

# Tabla de peso ideal

## Mujeres

| Altura<br>cm. | Contextura |           |           |
|---------------|------------|-----------|-----------|
|               | Pequeña    | 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  | 47.0-53.3 | 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 |

## Hombres

| Altura<br>cm. | Contextura |           |           |
|---------------|------------|-----------|-----------|
|               | Pequeña    | 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 | 61.3-68.5 |
| 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 |