

TABLA INDICADORA DEL PESO IDEAL PARA
PERSONAS DE MÁS DE 25 AÑOS
DE ACUERDO A LA ESTATURA

MUJER			
Altura	Contextura		
	Chica	Mediana	Grande
1,42	41,0-44,0	43,0-48,0	47,0-53,0
1,43	42,3-45,3	44,3-49,3	48,3-55,3
1,44	42,0-45,0	44,0-49,0	48,0-55,0
1,45	42,3-45,3	44,3-49,3	48,3-55,3
1,46	42,6-45,6	44,6-49,6	48,6-55,6
1,47	43,0-47,0	45,0-51,0	49,0-56,0
1,48	43,3-47,3	45,3-51,3	49,3-56,3
1,49	43,6-47,6	45,6-51,6	49,6-56,6
1,50	44,0-48,0	47,0-53,0	50,0-58,0
1,51	45,0-48,5	47,5-53,5	51,0-58,5
1,52	46,0-49,0	48,0-54,0	52,0-59,0
1,53	46,3-49,3	48,3-54,3	52,3-59,3
1,54	46,7-49,7	48,7-54,7	52,7-60,7
1,55	47,0-51,0	49,0-55,0	53,0-60,0
1,56	47,5-52,0	50,0-57,5	53,5-63,0
1,57	48,0-53,0	51,0-57,0	54,0-62,0
1,58	48,7-53,3	51,7-58,3	54,7-62,7
1,59	49,4-53,7	52,4-58,7	55,3-63,4
1,60	50,0-54,0	53,0-58,0	56,0-64,0
1,61	50,5-54,5	53,5-59,7	57,0-65,0
1,62	51,0-55,0	54,0-61,0	58,0-66,0
1,63	51,7-55,7	54,7-61,7	58,7-66,7
1,64	52,4-56,4	55,4-62,4	59,4-67,4
1,65	53,0-57,0	56,0-63,0	60,0-68,0
1,66	54,0-60,5	56,5-64,5	61,0-68,5
1,67	55,0-60,0	57,0-64,0	62,0-69,0
1,68	55,7-60,3	57,7-64,7	62,3-69,7
1,69	56,4-60,7	58,3-65,3	62,7-70,3
1,70	57,0-61,0	59,0-66,0	63,0-71,0
1,71	57,5-62,0	60,0-67,0	64,0-72,0
1,72	58,0-63,0	61,0-68,0	65,0-73,0
1,73	58,7-63,7	61,7-68,7	65,7-74,0
1,74	59,3-64,3	62,3-69,3	66,3-75,0
1,75	60,0-65,0	63,0-70,0	67,0-76,0
1,76	61,0-66,0	64,0-71,0	68,5-77,0
1,77	62,0-67,0	65,0-72,0	70,0-78,0

HOMBRE			
Altura	Contextura		
	Chica	Mediana	Grande
1,55	50,0-54,0	53,0-58,0	56,0-63,0
1,56	50,3-54,3	54,3-60,3	58,3-63,3
1,57	52,0-55,0	54,0-60,0	58,0-65,0
1,58	52,3-55,3	54,3-60,3	58,3-65,3
1,59	52,6-55,6	54,6-60,6	58,6-65,6
1,60	53,0-56,0	56,0-61,0	59,0-66,0
1,61	53,5-56,5	56,5-61,5	59,5-66,5
1,62	54,0-60,0	57,0-62,0	61,0-68,0
1,63	54,3-60,3	57,3-62,3	61,3-68,3
1,64	54,6-60,6	57,3-62,6	61,6-68,6
1,65	56,0-60,0	58,0-64,0	62,0-70,0
1,66	56,5-60,5	59,0-65,0	63,0-71,0
1,67	57,0-61,0	60,0-66,0	64,0-72,0
1,68	57,7-61,7	60,7-66,7	64,7-72,7
1,69	58,4-62,4	61,4-67,4	65,4-73,4
1,70	59,0-63,0	62,0-68,0	66,0-74,0
1,71	60,0-64,0	63,0-69,0	67,0-75,0
1,72	61,0-65,0	64,0-70,0	68,0-76,0
1,73	61,7-65,7	64,3-70,7	68,3-76,7
1,74	62,4-66,3	64,7-71,3	68,7-77,4
1,75	63,0-67,0	65,0-72,0	69,0-78,0
1,76	63,5-68,0	65,7-73,0	70,0-79,0
1,77	64,0-69,0	67,0-74,0	71,0-80,0
1,78	64,7-69,7	67,7-74,7	71,7-81,0
1,79	65,4-70,4	68,4-75,4	72,4-82,0
1,80	66,0-71,0	69,0-76,0	73,0-83,0
1,81	67,0-72,0	70,0-77,0	75,0-84,0
1,82	68,0-73,0	71,0-78,0	77,0-85,0
1,83	68,7-73,7	71,7-78,7	77,3-85,7
1,84	69,4-74,4	72,4-79,4	77,7-86,4
1,85	70,0-75,0	73,0-81,0	78,0-87,0
1,86	71,0-76,0	74,0-82,0	79,0-88,0
1,87	72,0-77,0	75,0-83,0	80,0-89,0
1,88	72,3-77,3	75,7-83,7	80,7-90,0
1,89	72,7-77,7	76,4-84,4	81,4-91,0
1,90	73,0-78,0	77,0-85,0	82,0-92,0