

Health Professional User Guide for Weight Loss You Can See – Gujarati Diet

Introduction

This guide will provide you with information on how to use the resource (ref: 9517).

This resource is based on the original resource (ref: 9262) as a pictorial guide, providing culturally relevant portioned foods for Gujarati communities in the UK. It aims to support a nutritionally balanced calorie deficit approach to achieve and manage healthy weight.

The energy level prescribed for a patient will be based on an estimate of their initial maintenance energy needs minus 600 kcal/day. Using the food group portion approach and providing space to add personal notes, adjust portions to meet the daily energy intake target and provide nutrient balance while supporting personal preferences appropriate for the individual's needs e.g. managing carbohydrate intake or meeting protein requirements.

A Guide to Using the Patient Resources

Weight Loss You Can See – Gujarati Diet resource

This resource should be given to the patient when introducing the energy deficit diet and worked through together. The patient's personal information should also be recorded in this booklet, together with their prescribed dietary regimen of a 600-calorie energy deficit diet.

Note on Physical Activity

The physical activity recommendations are based on UK Chief Medical Officers' Physical Activity Guidelines (2019) which state that greater than 150 minutes of physical activity along with dietary restriction may be required for weight loss.

Department of Health and Social Care. Physical Activity Guidelines:
UK Chief Medical Officers' Report. Department of Health and Social Care; London, UK: 2019.

Note on Energy Deficit Diet Calculation

The portions used in this resource have been calculated based on calories and may not be in line with current UK healthy eating recommendations:

- include at least 5 portions of fruit and vegetables daily
- eat no more than 70g red and processed meat a day
- have less than 6g of salt per day
- eat 2 portions of fish per week, at least one of which should be an oily fish.

Note on recipes used and cooking techniques to be promoted

- Energy values are from McCance and Widdowson's 'composition of foods integrated dataset' on the nutrient content of the UK food supply.
(<https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid>, 19 March 2021).
- Where values were not available for prepacked/convenience foods, package labels were used.
- All foods presented and recipes used, calculate energy based on raw ingredient values with flavourings such as spices, herbs, seasoning not included in energy calculations due to quantity and energy density being low.
 - For breads, the lowest calorie option is to eat plain i.e. without spreading any fats – if spreads are required, ghee or butter should be replaced with a small amount of reduced-fat spread.
 - Where foods are fried, shallow frying with 1-cal spray is the best option.

Chart 1

BMI reference chart – weight ranges for a healthy weight, increased risk for people of South Asian origin (23), overweight (25) or obese (30), based on height.

Imperial

| Height | Weight for BMI 18.5 | Weight for BMI 23 | Weight for BMI 25 | Weight for BMI 30 | Height | Weight for BMI 18.5 | Weight for BMI 23 | Weight for BMI 25 | Weight for BMI 30 |
|--------|---------------------|-------------------|-------------------|-------------------|--------|---------------------|-------------------|-------------------|-------------------|
| 4'8" | 5st 12lbs | 7st 5lbs | 7st 13lbs | 9st 7lbs | 5'8" | 8st 9lbs | 10st 11lbs | 11st 10lbs | 14st 1lbs |
| 4'9" | 6st 1lbs | 7st 9lbs | 8st 4lbs | 9st 12lbs | 5'9" | 8st 13lbs | 11st 2lbs | 12st 1lbs | 14st 7lbs |
| 4'10" | 6st 4lbs | 7st 12lbs | 8st 8lbs | 10st 3lbs | 5'10" | 9st 3lbs | 11st 6lbs | 12st 6lbs | 14st 13lbs |
| 4'11" | 6st 7lbs | 8st 2lbs | 8st 12lbs | 10st 8lbs | 5'11" | 9st 6lbs | 11st 11lbs | 12st 11lbs | 15st 4lbs |
| 5' | 6st 10lbs | 8st 6lbs | 9st 2lbs | 10st 13lbs | 6' | 9st 10lbs | 12st 2lbs | 13st 2lbs | 15st 10lbs |
| 5'1" | 7st 0lbs | 8st 10lbs | 9st 6lbs | 11st 4lbs | 6'1" | 10st 0lbs | 12st 6lbs | 13st 7lbs | 16st 3lbs |
| 5'2" | 7st 3lbs | 9st 0lbs | 9st 11lbs | 11st 9lbs | 6'2" | 10st 4lbs | 12st 11lbs | 13st 13lbs | 16st 9lbs |
| 5'3" | 7st 6lbs | 9st 4lbs | 10st 1lbs | 12st 1lbs | 6'3" | 10st 8lbs | 13st 2lbs | 14st 4lbs | 17st 1lbs |
| 5'4" | 7st 9lbs | 9st 8lbs | 10st 6lbs | 12st 6lbs | 6'4" | 10st 12lbs | 13st 7lbs | 14st 9lbs | 17st 8lbs |
| 5'5" | 7st 13lbs | 9st 12lbs | 10st 10lbs | 12st 11lbs | 6'5" | 11st 2lbs | 13st 12lbs | 15st 0lbs | 18st 0lbs |
| 5'6" | 8st 2lbs | 10st 3lbs | 11st 1lbs | 13st 3lbs | 6'6" | 11st 6lbs | 14st 3lbs | 15st 5lbs | 18st 7lbs |
| 5'7" | 8st 6lbs | 10st 7lbs | 11st 6lbs | 13st 9lbs | 6'7" | 11st 10lbs | 14st 8lbs | 15st 11lbs | 19st 0lbs |

Metric

| Height | Weight for BMI 18.5 | Weight for BMI 23 | Weight for BMI 25 | Weight for BMI 30 | Height | Weight for BMI 18.5 | Weight for BMI 23 | Weight for BMI 25 | Weight for BMI 30 |
|--------|---------------------|-------------------|-------------------|-------------------|--------|---------------------|-------------------|-------------------|-------------------|
| 1.42m | 37.3kg | 46.4kg | 50.4kg | 60.5kg | 1.73m | 55.4kg | 68.8kg | 74.8kg | 89.8kg |
| 1.45m | 38.9kg | 48.4kg | 52.6kg | 63.1kg | 1.75m | 56.7kg | 70.4kg | 76.6kg | 91.9kg |
| 1.47m | 40.0kg | 49.7kg | 54.0kg | 64.8kg | 1.78m | 58.6kg | 72.9kg | 79.2kg | 95.0kg |
| 1.50m | 41.6kg | 51.2kg | 56.2kg | 67.5kg | 1.80m | 59.9kg | 74.5kg | 81.0kg | 97.2kg |
| 1.52m | 42.7kg | 53.1kg | 57.8kg | 69.3kg | 1.83m | 62.0kg | 77.0kg | 83.8kg | 100.5kg |
| 1.55m | 44.4kg | 55.3kg | 60.0kg | 72.0kg | 1.85m | 63.3kg | 78.7kg | 85.6kg | 102.7kg |
| 1.57m | 45.6kg | 56.7kg | 61.6kg | 74.1kg | 1.88m | 65.4kg | 81.3kg | 88.4kg | 106.0kg |
| 1.60m | 47.4kg | 58.9kg | 64.0kg | 76.8kg | 1.91m | 67.5kg | 83.9kg | 91.2kg | 109.4kg |
| 1.63m | 49.1kg | 61.1kg | 66.4kg | 78.7kg | 1.93m | 68.9kg | 85.6kg | 93.1kg | 111.7kg |
| 1.65m | 50.4kg | 62.6kg | 68.0kg | 81.7kg | 1.96m | 71.1kg | 88.3kg | 96.0kg | 115.2kg |
| 1.68m | 52.2kg | 64.9kg | 70.6kg | 84.7kg | 1.98m | 72.5kg | 90.2kg | 98.0kg | 117.6kg |

Chart 2

Weight loss needed to achieve 5% and 10% weight loss, based on start 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 (lbs) | Metric (kg) |
| 10 | 64 | 7.0 | 3.2 | 14.0 | 6.4 |
| 10.5 | 67 | 7.4 | 3.3 | 14.7 | 6.7 |
| 11 | 70 | 7.7 | 3.5 | 15.4 | 7.0 |
| 11.5 | 73 | 8.1 | 3.7 | 16.1 | 7.3 |
| 12 | 76 | 8.4 | 3.8 | 16.8 | 7.6 |
| 12.5 | 79 | 8.8 | 4.0 | 17.5 | 7.9 |
| 13 | 83 | 9.1 | 4.1 | 18.2 | 8.3 |
| 13.5 | 86 | 9.5 | 4.3 | 18.9 | 8.6 |
| 14 | 89 | 9.8 | 4.4 | 19.6 | 8.9 |
| 14.5 | 92 | 10.2 | 4.6 | 20.3 | 9.2 |
| 15 | 95 | 10.5 | 4.8 | 21.0 | 9.5 |
| 15.5 | 98 | 10.9 | 4.9 | 21.7 | 9.8 |
| 16 | 102 | 11.2 | 5.1 | 22.4 | 10.2 |
| 16.5 | 105 | 11.6 | 5.2 | 23.1 | 10.5 |
| 17 | 108 | 11.9 | 5.4 | 23.8 | 10.8 |
| 17.5 | 111 | 12.3 | 5.6 | 24.5 | 11.1 |
| 18 | 114 | 12.6 | 5.7 | 25.2 | 11.4 |
| 18.5 | 117 | 13.0 | 5.9 | 25.9 | 11.7 |
| 19 | 121 | 13.3 | 6.0 | 26.6 | 12.1 |
| 19.5 | 124 | 13.7 | 6.2 | 27.3 | 12.4 |
| 20 | 127 | 14.0 | 6.4 | 28.0 | 12.7 |
| 20.5 | 130 | 14.4 | 6.5 | 28.7 | 13.0 |
| 21 | 133 | 14.7 | 6.7 | 29.4 | 13.3 |
| 21.5 | 137 | 15.1 | 6.8 | 30.1 | 13.7 |
| 22 | 140 | 15.4 | 7.0 | 30.8 | 14.0 |
| 22.5 | 143 | 15.8 | 7.1 | 31.5 | 14.3 |
| 23 | 146 | 16.1 | 7.3 | 32.2 | 14.6 |
| 23.5 | 149 | 16.5 | 7.5 | 32.9 | 14.9 |
| 24 | 152 | 16.8 | 7.6 | 33.6 | 15.2 |
| 24.5 | 156 | 17.2 | 7.8 | 34.3 | 15.6 |
| 25 | 159 | 17.5 | 7.9 | 35.0 | 15.9 |
| 25.5 | 162 | 17.9 | 8.1 | 35.7 | 16.2 |
| 26 | 165 | 18.2 | 8.3 | 36.4 | 16.5 |
| 26.5 | 168 | 18.6 | 8.4 | 37.1 | 16.8 |
| 27 | 171 | 18.9 | 8.6 | 37.8 | 17.1 |
| 27.5 | 175 | 19.3 | 8.7 | 38.5 | 17.5 |
| 28 | 178 | 19.6 | 8.9 | 39.2 | 17.8 |
| 28.5 | 181 | 20.0 | 9.0 | 39.9 | 18.1 |
| 29 | 184 | 20.3 | 9.2 | 40.6 | 18.4 |
| 29.5 | 187 | 20.7 | 9.4 | 41.3 | 18.7 |

| Weight | | To lose 5% means losing | | To lose 10% means losing | |
|-------------------|-------------|-------------------------|-------------|--------------------------|-------------|
| Imperial (stones) | Metric (kg) | Imperial (lbs) | Metric (kg) | Imperial (lbs) | Metric (kg) |
| 30 | 191 | 21.0 | 9.5 | 42.0 | 19.1 |
| 30.5 | 194 | 21.4 | 9.7 | 42.7 | 19.4 |
| 31 | 197 | 21.7 | 9.8 | 43.4 | 19.7 |
| 31.5 | 200 | 22.1 | 10.0 | 44.1 | 20.0 |
| 32 | 203 | 22.4 | 10.2 | 44.8 | 20.3 |
| 32.5 | 206 | 22.8 | 10.3 | 45.5 | 20.6 |
| 33 | 210 | 23.1 | 10.5 | 46.2 | 21.0 |
| 33.5 | 213 | 23.5 | 10.6 | 46.9 | 21.3 |
| 34 | 216 | 23.8 | 10.8 | 47.6 | 21.6 |
| 34.5 | 219 | 24.2 | 11.0 | 48.3 | 21.9 |
| 35 | 222 | 24.5 | 11.1 | 49.0 | 22.2 |
| 35.5 | 225 | 24.9 | 11.3 | 49.7 | 22.5 |
| 36 | 229 | 25.2 | 11.4 | 50.4 | 22.9 |
| 36.5 | 232 | 25.6 | 11.6 | 51.1 | 23.2 |
| 37 | 235 | 25.9 | 11.7 | 51.8 | 23.5 |
| 37.5 | 238 | 26.3 | 11.9 | 52.5 | 23.8 |
| 38 | 241 | 26.6 | 12.1 | 53.2 | 24.1 |
| 38.5 | 244 | 27.0 | 12.2 | 53.9 | 24.4 |
| 39 | 248 | 27.3 | 12.4 | 54.6 | 24.8 |
| 39.5 | 251 | 27.7 | 12.5 | 55.3 | 25.1 |
| 40 | 254 | 28.0 | 12.7 | 56.0 | 25.4 |
| 40.5 | 257 | 28.4 | 12.9 | 56.7 | 25.7 |
| 41 | 260 | 28.7 | 13.0 | 57.4 | 26.0 |
| 41.5 | 264 | 29.1 | 13.2 | 58.1 | 26.4 |
| 42 | 267 | 29.4 | 13.3 | 58.8 | 26.7 |
| 42.5 | 270 | 29.8 | 13.5 | 59.5 | 27.0 |
| 43 | 273 | 30.1 | 13.7 | 60.2 | 27.3 |
| 43.5 | 276 | 30.5 | 13.8 | 60.9 | 27.6 |
| 44 | 279 | 30.8 | 14.0 | 61.6 | 27.9 |
| 44.5 | 283 | 31.2 | 14.1 | 62.3 | 28.3 |
| 45 | 286 | 31.5 | 14.3 | 63.0 | 28.6 |
| 45.5 | 289 | 31.9 | 14.4 | 63.7 | 28.9 |
| 46 | 292 | 32.2 | 14.6 | 64.4 | 29.2 |
| 46.5 | 295 | 32.6 | 14.8 | 65.1 | 29.5 |
| 47 | 298 | 32.9 | 14.9 | 65.8 | 29.8 |
| 47.5 | 302 | 33.3 | 15.1 | 66.5 | 30.2 |
| 48 | 305 | 33.6 | 15.2 | 67.2 | 30.5 |
| 48.5 | 308 | 34.0 | 15.4 | 67.9 | 30.8 |
| 49 | 311 | 34.3 | 15.6 | 68.6 | 31.1 |
| 49.5 | 314 | 34.7 | 15.7 | 69.3 | 31.4 |
| 50 | 318 | 35.0 | 15.9 | 70.0 | 31.8 |

Chart 3 - Estimated Energy Requirement (EER)

EERs to maintain body weight are calculated using a formula to account for four factors: gender, age, activity level and current weight. Modest energy deficit diets, which would achieve about 1lb (0.5kg) a week weight loss, are based on daily dietary intake of 600 calories less than the person's daily energy requirement. Work out patient's EER for a 600-calorie energy deficit diet using the information below. The information uses the Schofield and WHO energy requirement equations. However, there are alternative equations that you may prefer to use.

Basal Metabolic Rate (BMR): Based on patient's age, gender and current weight (in kg) as listed in the chart below, predict the patient's BMR. These are based on modified Schofield equations. (Department of Health Dietary Reference Values, 1991).

| Age Range | Men | Women |
|-----------|--|--|
| Years | BMR | BMR |
| 18-29 | $15.1 \times \text{weight}(\text{kg}) + 692$ | $14.8 \times \text{weight}(\text{kg}) + 487$ |
| 30-59 | $11.5 \times \text{weight}(\text{kg}) + 873$ | $8.3 \times \text{weight}(\text{kg}) + 846$ |
| 60+ | $11.9 \times \text{weight}(\text{kg}) + 700$ | $9.2 \times \text{weight}(\text{kg}) + 687$ |

1. Physical Activity Level (PAL): Incorporate their PAL based on the gender and activity (WHO, 1985) 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 inactive.

| Activity Level | This Means | Men PAL | Women PAL |
|----------------|---|---------|-----------|
| Inactive | Assume sitting most of the day with less than 2 hours on their feet | 1.4 | 1.4 |
| Light | Assume some daily exercise (at work or tasks about the house or garden) with at least 2 hours on their feet | 1.5 | 1.5 |
| Moderate | Assume 6 hours on their feet or regular strenuous exercise | 1.78 | 1.64 |
| Heavy | Those in heavy labouring jobs or serious athletes in training | 2.1 | 1.82 |

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

The table below suggests the number of portions from the Eatwell Guide food groups to provide a healthy balanced diet to fit the patients' EER. This is a guide only to help ensure:

- a) nutritional adequacy provided by the 4 main food groups
- b) taste; a small amount of fat for preparing/serving foods
- c) fatty and sugary foods such as sweets, desserts, savoury snacks and fried 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.

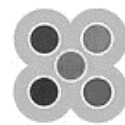
Food Group Allocations Based on Daily Energy Prescription Together with Macronutrient Profile

| Daily Energy Prescription | Portions from each of the main 4 food groups | | | | | 'Extras' | % energy from the macronutrients | | | Protein (g)/day |
|---------------------------|--|------------------------|------------------------|-------------------------|------------------------|--------------------|----------------------------------|----------------------------|-------------------|------------------------|
| | CHO | F&V | D | Pro | F | | % energy from protein | % energy from carbohydrate | % energy from fat | |
| | Approx. 80kcal/portion | Approx. 40kcal/portion | Approx. 90kcal/portion | Approx. 140kcal/portion | Approx. 50kcal/portion | Discretionary kcal | | | | Average protein(g)/day |
| 1200 | 5 | 5 | 3 | 2 | 1 | 0 | 23 | 54 | 23 | 72 |
| 1300 | 5 | 5 | 3 | 2 | 2 | 50 | 22 | 50 | 27 | 75 |
| 1400 | 5 | 5 | 3 | 2 | 2 | 150 | 23 | 53 | 24 | 82 |
| 1500 | 6 | 6 | 3 | 2 | 2 | 130 | 21 | 53 | 26 | 82 |
| 1600 | 6 | 6 | 3 | 2 | 3 | 180 | 21 | 53 | 26 | 82 |
| 1700 | 7 | 7 | 3 | 2 | 3 | 160 | 20 | 55 | 25 | 82 |
| 1800 | 8 | 7 | 3 | 2 | 3 | 180 | 20 | 54 | 25 | 90 |
| 1900 | 8 | 8 | 3 | 2 | 3 | 240 | 19 | 54 | 27 | 87 |
| 2000 | 8 | 8 | 3 | 3 | 3 | 200 | 22 | 49 | 29 | 109 |
| 2100 | 9 | 8 | 3 | 3 | 3 | 220 | 22 | 49 | 29 | 118 |
| 2200 | 9 | 9 | 3 | 3 | 3 | 280 | 22 | 50 | 28 | 118 |
| 2300 | 9 | 9 | 4 | 3 | 3 | 290 | 22 | 49 | 29 | 125 |
| 2400 | 10 | 9 | 4 | 3 | 4 | 260 | 21 | 50 | 29 | 122 |
| 2500 | 10 | 10 | 4 | 3 | 4 | 320 | 21 | 50 | 29 | 127 |
| 2600 | 11 | 10 | 4 | 3 | 4 | 340 | 21 | 51 | 28 | 133 |
| 2700 | 12 | 11 | 4 | 3 | 4 | 320 | 20 | 51 | 30 | 126 |
| 2800 | 13 | 11 | 4 | 3 | 4 | 340 | 19 | 52 | 28 | 136 |
| 2900 | 14 | 12 | 4 | 3 | 4 | 320 | 19 | 53 | 28 | 137 |
| 3000 | 15 | 12 | 4 | 3 | 4 | 340 | 19 | 53 | 28 | 137 |

This information was produced for Nutrition and Diet Resources UK (NDR-UK) in partnership with The London Diabetes Dietitian. At the time of publication the information contained within the leaflet was, to the best of our knowledge, correct and up-to-date. Always consult a suitably qualified dietitian and/or your GP on health problems. NDR-UK cannot be held responsible for how clients/patients interpret and use the information within this resource. Visit www.ndr-uk.org for more information and to contact the team on the development and evidence supporting this resource.



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