



Nutritional Assessment Chart

Body Mass Index (BMI) Chart

Percentage Unplanned Weight Loss Calculator

Height (Feet & Inches)

Weight (kg)	4'10"	4'11"	5'0"	5'0 1/2"	5'1"	5'2"	5'3"	5'4"	5'4 1/2"	5'5"	5'6"	5'7"	5'7 1/2"	5'8"	5'9"	5'10"	5'11"	5'11 1/2"	6'0"	6'1"	6'2"	6'3"	
100	46	44	43	42	41	40	39	38	37	36	35	35	34	33	32	32	31	30	30	29	28	28	15.10
99	45	44	43	42	41	40	39	38	37	36	35	34	33	32	31	31	30	29	29	28	27	27	15.0
98	45	44	42	41	40	39	38	37	36	35	34	33	32	31	30	30	29	28	28	27	27	26	14.9
97	44	43	42	41	40	39	38	37	36	35	34	33	32	31	31	30	29	28	28	27	27	26	14.8
96	44	43	42	41	40	39	38	37	36	35	34	33	32	31	30	30	29	28	28	27	27	26	14.7
95	43	42	41	40	39	38	37	36	35	34	33	32	31	31	30	29	28	27	27	26	26	25	14.6
94	43	42	41	40	39	38	37	36	35	34	33	32	31	30	30	29	28	27	27	26	26	25	14.5
93	42	41	40	39	38	37	36	35	34	33	32	31	31	30	29	28	27	27	26	26	25	24	14.4
92	42	41	40	39	38	37	36	35	34	33	32	31	30	30	29	28	27	27	26	26	25	24	14.3
91	42	40	39	38	37	36	35	34	33	32	31	31	30	29	28	27	27	26	26	25	24	24	14.2
90	41	40	39	38	37	36	35	34	33	32	31	30	30	29	28	27	27	26	26	25	24	24	14.1
89	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	26	25	24	24	23	14.0
88	40	39	38	37	36	35	34	33	32	31	30	30	29	28	27	27	26	26	25	24	24	23	13.9
87	40	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	26	25	24	24	23	23	13.8
86	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	26	25	24	24	23	23	22	13.7
85	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	25	24	24	23	23	22	13.6
84	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	25	24	24	23	23	22	22	13.5
83	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	25	24	24	23	23	22	22	13.4
82	37	36	35	34	33	32	31	30	29	28	27	27	26	25	25	24	24	23	23	22	22	21	13.3
81	37	36	35	34	33	32	31	30	29	28	27	27	26	25	25	24	24	23	23	22	22	21	13.2
80	37	36	35	34	33	32	31	30	29	28	27	27	26	25	25	24	24	23	23	22	22	21	13.1
79	36	35	34	33	32	31	30	29	28	27	27	26	25	25	24	24	23	23	22	22	21	21	13.0
78	36	35	34	33	32	31	30	29	28	27	26	26	25	25	24	24	23	23	22	22	21	21	12.9
77	35	34	33	32	31	30	29	28	27	27	26	25	25	24	24	23	23	22	22	21	21	21	12.8
76	35	34	33	32	31	30	29	28	27	26	26	25	25	24	24	23	23	22	22	21	21	21	12.7
75	34	33	32	31	30	29	28	27	27	26	25	25	24	24	23	23	22	22	21	21	21	21	12.6
74	34	33	32	31	30	29	28	27	26	26	25	25	24	24	23	23	22	22	21	21	21	21	12.5
73	33	32	31	30	29	28	27	27	26	26	25	25	24	24	23	23	22	22	21	21	21	21	12.4
72	33	32	31	30	29	28	27	27	26	26	25	25	24	24	23	23	22	22	21	21	21	21	12.3
71	32	31	30	29	28	27	27	26	26	25	25	24	24	23	23	22	22	21	21	21	21	21	12.2
70	32	31	30	29	28	27	27	26	26	25	25	24	24	23	23	22	22	21	21	21	21	21	12.1
69	32	31	30	29	28	27	27	26	26	25	25	24	24	23	23	22	22	21	21	21	21	21	12.0
68	31	30	29	28	27	27	26	26	25	25	24	24	23	23	22	22	21	21	21	21	21	21	11.9
67	31	30	29	28	27	27	26	26	25	25	24	24	23	23	22	22	21	21	21	21	21	21	11.8
66	30	29	28	27	27	26	26	25	25	24	24	23	23	22	22	21	21	21	21	21	21	21	11.7
65	30	29	28	27	27	26	25	25	24	24	23	23	22	22	21	21	21	21	21	21	21	21	11.6
64	29	28	27	27	26	25	25	24	24	23	23	22	22	21	21	21	21	21	21	21	21	21	11.5
63	29	28	27	27	26	25	25	24	24	23	23	22	22	21	21	21	21	21	21	21	21	21	11.4
62	28	27	26	25	25	24	24	23	23	22	22	21	21	21	21	21	21	21	21	21	21	21	11.3
61	28	27	26	25	24	24	23	23	22	22	21	21	21	21	21	21	21	21	21	21	21	21	11.2
60	27	26	25	25	24	24	23	23	22	22	21	21	21	21	21	21	21	21	21	21	21	21	11.1
59	27	26	25	24	24	23	23	22	22	21	21	21	21	21	21	21	21	21	21	21	21	21	11.0
58	26	25	24	24	23	23	22	22	21	21	21	21	21	21	21	21	21	21	21	21	21	21	10.9
57	26	25	24	24	23	23	22	22	21	21	21	21	21	21	21	21	21	21	21	21	21	21	10.8
56	25	24	24	23	23	22	22	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	10.7
55	24	24	23	23	22	22	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	10.6
54	24	23	23	22	22	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	10.5
53	24	23	22	22	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	10.4
52	23	23	22	22	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	10.3
51	23	22	22	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	10.2
50	23	22	22	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	10.1
49	22	22	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	10.0
48	22	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	9.9
47	21	21	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	9.8
46	21	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	9.7
45	21	20	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	9.6
44	20	20	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	9.5
43	20	19	19	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	9.4
42	19	19	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	18	9.3
41	19	18	18	17	17	17	17	17	17	17	17	17	17	17	17	17	17	17	17	17	17	17	9.2
40	18	18	17	17	17	17	17	17	17	17	17	17	17	17	17	17	17	17	17	17	17	17	9.1
39	18	17	17	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	9.0
38	17	17	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	8.9
37	17	16	16	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	8.8
36	16	16	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	8.7
35	16	15	15	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	8.6
34	15	15	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	8.5

Weight (stones and pounds)

	SCORE 0 Wt Loss < 5%	SCORE 1 Wt Loss 5-
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