

Tabla de Peso Ideal (Kg) - mujeres de 5 años a edad adulta

| cm          | 5:0-5:11  | 6:0-6:11  | 7:0-7:11  | 8:0-8:11  | 9:0-9:11  | 10:0-10:5 | 10:6-10:11 | 11:0-11:5 | 11:6-11:11 | 12:0-12:5 | 12:6-12:11 | 13:0-13:5 | 13:6-13:11 | 14:0-14:5 | 14:6-14:11 | 15:0-15:5 | 15:6-15:11 | 16:0-16:11 | 17:0-17:11 | Adultos + 18 |           |
|-------------|-----------|-----------|-----------|-----------|-----------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|------------|------------|--------------|-----------|
| años:meses  |           |           |           |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 95.0-95.9   | 12.5 15.3 |           |           |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 96.1-96.9   | 12.8 15.6 |           |           |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 97.0-97.9   | 13.1 15.9 |           |           |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 98.0-98.9   | 13.3 16.3 |           |           |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 99.0-99.9   | 13.6 16.6 |           |           |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 100.0-100.9 | 13.9 16.9 | 13.9 17.1 |           |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 101.0-101.9 | 14.2 17.3 | 14.2 17.5 |           |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 102.0-102.9 | 14.5 17.6 | 14.5 17.8 |           |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 103.0-103.9 | 14.7 18.0 | 14.7 18.2 |           |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 104.0-104.9 | 15.0 18.3 | 15.0 18.5 |           |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 105.0-105.9 | 15.3 18.7 | 15.3 18.9 | 15.4 19.3 |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 106.0-106.9 | 15.6 19.0 | 15.6 19.2 | 15.7 19.6 |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 107.0-107.9 | 15.9 19.4 | 15.9 19.6 | 16.0 20.0 |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 108.0-108.9 | 16.2 19.8 | 16.2 20.0 | 16.3 20.4 |           |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 109.0-109.9 | 16.5 20.1 | 16.5 20.3 | 16.6 20.8 | 16.9 21.4 |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 110.0-110.9 | 16.8 20.5 | 16.8 20.7 | 16.9 21.2 | 17.2 21.8 |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 111.0-111.9 | 17.1 20.9 | 17.1 21.1 | 17.2 21.5 | 17.6 22.2 |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 112.0-112.9 | 17.4 21.2 | 17.4 21.5 | 17.5 21.9 | 17.9 22.6 |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 113.0-113.9 | 17.7 21.6 | 17.7 21.9 | 17.9 22.3 | 18.2 23.0 |           |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 114.0-114.9 | 18.1 22.0 | 18.1 22.2 | 18.2 22.7 | 18.5 23.4 | 19.0 24.2 |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 115.0-115.9 | 18.4 22.4 | 18.4 22.6 | 18.5 23.1 | 18.8 23.8 | 19.3 24.7 |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 116.0-116.9 | 18.7 22.8 | 18.7 23.0 | 18.8 23.5 | 19.2 24.2 | 19.7 25.1 |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 117.0-117.9 | 19.0 23.2 | 19.0 23.4 | 19.1 23.9 | 19.5 24.6 | 20.0 25.5 |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 118.0-118.9 | 19.4 23.6 | 19.4 23.8 | 19.5 24.3 | 19.8 25.1 | 20.4 26.0 |           |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 119.0-119.9 | 19.7 24.0 | 19.7 24.2 | 19.8 24.8 | 20.2 25.5 | 20.7 26.4 | 21.1 27.2 |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 120.0-120.9 | 20.0 24.4 | 20.0 24.7 | 20.1 25.2 | 20.5 25.9 | 21.1 26.8 | 21.5 27.6 |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 121.0-121.9 | 20.4 24.8 | 20.4 25.1 | 20.5 25.6 | 20.9 26.4 | 21.4 27.3 | 21.9 28.1 |            |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 122.0-122.9 | 20.7 25.2 | 20.7 25.5 | 20.8 26.0 | 21.2 26.8 | 21.8 27.7 | 22.2 28.6 | 22.6 29.2  |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 123.0-123.9 | 21.0 25.6 | 21.0 25.9 | 21.2 26.4 | 21.6 27.2 | 22.1 28.2 | 22.6 29.0 | 23.0 29.7  |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 124.0-124.9 | 21.4 26.0 | 21.4 26.3 | 21.5 26.9 | 21.9 27.7 | 22.5 28.7 | 23.0 29.5 | 23.4 30.1  |           |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 125.0-125.9 | 21.7 26.5 | 21.7 26.8 | 21.8 27.3 | 22.3 28.1 | 22.8 29.1 | 23.3 30.0 | 23.8 30.6  | 24.1 31.3 |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 126.0-126.9 | 22.1 26.9 | 22.1 27.2 | 22.2 27.8 | 22.6 28.6 | 23.2 29.6 | 23.7 30.5 | 24.1 31.1  | 24.5 31.8 |            |           |            |           |            |           |            |           |            |            |            |              |           |
| 127.0-127.9 | 22.4 27.3 | 22.4 27.6 | 22.5 28.2 | 23.0 29.0 | 23.6 30.1 | 24.1 31.0 | 24.5 31.6  | 24.9 32.3 | 25.4 33.1  |           |            |           |            |           |            |           |            |            |            |              |           |
| 128.0-128.9 | 22.8 27.8 | 22.8 28.0 | 22.9 28.6 | 23.3 29.5 | 24.0 30.5 | 24.5 31.5 | 24.9 32.1  | 25.3 32.8 | 25.8 33.6  |           |            |           |            |           |            |           |            |            |            |              |           |
| 129.0-129.9 | 23.1 28.2 | 23.1 28.5 | 23.3 29.1 | 23.7 30.0 | 24.3 31.0 | 24.8 32.0 | 25.3 32.6  | 25.7 33.4 | 26.2 34.1  |           |            |           |            |           |            |           |            |            |            |              |           |
| 130.0-130.9 |           | 23.5 28.9 | 23.6 29.5 | 24.1 30.4 | 24.7 31.5 | 25.2 32.4 | 25.7 33.1  | 26.1 33.9 | 26.6 34.7  | 27.2 35.5 |            |           |            |           |            |           |            |            |            |              |           |
| 131.0-131.9 |           | 23.9 29.4 | 24.0 30.0 | 24.5 30.9 | 25.1 32.0 | 25.6 32.9 | 26.1 33.6  | 26.5 34.4 | 27.0 35.2  | 27.6 36.1 |            |           |            |           |            |           |            |            |            |              |           |
| 132.0-132.9 |           | 24.2 29.8 | 24.4 30.5 | 24.8 31.4 | 25.5 32.5 | 26.0 33.5 | 26.5 34.2  | 26.9 34.9 | 27.4 35.8  | 28.1 36.6 |            |           |            |           |            |           |            |            |            |              |           |
| 133.0-133.9 |           | 24.6 30.3 | 24.7 30.9 | 25.2 31.8 | 25.9 33.0 | 26.4 34.0 | 26.9 34.7  | 27.3 35.5 | 27.9 36.3  | 28.5 37.2 | 29.0 38.0  |           |            |           |            |           |            |            |            |              |           |
| 134.0-134.9 |           | 25.0 30.7 | 25.1 31.4 | 25.6 32.3 | 26.3 33.5 | 26.8 34.5 | 27.3 35.2  | 27.7 36.0 | 28.3 36.8  | 28.9 37.7 | 29.5 38.6  |           |            |           |            |           |            |            |            |              |           |
| 135.0-135.9 |           | 25.3 31.2 | 25.5 31.9 | 26.0 32.8 | 26.6 34.0 | 27.2 35.0 | 27.7 35.7  | 28.2 36.5 | 28.7 37.4  | 29.3 38.3 | 29.9 39.2  | 30.5 40.1 |            |           |            |           |            |            |            |              |           |
| 136.0-136.9 |           | 25.7 31.7 | 25.9 32.3 | 26.4 33.3 | 27.0 34.5 | 27.6 35.5 | 28.1 36.3  | 28.6 37.1 | 29.1 38.0  | 29.8 38.9 | 30.4 39.8  | 31.0 40.7 |            |           |            |           |            |            |            |              |           |
| 137.0-137.9 |           | 26.1 32.1 | 26.2 32.8 | 26.7 33.8 | 27.4 35.0 | 28.0 36.0 | 28.5 36.8  | 29.0 37.6 | 29.6 38.5  | 30.2 39.5 | 30.8 40.4  | 31.4 41.3 | 32.0 42.2  |           |            |           |            |            |            |              |           |
| 138.0-138.9 |           |           | 26.6 33.3 | 27.1 34.3 | 27.8 35.5 | 28.4 36.6 | 28.9 37.3  | 29.4 38.2 | 30.0 39.1  | 30.7 40.0 | 31.3 41.0  | 31.9 41.9 | 32.5 42.8  |           |            |           |            |            |            |              |           |
| 139.0-139.9 |           |           | 27.0 33.8 | 27.5 34.8 | 28.2 36.0 | 28.8 37.1 | 29.4 37.9  | 29.9 38.7 | 30.4 39.6  | 31.1 40.6 | 31.7 41.6  | 32.4 42.5 | 32.9 43.4  | 33.5 44.2 |            |           |            |            |            |              |           |
| 140.0-140.9 |           |           | 27.4 34.3 | 27.9 35.3 | 28.7 36.5 | 29.3 37.6 | 29.8 38.4  | 30.3 39.3 | 30.9 40.2  | 31.6 41.2 | 32.2 42.2  | 32.8 43.1 | 33.4 44.1  | 34.0 44.9 | 34.5 45.7  |           |            |            |            |              |           |
| 141.0-141.9 |           |           | 27.8 34.8 | 28.3 35.8 | 29.1 37.1 | 29.7 38.2 | 30.2 39.0  | 30.7 39.9 | 31.3 40.8  | 32.0 41.8 | 32.6 42.8  | 33.3 43.7 | 33.9 44.7  | 34.5 45.5 | 35.0 46.3  | 35.5 47.0 | 36.0 47.7  | 36.4 48.3  | 36.9 49.0  | 37.3 49.7    | 37.8 50.4 |
| 142.0-142.9 |           |           | 28.2 35.2 | 28.7 36.3 | 29.5 37.6 | 30.1 38.7 | 30.6 39.5  | 31.2 40.4 | 31.8 41.4  | 32.5 42.4 | 33.1 43.4  | 33.8 44.3 | 34.4 45.3  | 34.9 46.2 | 35.5 47.0  | 36.0 47.7 | 36.4 48.3  | 36.9 49.0  | 37.3 49.7  | 37.8 50.4    | 38.3 51.1 |
| 143.0-143.9 |           |           | 28.6 35.7 | 29.1 36.8 | 29.9 38.1 | 30.5 39.3 | 31.1 40.1  | 31.6 41.0 | 32.2 42.0  | 32.9 43.0 | 33.6 44.0  | 34.3 44.9 | 34.9 46.0  | 35.4 46.8 | 36.0 47.6  | 36.5 48.4 | 36.9 49.0  | 37.4 49.7  | 37.9 50.4  | 38.3 51.1    | 38.8 51.8 |
| 144.0-144.9 |           |           | 29.0 36.2 | 29.5 37.3 | 30.3 38.7 | 31.0 39.8 | 31.5 40.6  | 32.0 41.6 | 32.7 42.6  | 33.4 43.6 | 34.0 44.6  | 34.7 45.6 | 35.4 46.6  | 35.9 47.5 | 36.5 48.3  | 37.0 49.0 | 37.4 49.7  | 37.9 50.4  | 38.3 51.1  | 38.8 51.8    | 39.3 52.5 |
| 145.0-145.9 |           |           |           | 30.0 37.8 | 30.7 39.2 | 31.4 40.4 | 32.0 41.2  | 32.5 42.2 | 33.1 43.1  | 33.9 44.2 | 34.5 45.2  | 35.2 46.2 | 35.8 47.3  | 36.4 48.1 | 37.0 49.0  | 37.5 49.7 | 38.0 50.4  | 38.5 51.1  | 38.9 51.8  | 39.4 52.5    | 39.9 53.2 |
| 146.0-146.9 |           |           |           | 30.4 38.4 | 31.2 39.7 | 31.8 40.9 | 32.4 41.8  | 32.9 42.7 | 33.6 43.7  | 34.3 44.8 | 35.0 45.9  | 35.7 46.9 | 36.3 47.9  | 36.9 48.8 | 37.5 49.7  | 38.0 50.4 | 38.5 51.1  | 39.0 51.8  | 39.4 52.5  | 39.9 53.2    | 40.4 54.0 |
| 147.0-147.9 |           |           |           | 30.8 38.9 | 31.6 40.3 | 32.3 41.5 | 32.8 42.4  | 33.4 43.3 | 34.0 44.3  | 34.8 45.4 | 35.5 46.5  | 36.2 47.5 | 36.8 48.6  | 37.4 49.5 | 38.1 50.3  | 38.6 51.1 | 39.0 51.8  | 39.5 52.5  | 39.9 53.2  | 40.4 54.0    | 40.9 54.7 |
| 148.0-148.9 |           |           |           | 31.2 39.4 | 32.0 40.8 | 32.7 42.1 | 33.3 42.9  | 33.8 43.9 | 34.5 44.9  | 35.3 46.0 | 35.9 47.1  | 36.7 48.1 | 37.3 49.2  | 38.0 50.2 | 38.6 51.0  | 39.1 51.8 | 39.5 52.5  | 40.1 53.2  | 40.5 53.9  | 41.0 54.7    | 41.6 55.4 |
| 149.0-149.9 |           |           |           | 31.6 40.0 | 32.5 41.4 | 33.1 42.6 | 33.7 43.5  | 34.3 44.5 | 35.0 45.6  | 35.7 46.7 | 36.4 47.8  | 37.2 48.8 | 37.9 49.9  | 38.5 50.8 | 39.1 51.7  | 39.6 52.5 | 40.1 53.2  | 40.6 53.9  | 41.2 54.7  | 41.6 55.4    | 42.2 56.2 |
| 150.0-150.9 |           |           |           |           | 32.9 41.9 | 33.6 43.2 | 34.2 44.1  | 34.8 45.1 | 35.4 46.2  | 36.2 47.3 | 36.9 48.4  | 37.7 49.5 | 38.4 50.6  | 39.0 51.5 | 39.6 52.4  | 40.2 53.2 | 40.6 53.9  | 41.2 54.7  | 41.6 55.4  | 42.2 56.2    | 42.8 57.0 |
| 151.0-151.9 |           |           |           |           | 33.3 42.5 | 34.0 43.8 | 34.7 44.7  | 35.2 45.7 | 35.9 46.8  | 36.7 47.9 | 37.4 49.0  | 38.2 50.1 | 38.9 51.3  | 39.5 52.2 | 40.2 53.1  | 40.7 53.9 | 41.2 54.6  | 41.7 55.3  | 42.3 56.1  | 42.7 56.9    | 43.3 57.7 |
| 152.0-152.9 |           |           |           |           | 33.8 43.1 | 34.5 44.4 | 35.1 45.3  | 35.7 46.3 | 36.4 47.4  | 37.2 48.6 | 37.9 49.7  | 38.7 50.8 | 39.4 51.9  | 40.0 52.9 | 40.7 53.8  | 41.2 54.6 | 41.7 55.3  | 42.3 56.1  | 42.8 56.9  | 43.3 57.7    | 43.9 58.5 |
| 153.0-153.9 |           |           |           |           | 34.2 43.6 | 34.9 44.9 | 35.6 45.9  | 36.2 46.9 | 36.9 48.0  | 37.7 49.2 | 38.4 50.4  | 39.2 51.5 | 39.9 52.6  | 40.6 53.6 | 41.2 54.5  | 41.8 55.4 | 42.3 56.1  | 42.8 56.9  | 43.3 57.7  | 43.9 58.5    | 44.5 59.3 |
| 154.0-154.9 |           |           |           |           | 34.7 44.2 | 35.4 45.5 | 36.0 46.5  | 36.6 47.6 | 37.4 48.7  | 38.2 49.9 | 38.9 51.0  | 39.7 52.1 | 40.4 53.3  | 41.1 54.3 | 41.8 55.3  | 42.3 56.1 | 42.8 56.8  | 43.4 57.6  | 43.8 58.4  | 44.4 59.2    | 45.0 60.0 |
| 155.0-155.9 |           |           |           |           | 35.1 44.8 | 35.9 46.1 | 36.5 47.1  | 37.1 48.2 | 37.8 49.3  | 38.7 50.5 | 39.4 51.7  | 40.2 52.8 | 41.0 54.0  | 41.6 55.0 | 42.3 56.0  | 42.9 56.8 | 43.4 57.6  | 43.9 58.3  | 44.5 59.1  | 45.0 59.9    | 45.6 60.7 |
| 156.0-156.9 |           |           |           |           | 35.6 45.4 | 36.3 46.7 | 37.0 47.7  | 37.6 48.8 | 38.3 49.9  | 39.2 51.2 | 39.9 52.3  | 40.8 53.5 | 41.5 54.7  | 42.2 55.7 | 42.9 56.7  | 43.4 57.6 | 43.9 58.3  | 44.5 59.1  | 45.0 59.9  | 45.6 60.7    | 46.1 61.5 |
| 157.0-157.9 |           |           |           |           | 36.0 45.9 | 36.8 47.3 | 37.5 48.3  | 38.1 49.4 | 38.8 50.6  | 39.7 51.8 |            |           |            |           |            |           |            |            |            |              |           |