

成人健康體重對照表

身高(公分)	正常體重範圍		體重過重範圍		肥胖
	18.5	≤ BMI<24	24	≤ BMI<27	BMI≥27
144	38.4	~ 49.7 (公斤)	49.8	~ 55.9 (公斤)	56.0 (公斤)
145	38.9	~ 50.4	50.5	~ 56.7	56.8
146	39.4	~ 51.1	51.2	~ 57.5	57.6
147	40.0	~ 51.8	51.9	~ 58.2	58.3
148	40.5	~ 52.5	52.6	~ 59.0	59.1
149	41.1	~ 53.2	53.3	~ 59.8	59.9
150	41.6	~ 53.9	54.0	~ 60.7	60.8
151	42.2	~ 54.6	54.7	~ 61.5	61.6
152	42.7	~ 55.3	55.4	~ 62.3	62.4
153	43.3	~ 56.1	56.2	~ 63.1	63.2
154	43.9	~ 56.8	56.9	~ 63.9	64.0
155	44.4	~ 57.6	57.7	~ 64.8	64.9
156	45.0	~ 58.3	58.4	~ 65.6	65.7
157	45.6	~ 59.1	59.2	~ 66.5	66.6
158	46.2	~ 59.8	59.9	~ 67.3	67.4
159	46.8	~ 60.6	60.7	~ 68.2	68.3
160	47.4	~ 61.3	61.4	~ 69.0	69.1
161	48.0	~ 62.1	62.2	~ 69.9	70.0
162	48.6	~ 62.9	63.0	~ 70.8	70.9
163	49.2	~ 63.7	63.8	~ 71.6	71.7
164	49.8	~ 64.5	64.6	~ 72.5	72.6
165	50.4	~ 65.2	65.3	~ 73.4	73.5
166	51.0	~ 66.0	66.1	~ 74.3	74.4
167	51.6	~ 66.8	66.9	~ 75.2	75.3
168	52.2	~ 67.6	67.7	~ 76.1	76.2
169	52.8	~ 68.4	68.5	~ 77.0	77.1
170	53.5	~ 69.3	69.4	~ 77.9	78.0
171	54.1	~ 70.1	70.2	~ 78.9	79.0
172	54.7	~ 70.9	71.0	~ 79.8	79.9
173	55.4	~ 71.7	71.8	~ 80.7	80.8
174	56.0	~ 72.6	72.7	~ 81.6	81.7
175	56.7	~ 73.4	73.5	~ 82.6	82.7
176	57.3	~ 74.2	74.3	~ 83.5	83.6
177	58.0	~ 75.1	75.2	~ 84.5	84.6
178	58.6	~ 75.9	76.0	~ 85.4	85.5
179	59.3	~ 76.8	76.9	~ 86.4	86.5
180	59.9	~ 77.7	77.8	~ 87.4	87.5
181	60.6	~ 78.5	78.6	~ 88.4	88.5
182	61.3	~ 79.4	79.5	~ 89.3	89.4
183	62.0	~ 80.3	80.4	~ 90.3	90.4
184	62.6	~ 81.2	81.3	~ 91.3	91.4
185	63.3	~ 82.0	82.1	~ 92.3	92.4
186	64.0	~ 82.9	83.0	~ 93.3	93.4
187	64.7	~ 83.8	83.9	~ 94.3	94.4
188	65.4	~ 84.7	84.8	~ 95.3	95.4
189	66.1	~ 85.6	85.7	~ 96.3	96.4
190	66.8	~ 86.5	86.6	~ 97.4	97.5