

BMI(body mass index) 早見表

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BMIは身長から割り出される肥満・やせのの指標です。BMI 22が標準とされています。

BMI= 体重÷身長(m)÷身長(m)

	やせ	やせ気味	標準体重	マンショロ開始時 体重下限	太り気味	肥満
身長(cm)	BMI 18.5	BMI 20	BMI 22	BMI 23	BMI 27	BMI 35
145	38.9	42.1	46.3	48.4	56.8	73.6
146	39.4	42.6	46.9	49.0	57.6	74.6
147	40.0	43.2	47.5	49.7	58.3	75.6
148	40.5	43.8	48.2	50.4	59.1	76.7
149	41.1	44.4	48.8	51.1	59.9	77.7
150	41.6	45.0	49.5	51.8	60.8	78.8
151	42.2	45.6	50.2	52.4	61.6	79.8
152	42.7	46.2	50.8	53.1	62.4	80.9
153	43.3	46.8	51.5	53.8	63.2	81.9
154	43.9	47.4	52.2	54.5	64.0	83.0
155	44.4	48.1	52.9	55.3	64.9	84.1
156	45.0	48.7	53.5	56.0	65.7	85.2
157	45.6	49.3	54.2	56.7	66.6	86.3
158	46.2	49.9	54.9	57.4	67.4	87.4
159	46.8	50.6	55.6	58.1	68.3	88.5
160	47.4	51.2	56.3	58.9	69.1	89.6
161	48.0	51.8	57.0	59.6	70.0	90.7
162	48.6	52.5	57.7	60.4	70.9	91.9
163	49.2	53.1	58.5	61.1	71.7	93.0
164	49.8	53.8	59.2	61.9	72.6	94.1
165	50.4	54.5	59.9	62.6	73.5	95.3
166	51.0	55.1	60.6	63.4	74.4	96.4
167	51.6	55.8	61.4	64.1	75.3	97.6
168	52.2	56.4	62.1	64.9	76.2	98.8
169	52.8	57.1	62.8	65.7	77.1	100.0
170	53.5	57.8	63.6	66.5	78.0	101.2
171	54.1	58.5	64.3	67.3	79.0	102.3
172	54.7	59.2	65.1	68.0	79.9	103.5
173	55.4	59.9	65.8	68.8	80.8	104.8
174	56.0	60.6	66.6	69.6	81.7	106.0
175	56.7	61.3	67.4	70.4	82.7	107.2
176	57.3	62.0	68.1	71.2	83.6	108.4
177	58.0	62.7	68.9	72.1	84.6	109.7
178	58.6	63.4	69.7	72.9	85.5	110.9
179	59.3	64.1	70.5	73.7	86.5	112.1
180	59.9	64.8	71.3	74.5	87.5	113.4
181	60.6	65.5	72.1	75.4	88.5	114.7
182	61.3	66.2	72.9	76.2	89.4	115.9
183	62.0	67.0	73.7	77.0	90.4	117.2
184	62.6	67.7	74.5	77.9	91.4	118.5
185	63.3	68.5	75.3	78.7	92.4	119.8
186	64.0	69.2	76.1	79.6	93.4	121.1
187	64.7	69.9	76.9	80.4	94.4	122.4
188	65.4	70.7	77.8	81.3	95.4	123.7
189	66.1	71.4	78.6	82.2	96.4	125.0
190	66.8	72.2	79.4	83.0	97.5	126.4
191	67.5	73.0	80.3	83.9	98.5	127.7
192	68.2	73.7	81.1	84.8	99.5	129.0
193	68.9	74.5	81.9	85.7	100.6	130.4
194	69.6	75.3	82.8	86.6	101.6	131.7
195	70.3	76.1	83.7	87.5	102.7	133.1