

女生身高体重的标准对照表

身 高（厘米）	营养不良	较低体重	正常体重	超重	肥胖
140.0~140.9	36.5	36.5~42.4	42.5~50.6	50.7~ 53.3	>=53.4
141.0~141.9	36.6	36.6~42.9	43.0~51.3	51.4~54.1	>=54.2
142.0~142.9	36.8	36.8~43.2	43.3~51.9	52.0~ 54.7	>=54.8
143.0~143.9	37.0	37.0~43.5	43.6~52.3	52.4~55.2	>=55.3
144.0~144.9	37.2	37.2~43.7	43.8~52.7	52.8~55.6	>=55.7
145.0~145.9	37.5	37.5~44.0	44.1~53.1	53.2~ 56.1	>=56.2
146.0~146.9	37.9	37.9~44.4	44.5~53.7	53.8~56.7	>=56.8
147.0~147.9	38.5	38.5~45.0	45.1~54.3	54.4~57.3	>=57.4
148.0~148.9	39.1	39.1~45.7	45.8~55.0	55.1~58.0	>=58.1
149.0~149.9	39.5	39.5~46.2	46.3~55.6	55.7~58.7	>=58.8
150.0~150.9	39.9	39.9~46.6	46.7~56.2	56.3~59.3	>=59.4

身 高（厘米）	营养不良	较低体重	正常体重	超重	肥胖
151.0~151.9	40.3	40.3~47.1	47.2~56.7	56.8~59.8	>=59.9
152.0~152.9	40.8	40.8~47.6	47.7~57.4	57.5~60.5	>=60.6
153.0~153.9	41.4	41.4~48.2	48.3~57.9	58.0~61.1	>=61.2
154.0~154.9	41.9	41.9~48.8	48.9~58.6	58.7~61.9	>=62.0
155.0~155.9	42.3	42.3~49.1	49.2~59.1	59.2~62.4	>=62.5
156.0~156.9	42.9	42.9~49.7	49.8~59.7	59.8~63.0	>=63.1
157.0~157.9	43.5	43.5~50.3	50.4~60.4	60.5~63.6	>=63.7
158.0~158.9	44.0	44.0~50.8	50.9~61.2	61.3~64.5	>=64.6

159.0~159.9	44.5	44.5~51.4	51.5~61.7	61.8~65.1	>=65.2
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<b>160.0~160.9</b>	<b>45.0</b>	<b>45.0~52.1</b>	<b>52.2~62.3</b>	<b>62.4~65.6</b>	<b>&gt;=65.7</b>
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身 高（厘米）	营养不良	较低体重	正常体重	超重	肥胖
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161.0~161.9	45.4	45.4~52.5	52.6~62.8	62.9~66.2	>=66.3
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162.0~162.9	45.9	45.9~53.1	53.2~63.4	63.5~66.8	>=66.9
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163.0~163.9	46.4	46.4~53.6	53.7~63.9	64.0~67.3	>=67.4
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164.0~164.9	46.8	46.8~54.2	54.3~64.5	64.6~67.9	>=68.0
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165.0~165.9	47.4	47.4~54.8	54.9~65.0	65.1~68.3	>=68.4
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166.0~166.9	48.0	48.0~55.4	55.5~65.5	65.6~68.9	>=69.0
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167.0~167.9	48.5	48.5~56.0	56.1~66.2	66.3~69.5	>=69.6
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168.0~168.9	49.0	49.0~56.4	56.5~66.7	66.8~70.1	>=70.2
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169.0~169.9	49.4	49.4~56.8	56.9~67.3	67.4~70.7	>=70.8
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170.0~170.9	49.9	49.9~57.3	57.4~67.9	68.0~71.4	>=71.5
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身 高（厘米）	营养不良	较低体重	正常体重	超重	肥胖
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<b>171.0~171.9</b>	<b>50.2</b>	<b>50.2~57.8</b>	<b>57.9~68.5</b>	<b>68.6~72.1</b>	<b>&gt;=72.2</b>
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<b>172.0~172.9</b>	<b>50.7</b>	<b>50.7~58.4</b>	<b>58.5~69.1</b>	<b>69.2~ 72.7</b>	<b>&gt;=72.8</b>
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<b>173.0~173.9</b>	<b>51.0</b>	<b>51.0~58.8</b>	<b>58.9~69.6</b>	<b>69.7~73.1</b>	<b>&gt;=73.2</b>
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<b>174.0~174.9</b>	<b>51.3</b>	<b>51.3~59.3</b>	<b>59.4~70.2</b>	<b>70.3~73.6</b>	<b>&gt;=73.7</b>
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<b>175.0~175.9</b>	<b>51.9</b>	<b>51.9~59.9</b>	<b>60.0~70.8</b>	<b>70.9~74.4</b>	<b>&gt;=74.5</b>
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<b>176.0~176.9</b>	<b>52.4</b>	<b>52.4~60.4</b>	<b>60.5~71.5</b>	<b>71.6~75.1</b>	<b>&gt;=75.2</b>
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<b>177.0~177.9</b>	<b>52.8</b>	<b>52.8~61.0</b>	<b>61.1~72.1</b>	<b>72.2~75.7</b>	<b>&gt;=75.8</b>
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178.0~178.9	53.2	53.2~61.5	61.6~72.6	72.7~76.2	>=76.3
179.0~179.9	53.6	53.6~62.0	62.1~73.2	73.3~76.7	>=76.7
180.0~180.9	54.1	54.1~62.5	62.6~73.7	73.8~77.0	>=77.1
身 高（厘米）	营养不良	较低体重	正常体重	超重	肥胖
181.0~181.9	54.5	54.5~63.1	63.2~74.3	74.4~77.8	>=77.9
182.0~182.9	55.1	55.1~63.8	63.9~75.0	75.1~79.4	>=79.5
183.0~183.9	55.6	55.6~64.5	64.6~75.7	75.8~80.4	>=80.5
184.0~184.9	56.1	56.1~65.3	65.4~76.6	76.7~81.2	>=81.3
185.0~185.9	56.8	56.8~66.1	66.2~77.5	77.6~82.4	>=82.5
186.0~186.9	57.3	57.3~66.9	67.0~78.6	78.7~ 83.3	>=83.4

女子标准体重对照表										
年龄   身高	152cm	156cm	160cm	162cm	164cm	166cm	168cm	170cm	172cm	176cm
19	46	47	49	50	51	52	54	56	57	60
21	46	47	49	50	51	52	54	56	57	60
23	46	47	49	50	51	52	54	56	57	60
25	46	48	49	50	51	53	55	56	57	61
27	47	48	50	51	52	53	55	56	58	61
29	47	49	51	52	53	54	56	58	59	62
31	48	49	51	52	53	54	56	58	59	62
33	48	50	51	52	53	55	57	58	59	63
35	49	50	52	52	53	55	57	59	60	63
37	49	51	53	53	54	56	59	60	61	64
39	50	52	53	53	55	57	59	60	61	65
41	51	52	54	54	55	57	59	61	62	65
43	51	53	55	55	56	58	60	62	63	66
45	52	53	55	55	57	58	60	62	63	66
47	52	53	57	57	57	58	60	62	63	67
49	52	53	56	56	57	59	60	62	63	67
51	52	54	56	56	57	59	61	62	63	67
53	53	54	56	56	58	59	61	62	64	67
55	53	54	56	57	58	60	61	63	64	67

57	53	55	56	57	58	60	61	63	64	68
59	53	55	56	57	58	60	61	63	64	68
61	53	54	56	56	57	59	61	63	64	67
63	52	54	55	56	57	59	61	62	63	67
65	52	54	55	56	57	59	61	62	63	66
67	52	54	55	56	57	59	61	62	63	66
69	52	54	55	56	57	59	61	62	63	66

男子标准体重对照表

年龄   身高	152cm	156cm	160cm	164cm	168cm	172cm	176cm	180cm	184cm	188cm
19	50	52	52	54	56	58	61	64	67	70
21	51	53	54	55	57	60	62	65	69	72
23	52	53	55	56	58	60	63	66	70	73
25	52	54	55	57	59	61	63	67	71	74
27	52	54	55	57	59	61	64	67	71	74
29	53	55	56	57	59	61	64	67	71	74
31	53	55	56	58	60	62	65	68	72	75
33	54	56	57	58	60	63	65	68	72	75
35	54	56	57	59	61	63	66	69	73	76
37	55	56	58	59	61	63	66	69	73	76
39	55	57	58	60	61	64	66	70	74	77
41	55	57	58	60	62	64	67	70	74	77
43	56	57	58	60	62	64	67	70	74	77
45	56	57	59	60	62	64	67	70	74	77
47	56	58	59	61	63	65	67	71	75	78
49	56	58	59	61	63	65	68	71	75	78
51	57	58	59	61	63	65	68	71	75	78
53	57	58	59	61	63	65	68	71	75	78
55	56	58	59	61	63	65	68	71	75	78
57	56	57	59	60	62	65	67	70	74	77
59	56	57	58	60	62	64	67	70	74	77
61	56	57	58	60	62	64	67	70	74	77
63	56	57	58	60	62	64	67	70	74	77
65	56	57	58	60	62	64	67	70	74	77
67	56	57	58	60	62	64	67	70	74	77
69	56	57	58	60	62	64	67	70	74	77
年龄   身高	152cm	156cm	160cm	164cm	168cm	172cm	176cm	180cm	184cm	188cm