

טבלת מציאת ערך BMI לפי משקל וגובה בין 136 - 200 סנטימטרים

ערכי BMI

גובה בסנטימטרים

	תת משקל				משקל תקין					עודף משקל						השמנת יתר									השמנת יתר חולנית						
	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
136	27.7	29.6	31.4	33.3	35.1	37.0	38.8	40.7	42.5	44.4	46.2	48.1	49.9	51.8	53.6	55.5	57.3	59.2	61.0	62.9	64.7	66.6	68.4	70.3	72.1	74.0	75.8	77.7	79.5	81.4	83.2
138	28.6	30.5	32.4	34.3	36.2	38.1	40.0	41.9	43.8	45.7	47.6	49.5	51.4	53.3	55.2	57.1	59.0	60.9	62.8	64.7	66.7	68.6	70.5	72.4	74.3	76.2	78.1	80.0	81.9	83.8	85.7
140	29.4	31.4	33.3	35.3	37.2	39.2	41.2	43.1	45.1	47.0	49.0	51.0	52.9	54.9	56.8	58.8	60.8	62.7	64.7	66.6	68.6	70.6	72.5	74.5	76.4	78.4	80.4	82.3	84.3	86.2	88.2
142	30.2	32.3	34.3	36.3	38.3	40.3	42.3	44.4	46.4	48.4	50.4	52.4	54.4	56.5	58.5	60.5	62.5	64.5	66.5	68.6	70.6	72.6	74.6	76.6	78.6	80.7	82.7	84.7	86.7	88.7	90.7
144	31.1	33.2	35.3	37.3	39.4	41.5	43.5	45.6	47.7	49.8	51.8	53.9	56.0	58.1	60.1	62.2	64.3	66.4	68.4	70.5	72.6	74.6	76.7	78.8	80.9	82.9	85.0	87.1	89.2	91.2	93.3
146	32.0	34.1	36.2	38.4	40.5	42.6	44.8	46.9	49.0	51.2	53.3	55.4	57.6	59.7	61.8	63.9	66.1	68.2	70.3	72.5	74.6	76.7	78.9	81.0	83.1	85.3	87.4	89.5	91.7	93.8	95.9
148	32.9	35.0	37.2	39.4	41.6	43.8	46.0	48.2	50.4	52.6	54.8	57.0	59.1	61.3	63.5	65.7	67.9	70.1	72.3	74.5	76.7	78.9	81.0	83.2	85.4	87.6	89.8	92.0	94.2	96.4	98.6
150	33.8	36.0	38.3	40.5	42.8	45.0	47.3	49.5	51.8	54.0	56.3	58.5	60.8	63.0	65.3	67.5	69.8	72.0	74.3	76.5	78.8	81.0	83.3	85.5	87.8	90.0	92.3	94.5	96.8	99.0	101.3
152	34.7	37.0	39.3	41.6	43.9	46.2	48.5	50.8	53.1	55.4	57.8	60.1	62.4	64.7	67.0	69.3	71.6	73.9	76.2	78.6	80.9	83.2	85.5	87.8	90.1	92.4	94.7	97.0	99.3	101.7	104.0
154	35.6	37.9	40.3	42.7	45.1	47.4	49.8	52.2	54.5	56.9	59.3	61.7	64.0	66.4	68.8	71.1	73.5	75.9	78.3	80.6	83.0	85.4	87.7	90.1	92.5	94.9	97.2	99.6	102.0	104.4	106.7
156	36.5	38.9	41.4	43.8	46.2	48.7	51.1	53.5	56.0	58.4	60.8	63.3	65.7	68.1	70.6	73.0	75.4	77.9	80.3	82.7	85.2	87.6	90.0	92.5	94.9	97.3	99.8	102.2	104.6	107.1	109.5
158	37.4	39.9	42.4	44.9	47.4	49.9	52.4	54.9	57.4	59.9	62.4	64.9	67.4	69.9	72.4	74.9	77.4	79.9	82.4	84.9	87.4	89.9	92.4	94.9	97.4	99.9	102.4	104.8	107.3	109.8	112.3
160	38.4	41.0	43.5	46.1	48.6	51.2	53.8	56.3	58.9	61.4	64.0	66.6	69.1	71.7	74.2	76.8	79.4	81.9	84.5	87.0	89.6	92.2	94.7	97.3	99.8	102.4	105.0	107.5	110.1	112.6	115.2
162	39.4	42.0	44.6	47.2	49.9	52.5	55.1	57.7	60.4	63.0	65.6	68.2	70.9	73.5	76.1	78.7	81.4	84.0	86.6	89.2	91.9	94.5	97.1	99.7	102.4	105.0	107.6	110.2	112.8	115.5	118.1
164	40.3	43.0	45.7	48.4	51.1	53.8	56.5	59.2	61.9	64.6	67.2	69.9	72.6	75.3	78.0	80.7	83.4	86.1	88.8	91.4	94.1	96.8	99.5	102.2	104.9	107.6	110.3	113.0	115.7	118.3	121.0
166	41.3	44.1	46.8	49.6	52.4	55.1	57.9	60.6	63.4	66.1	68.9	71.6	74.4	77.2	79.9	82.7	85.4	88.2	90.9	93.7	96.4	99.2	102.0	104.7	107.5	110.2	113.0	115.7	118.5	121.2	124.0
168	42.3	45.2	48.0	50.8	53.6	56.4	59.3	62.1	64.9	67.7	70.6	73.4	76.2	79.0	81.8	84.7	87.5	90.3	93.1	96.0	98.8	101.6	104.4	107.3	110.1	112.9	115.7	118.5	121.4	124.2	127.0
170	43.4	46.2	49.1	52.0	54.9	57.8	60.7	63.6	66.5	69.4	72.3	75.1	78.0	80.9	83.8	86.7	89.6	92.5	95.4	98.3	101.2	104.0	106.9	109.8	112.7	115.6	118.5	121.4	124.3	127.2	130.1
172	44.4	47.3	50.3	53.3	56.2	59.2	62.1	65.1	68.0	71.0	74.0	76.9	79.9	82.8	85.8	88.8	91.7	94.7	97.6	100.6	103.5	106.5	109.5	112.4	115.4	118.3	121.3	124.3	127.2	130.2	133.1
174	45.4	48.4	51.5	54.5	57.5	60.6	63.6	66.6	69.6	72.7	75.7	78.7	81.7	84.8	87.8	90.8	93.9	96.9	99.9	102.9	106.0	109.0	112.0	115.0	118.1	121.1	124.1	127.2	130.2	133.2	136.2
176	46.5	49.6	52.7	55.8	58.9	62.0	65.0	68.1	71.2	74.3	77.4	80.5	83.6	86.7	89.8	92.9	96.0	99.1	102.2	105.3	108.4	111.5	114.6	117.7	120.8	123.9	127.0	130.1	133.2	136.3	139.4
178	47.5	50.7	53.9	57.0	60.2	63.4	66.5	69.7	72.9	76.0	79.2	82.4	85.5	88.7	91.9	95.1	98.2	101.4	104.6	107.7	110.9	114.1	117.2	120.4	123.6	126.7	129.9	133.1	136.2	139.4	142.6
180	48.6	51.8	55.1	58.3	61.6	64.8	68.0	71.3	74.5	77.8	81.0	84.2	87.5	90.7	94.0	97.2	100.4	103.7	106.9	110.2	113.4	116.6	119.9	123.1	126.4	129.6	132.8	136.1	139.3	142.6	145.8
182	49.7	53.0	56.3	59.6	62.9	66.2	69.6	72.9	76.2	79.5	82.8	86.1	89.4	92.7	96.1	99.4	102.7	106.0	109.3	112.6	115.9	119.2	122.6	125.9	129.2	132.5	135.8	139.1	142.4	145.7	149.1
184	50.8	54.2	57.6	60.9	64.3	67.7	71.1	74.5	77.9	81.3	84.6	88.0	91.4	94.8	98.2	101.6	105.0	108.3	111.7	115.1	118.5	121.9	125.3	128.7	132.0	135.4	138.8	142.2	145.6	149.0	152.4
186	51.9	55.4	58.8	62.3	65.7	69.2	72.7	76.1	79.6	83.0	86.5	89.9	93.4	96.9	100.3	103.8	107.2	110.7	114.2	117.6	121.1	124.5	128.0	131.5	134.9	138.4	141.8	145.3	148.8	152.2	155.7
188	53.0	56.6	60.1	63.6	67.2	70.7	74.2	77.8	81.3	84.8	88.4	91.9	95.4	99.0	102.5	106.0	109.6	113.1	116.6	120.2	123.7	127.2	130.8	134.3	137.8	141.4	144.9	148.4	152.0	155.5	159.0
190	54.2	57.8	61.4	65.0	68.6	72.2	75.8	79.4	83.0	86.6	90.3	93.9	97.5	101.1	104.7	108.3	111.9	115.5	119.1	122.7	126.4	130.0	133.6	137.2	140.8	144.4	148.0	151.6	155.2	158.8	162.5
192	55.3	59.0	62.7	66.4	70.0	73.7	77.4	81.1	84.8	88.5	92.2	95.8	99.5	103.2	106.9	110.6	114.3	118.0	121.7	125.3	129.0	132.7	136.4	140.1	143.8	147.5	151.1	154.8	158.5	162.2	165.9
194	56.5	60.2	64.0	67.7	71.5	75.3	79.0	82.8	86.6	90.3	94.1	97.9	101.6	105.4	109.1	112.9	116.7	120.4	124.2	128.0	131.7	135.5	139.3	143.0	146.8	150.5	154.3	158.1	161.8	165.6	169.4
196	57.6	61.5	65.3	69.1	73.0	76.8	80.7	84.5	88.4	92.2	96.0	99.9	103.7	107.6	111.4	115.2	119.1	122.9	126.8	130.6	134.5	138.3	142.1	146.0	149.8	153.7	157.5	161.3	165.2	169.0	172.9
198	58.8	62.7	66.6	70.6	74.5	78.4	82.3	86.2	90.2	94.1	98.0	101.9	105.9	109.8	113.7	117.6	121.5	125.5	129.4	133.3	137.2	141.1	145.1	149.0	152.9	156.8	160.7	164.7	168.6	172.5	176.4
200	60.0	64.0	68.0	72.0	76.0	80.0	84.0	88.0	92.0	96.0	100.0	104.0	108.0	112.0	116.0	120.0	124.0	128.0	132.0	136.0	140.0	144.0	148.0	152.0	156.0	160.0	164.0	168.0	172.0	176.0	180.0