

男性

年齢 30-49歳			
体重	低い	普通	高い
43.1	1,442	1,683	1,923
43.7	1,463	1,707	1,951
44.4	1,484	1,731	1,978
45.0	1,505	1,756	2,006
45.6	1,526	1,780	2,035
46.3	1,547	1,805	2,063
46.9	1,569	1,830	2,092
47.5	1,590	1,855	2,120
48.2	1,612	1,881	2,149
48.8	1,634	1,906	2,178
49.5	1,656	1,932	2,208
50.2	1,678	1,958	2,237
50.8	1,700	1,984	2,267
51.5	1,723	2,010	2,297
52.2	1,745	2,036	2,327
52.9	1,768	2,063	2,357
53.5	1,791	2,089	2,388
54.2	1,814	2,116	2,419
54.9	1,837	2,143	2,449
55.6	1,860	2,171	2,481
56.3	1,884	2,198	2,512
57.0	1,908	2,225	2,543
57.7	1,931	2,253	2,575
58.5	1,955	2,281	2,607
59.2	1,979	2,309	2,639
59.9	2,003	2,337	2,671
60.6	2,028	2,366	2,704
61.4	2,052	2,394	2,736
62.1	2,077	2,423	2,769
62.8	2,102	2,452	2,802
63.6	2,127	2,481	2,836
64.3	2,152	2,510	2,869
65.1	2,177	2,540	2,903
65.8	2,202	2,570	2,937
66.6	2,228	2,599	2,971
67.4	2,254	2,629	3,005
68.1	2,280	2,659	3,039
68.9	2,306	2,690	3,074
69.7	2,332	2,720	3,109
70.5	2,358	2,751	3,144

年齢 50~70以上			
体重	低い	普通	高い
43.1	1,391	1,622	1,854
43.7	1,411	1,646	1,881
44.4	1,431	1,669	1,908
45.0	1,451	1,693	1,934
45.6	1,471	1,716	1,962
46.3	1,492	1,740	1,989
46.9	1,512	1,764	2,016
47.5	1,533	1,789	2,044
48.2	1,554	1,813	2,072
48.8	1,575	1,838	2,100
49.5	1,596	1,862	2,129
50.2	1,618	1,887	2,157
50.8	1,639	1,912	2,186
51.5	1,661	1,938	2,214
52.2	1,683	1,963	2,244
52.9	1,705	1,989	2,273
53.5	1,727	2,014	2,302
54.2	1,749	2,040	2,332
54.9	1,771	2,066	2,362
55.6	1,794	2,093	2,392
56.3	1,816	2,119	2,422
57.0	1,839	2,146	2,452
57.7	1,862	2,172	2,483
58.5	1,885	2,199	2,513
59.2	1,908	2,226	2,544
59.9	1,932	2,254	2,575
60.6	1,955	2,281	2,607
61.4	1,979	2,309	2,638
62.1	2,002	2,336	2,670
62.8	2,026	2,364	2,702
63.6	2,050	2,392	2,734
64.3	2,075	2,420	2,766
65.1	2,099	2,449	2,799
65.8	2,123	2,477	2,831
66.6	2,148	2,506	2,864
67.4	2,173	2,535	2,897
68.1	2,198	2,564	2,930
68.9	2,223	2,593	2,964
69.7	2,248	2,623	2,997
70.5	2,273	2,652	3,031

女性

年齢 30～49歳			
体重	低い	普通	高い
43.1	1,404	1,637	1,871
43.7	1,424	1,661	1,898
44.4	1,444	1,685	1,925
45.0	1,464	1,708	1,952
45.6	1,485	1,732	1,980
46.3	1,506	1,757	2,007
46.9	1,526	1,781	2,035
47.5	1,547	1,805	2,063
48.2	1,569	1,830	2,091
48.8	1,590	1,855	2,120
49.5	1,611	1,880	2,148
50.2	1,633	1,905	2,177
50.8	1,654	1,930	2,206
51.5	1,676	1,956	2,235
52.2	1,698	1,981	2,264
52.9	1,720	2,007	2,294
53.5	1,743	2,033	2,324
54.2	1,765	2,059	2,353
54.9	1,788	2,086	2,384
55.6	1,810	2,112	2,414
56.3	1,833	2,139	2,444
57.0	1,856	2,166	2,475
57.7	1,879	2,193	2,506
58.5	1,903	2,220	2,537
59.2	1,926	2,247	2,568
59.9	1,950	2,275	2,599
60.6	1,973	2,302	2,631
61.4	1,997	2,330	2,663
62.1	2,021	2,358	2,695
62.8	2,045	2,386	2,727
63.6	2,070	2,414	2,759
64.3	2,094	2,443	2,792
65.1	2,119	2,472	2,825
65.8	2,143	2,500	2,858
66.6	2,168	2,529	2,891
67.4	2,193	2,559	2,924
68.1	2,218	2,588	2,958
68.9	2,243	2,617	2,991
69.7	2,269	2,647	3,025
70.5	2,294	2,677	3,059

年齢 50～70以上			
体重	低い	普通	高い
43.1	1,339	1,562	1,785
43.7	1,358	1,584	1,811
44.4	1,377	1,607	1,837
45.0	1,397	1,630	1,862
45.6	1,416	1,653	1,889
46.3	1,436	1,676	1,915
46.9	1,456	1,699	1,941
47.5	1,476	1,722	1,968
48.2	1,496	1,746	1,995
48.8	1,517	1,769	2,022
49.5	1,537	1,793	2,049
50.2	1,558	1,817	2,077
50.8	1,578	1,841	2,104
51.5	1,599	1,866	2,132
52.2	1,620	1,890	2,160
52.9	1,641	1,915	2,188
53.5	1,662	1,939	2,217
54.2	1,684	1,964	2,245
54.9	1,705	1,990	2,274
55.6	1,727	2,015	2,303
56.3	1,749	2,040	2,332
57.0	1,771	2,066	2,361
57.7	1,793	2,092	2,390
58.5	1,815	2,117	2,420
59.2	1,837	2,143	2,450
59.9	1,860	2,170	2,480
60.6	1,882	2,196	2,510
61.4	1,905	2,223	2,540
62.1	1,928	2,249	2,571
62.8	1,951	2,276	2,601
63.6	1,974	2,303	2,632
64.3	1,997	2,330	2,663
65.1	2,021	2,358	2,695
65.8	2,044	2,385	2,726
66.6	2,068	2,413	2,758
67.4	2,092	2,441	2,789
68.1	2,116	2,469	2,821
68.9	2,140	2,497	2,853
69.7	2,164	2,525	2,886
70.5	2,189	2,554	2,918

140cm

身長	適正体重
140	43.1
141	43.7
142	44.4
143	45.0
144	45.6
145	46.3
146	46.9
147	47.5
148	48.2
149	48.8

(cm) (Kg)

150cm

身長	適正体重
150	49.5
151	50.2
152	50.8
153	51.5
154	52.2
155	52.9
156	53.5
157	54.2
158	54.9
159	55.6

(cm) (Kg)

160cm

身長	適正体重
160	56.3
161	57.0
162	57.7
163	58.5
164	59.2
165	59.9
166	60.6
167	61.4
168	62.1
169	62.8

(cm) (Kg)

170cm

身長	適正体重
170	63.6
171	64.3
172	65.1
173	65.8
174	66.6
175	67.4
176	68.1
177	68.9
178	69.7
179	70.5

(cm) (Kg)

身長	やせ BMI18.5未満	肥満 BMI25以上
180	59.9	81.0
179	59.3	80.1
178	58.6	79.2
177	58.0	78.3
176	57.3	77.4
175	56.7	76.6
174	56.0	75.7
173	55.4	74.8
172	54.7	74.0
171	54.1	73.1

(cm) (Kg) (Kg)

身長	やせ BMI18.5未満	肥満 BMI25以上
170	53.5	72.3
169	52.8	71.4
168	52.2	70.6
167	51.6	69.7
166	51.0	68.9
165	50.4	68.1
164	49.8	67.2
163	49.2	66.4
162	48.6	65.6
161	48.0	64.8

(cm) (Kg) (Kg)

身長	やせ BMI18.5未満	肥満 BMI25以上
160	47.4	64.0
159	46.8	63.2
158	46.2	62.4
157	45.6	61.6
156	45.0	60.8
155	44.4	60.1
154	43.9	59.3
153	43.3	58.5
152	42.7	57.8
151	42.2	57.0

(cm) (Kg) (Kg)

身長	やせ BMI18.5未満	肥満 BMI25以上
150	41.6	56.3
149	41.1	55.5
148	40.5	54.8
147	40.0	54.0
146	39.4	53.3
145	38.9	52.6
144	38.4	51.8
143	37.8	51.1
142	37.3	50.4
141	36.8	49.7

(cm) (Kg) (Kg)

数値の範囲内の方は普通