8st 8lbs	10st 3lbs	5'10"	9st 3lbs	12st 6lbs	14st 13lbs
4'11"	6st 7lbs	8st 12lbs	10st 8lbs	5'11"	9st 6lbs	12st 11lbs	15st 4lbs
5'	6st 10lbs	9st 2lbs	10st 13lbs	6'	9st 10lbs	13st 2lbs	15st 10lbs
5'1"	7st 0lbs	9st 6lbs	10st 18lbs	6'1"	9st 10lbs	13st 7lbs	16st 3lbs
5'2"	7st 3lbs	9st 11lbs	11st 3lbs	6'2"	10st 4lbs	13st 13lbs	16st 9lbs
5'3"	7st 6lbs	10st 1lb	12st 11lbs	6'3"	10st 8lbs	14st 4lbs	17st 11lb
5'4"	7st 9lbs	10st 6lbs	12st 6lbs	6'4"	10st 12lbs	14st 9lbs	17st 8lbs
5'5"	7 st 13lbs	10st 11lbs	12st 11lbs	6'5"	11sr 2lbs	15st 0lbs	18st 0lbs
5'6"	8 st 2lbs	11st 1lbs	13st 8lbs	6'6"	11st 6lbs	15st 5lbs	18st 7lbs
5'7"	8st 6lbs	11st 6lbs	13st 13lbs	6'7"	11st 10lbs	15st 11lbs	19st 0lbs

## Metric

Height (metres)	Weight for BMI 18.5	Weight for BMI 25	Weight for BMI 30	Height	Weight for BMI 18.5	Weight for BMI 25	Weight for BMI 30
1.42m	37.3	50.4	60.5	1.73m	55.4	74.8	89.8
1.45m	38.9	52.6	63.1	1.75m	56.7	76.6	91.9
1.47m	40.5	54.8	64.8	1.78m	58.6	79.2	95.0
1.50m	42.1	57.0	67.5	1.80m	59.9	81.0	97.2
1.52m	42.7	58.8	69.3	1.83m	62.0	83.8	100.5
1.55m	44.4	60.0	72.0	1.85m	63.3	85.6	102.7
1.57m	45.6	61.6	74.1	1.88m	65.4	88.4	106.0
1.60m	47.4	64.0	76.8	1.91m	67.5	91.2	109.4
1.63m	49.1	66.4	78.7	1.93m	68.9	93.1	111.7
1.65m	50.4	68.0	81.7	1.96m	71.1	96.0	115.2
1.68m	52.2	70.6	84.7	1.98m	72.5	98.0	117.6

**Chart 2**

Weight loss needed to achieve 5% and 10% weight loss, based on starting weight (in half stone bands)

Weight		To lose 5% means losing:		To lose 10% means losing:	
Imperial (stones)	Metric (kg)	Imperial (lbs)	Metric (kg)	Imperial (stones)	Metric (kg)
8	51	5½	2.5	11	5.1
8½	54	6	2.7	12	5.4
9	57	6½	2.9	13	5.7
9½	60	6½	2.9	13	6.0
10	63	7	3.1	14	6.3
10½	66	7½	3.3	15	6.6
11	70	7½	3.3	16	7.0
11½	73	8	3.6	16	7.3
12	76	8½	3.8	17	7.6
12½	79	8½	3.9	17	7.9
13	83	9	4.1	18	8.3
13½	86	9½	4.3	19	8.6
14	89	9½	4.3	20	8.9
14½	92	10	4.6	20	9.2
15	95	10½	4.7	21	9.5
15½	98	11	5.0	22	9.8
16	102	11	5.0	22	10.2
16½	105	11½	5.2	23	10.5
17	108	12	5.4	24	10.8
17½	111	12	5.5	24	11.1
18	114	12½	5.7	25	11.4
18½	117	13	5.8	26	11.7
19	121	13½	6.0	27	12.1
19½	124	13½	6.2	27	12.4
20	128	14	6.3	28	12.7
20½	131	14½	6.5	29	13.0
21	135	14½	6.6	29	13.3
21½	136	15	6.8	30	13.6
22	140	15½	7.0	31	14.0
22½	143	15½	7.1	31	14.3
23	147	16	7.3	32	14.6
23½	150	16	7.4	32	14.9
24	152	16½	7.6	33	15.2
24½	155	17	7.7	34	15.5
25	159	17½	7.9	35	15.9
25½	162	18	8.1	36	16.2
26	165	18	8.2	36	16.5
26½	168	18½	8.4	37	16.8
27	171	18½	8.5	37	17.1
27½	174	19	8.7	38	17.4
28	178	19½	8.9	39	17.8
28½	181	20	9.0	40	18.1
29	185	20	9.2	40	18.5
29½	188	20½	9.4	41	18.8
30	191	21	9.5	42	19.1

**Chart 3****Estimated energy requirement (EER) chart**

Daily estimated energy requirements to maintain body weight are calculated using a formula to account for four factors: gender, age, activity level and current weight. To estimate energy deficits, which would achieve about 1lb (½kg) a week weight loss, are based on a dietary intake of 600 kcalories less than the person's daily energy requirement. Work out patient's 'Estimated Energy Requirements for Modest Weight Loss', as follows:

**1.BMR:** Based on patient's age, gender and current weight (kg) as listed in the chart below, predict the patient's Basal Metabolic Rate (BMR). These are based on the Mifflin-St. Jeor and Schofield equations (see Dept. Health's Dietary reference values, 1992)

Age range	Men	Women
	Basal Metabolic Rate (kcal/d)	
10-17 years	$17.7 \times \text{weight (kg)} + 657$	$13.4 \times \text{weight (kg)} + 692$
18-29 years	$15.1 \times \text{weight (kg)} + 692$	$14.7 \times \text{weight (kg)} + 487$
30-59 years	$11.5 \times \text{weight (kg)} + 873$	$8.3 \times \text{weight (kg)} + 846$
60 years plus	$11.7 \times \text{weight (kg)} + 493$	$9.1 \times \text{weight (kg)} + 658$

**2. PAL:** Incorporate their Physical Activity Level (PAL) based on the gender and activity level shown in the chart below. Do this by multiplying the patient's estimated BMR with the appropriate figure from the table below. Few patients are likely to have activity levels above the 'inactive'.

Activity level	Description	Men	Women
		Physical Activity Level value is	
Inactive	Assume sitting most of the day with less than 2 hours on their feet.	1.4	1.4
Light	Assume some light exercise – at work or tasks about the house or garden – with at least 30 minutes on their feet.	1.5	1.5
Modest	Assume 30 minutes on their feet or regular strenuous exercise	1.78	1.64
Heavy	They do heavy labouring jobs or serious athletes in training.	2.1	1.82

**3.EER:** Calculate the person's daily estimated energy requirement to maintain weight by multiplying BMR and PAL.

**4. EER for weight loss:** Subtract 600 calories from the above figure to estimate the person's energy requirement for modest weight loss.

**Chart 4****Food Group Portions Chart**

The table below suggests the number of servings from the Balance of Good Health's food groups to provide a healthy balanced diet to fit the patients Estimated Energy Requirement. The table provides a guide and will not ensure:

- nutritional adequacy provided by the main 4 food groups,
- tasty meals: a small amount of fat for preparing/serving foods from the main 4 food groups,
- favourite foods such as desserts, cakes, biscuits, savoury snacks and sweets (fatty and/or high sugar foods) and alcoholic drinks are included. Many people like to save up their daily 'extras' over the week for the weekend or a special occasion.

Daily Energy Prescription	Portions from each of the main 4 food groups				Protein from main 4 food groups	Portions from the fatty and/or high sugar food group		Allowance for *high fat and/or sugar treats *alcoholic drinks
	Bread other cereals & potatoes	Fruit & Veg	Dairy foods	Protein rich foods		Fat rich foods	Fat spreads butter *oils *salad dressings	
	approx 80 kcals per portion	approx 40 kcals per portion	approx 90 kcals per portion	approx 140 kcals per portion	approx 50 kcals per portion		(kcal per day) These can be 'saved up' to use at the weekend or a special occasion in the week.	
1200	5	5	3	2	1	1	0	
1300	5	5	2	2	1	2	50	
1400	5	5	2	2	1	2	150	
1500	5	5	2	2	1	2	250	
1600	6	6	3	2	1	2	230	
1700	7	7	3	2	1	2	210	
1800	7	7	3	2	1	2	310	
1900	8	8	3	2	1	2	290	
2000	8	8	3	2	1	3	200	
2100	8	8	3	2	1	3	300	
2200	9	9	3	2	1	3	280	
2300	9	9	3	2	1	3	290	
2400	9	9	4	4	1	3	250	
2500	10	10	4	4	1	3	230	
2600	10	10	4	4	1	3	330	
2700	10	10	4	4	1	3	430	
2800	11	11	4	4	1	3	410	
2900	11	11	4	4	1	4	460	
3000	12	12	4	4	1	4	440	

\* If higher calorie levels are required, portions can be assigned according to the dietitian's discretion.