

טבלת מציאת ערך BMI לפי משקל וגובה בין 70 - 134 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
70	7.4	7.8	8.3	8.8	9.3	9.8	10.3	10.8	11.3	11.8	12.3	12.7	13.2	13.7	14.2	14.7	15.2	15.7	16.2	16.7	17.2	17.6	18.1	18.6	19.1	19.6	20.1	20.6	21.1	21.6	22.1
72	7.8	8.3	8.8	9.3	9.8	10.4	10.9	11.4	11.9	12.4	13.0	13.5	14.0	14.5	15.0	15.6	16.1	16.6	17.1	17.6	18.1	18.7	19.2	19.7	20.2	20.7	21.3	21.8	22.3	22.8	23.3
74	8.2	8.8	9.3	9.9	10.4	11.0	11.5	12.0	12.6	13.1	13.7	14.2	14.8	15.3	15.9	16.4	17.0	17.5	18.1	18.6	19.2	19.7	20.3	20.8	21.4	21.9	22.5	23.0	23.5	24.1	24.6
76	8.7	9.2	9.8	10.4	11.0	11.6	12.1	12.7	13.3	13.9	14.4	15.0	15.6	16.2	16.8	17.3	17.9	18.5	19.1	19.6	20.2	20.8	21.4	21.9	22.5	23.1	23.7	24.3	24.8	25.4	26.0
78	9.1	9.7	10.3	11.0	11.6	12.2	12.8	13.4	14.0	14.6	15.2	15.8	16.4	17.0	17.6	18.3	18.9	19.5	20.1	20.7	21.3	21.9	22.5	23.1	23.7	24.3	24.9	25.6	26.2	26.8	27.4
80	9.6	10.2	10.9	11.5	12.2	12.8	13.4	14.1	14.7	15.4	16.0	16.6	17.3	17.9	18.6	19.2	19.8	20.5	21.1	21.8	22.4	23.0	23.7	24.3	25.0	25.6	26.2	26.9	27.5	28.2	28.8
82	10.1	10.8	11.4	12.1	12.8	13.4	14.1	14.8	15.5	16.1	16.8	17.5	18.2	18.8	19.5	20.2	20.8	21.5	22.2	22.9	23.5	24.2	24.9	25.6	26.2	26.9	27.6	28.2	28.9	29.6	30.3
84	10.6	11.3	12.0	12.7	13.4	14.1	14.8	15.5	16.2	16.9	17.6	18.3	19.1	19.8	20.5	21.2	21.9	22.6	23.3	24.0	24.7	25.4	26.1	26.8	27.5	28.2	28.9	29.6	30.3	31.0	31.8
86	11.1	11.8	12.6	13.3	14.1	14.8	15.5	16.3	17.0	17.8	18.5	19.2	20.0	20.7	21.4	22.2	22.9	23.7	24.4	25.1	25.9	26.6	27.4	28.1	28.8	29.6	30.3	31.1	31.8	32.5	33.3
88	11.6	12.4	13.2	13.9	14.7	15.5	16.3	17.0	17.8	18.6	19.4	20.1	20.9	21.7	22.5	23.2	24.0	24.8	25.6	26.3	27.1	27.9	28.7	29.4	30.2	31.0	31.8	32.5	33.3	34.1	34.8
90	12.2	13.0	13.8	14.6	15.4	16.2	17.0	17.8	18.6	19.4	20.3	21.1	21.9	22.7	23.5	24.3	25.1	25.9	26.7	27.5	28.4	29.2	30.0	30.8	31.6	32.4	33.2	34.0	34.8	35.6	36.5
92	12.7	13.5	14.4	15.2	16.1	16.9	17.8	18.6	19.5	20.3	21.2	22.0	22.9	23.7	24.5	25.4	26.2	27.1	27.9	28.8	29.6	30.5	31.3	32.2	33.0	33.9	34.7	35.5	36.4	37.2	38.1
94	13.3	14.1	15.0	15.9	16.8	17.7	18.6	19.4	20.3	21.2	22.1	23.0	23.9	24.7	25.6	26.5	27.4	28.3	29.2	30.0	30.9	31.8	32.7	33.6	34.5	35.3	36.2	37.1	38.0	38.9	39.8
96	13.8	14.7	15.7	16.6	17.5	18.4	19.4	20.3	21.2	22.1	23.0	24.0	24.9	25.8	26.7	27.6	28.6	29.5	30.4	31.3	32.3	33.2	34.1	35.0	35.9	36.9	37.8	38.7	39.6	40.6	41.5
98	14.4	15.4	16.3	17.3	18.2	19.2	20.2	21.1	22.1	23.0	24.0	25.0	25.9	26.9	27.9	28.8	29.8	30.7	31.7	32.7	33.6	34.6	35.5	36.5	37.5	38.4	39.4	40.3	41.3	42.3	43.2
100	15.0	16.0	17.0	18.0	19.0	20.0	21.0	22.0	23.0	24.0	25.0	26.0	27.0	28.0	29.0	30.0	31.0	32.0	33.0	34.0	35.0	36.0	37.0	38.0	39.0	40.0	41.0	42.0	43.0	44.0	45.0
102	15.6	16.6	17.7	18.7	19.8	20.8	21.8	22.9	23.9	25.0	26.0	27.1	28.1	29.1	30.2	31.2	32.3	33.3	34.3	35.4	36.4	37.5	38.5	39.5	40.6	41.6	42.7	43.7	44.7	45.8	46.8
104	16.2	17.3	18.4	19.5	20.6	21.6	22.7	23.8	24.9	26.0	27.0	28.1	29.2	30.3	31.4	32.4	33.5	34.6	35.7	36.8	37.9	38.9	40.0	41.1	42.2	43.3	44.3	45.4	46.5	47.6	48.7
106	16.9	18.0	19.1	20.2	21.3	22.5	23.6	24.7	25.8	27.0	28.1	29.2	30.3	31.5	32.6	33.7	34.8	36.0	37.1	38.2	39.3	40.4	41.6	42.7	43.8	44.9	46.1	47.2	48.3	49.4	50.6
108	17.5	18.7	19.8	21.0	22.2	23.3	24.5	25.7	26.8	28.0	29.2	30.3	31.5	32.7	33.8	35.0	36.2	37.3	38.5	39.7	40.8	42.0	43.2	44.3	45.5	46.7	47.8	49.0	50.2	51.3	52.5
110	18.2	19.4	20.6	21.8	23.0	24.2	25.4	26.6	27.8	29.0	30.3	31.5	32.7	33.9	35.1	36.3	37.5	38.7	39.9	41.1	42.4	43.6	44.8	46.0	47.2	48.4	49.6	50.8	52.0	53.2	54.5
112	18.8	20.1	21.3	22.6	23.8	25.1	26.3	27.6	28.9	30.1	31.4	32.6	33.9	35.1	36.4	37.6	38.9	40.1	41.4	42.6	43.9	45.2	46.4	47.7	48.9	50.2	51.4	52.7	53.9	55.2	56.4
114	19.5	20.8	22.1	23.4	24.7	26.0	27.3	28.6	29.9	31.2	32.5	33.8	35.1	36.4	37.7	39.0	40.3	41.6	42.9	44.2	45.5	46.8	48.1	49.4	50.7	52.0	53.3	54.6	55.9	57.2	58.5
116	20.2	21.5	22.9	24.2	25.6	26.9	28.3	29.6	30.9	32.3	33.6	35.0	36.3	37.7	39.0	40.4	41.7	43.1	44.4	45.8	47.1	48.4	49.8	51.1	52.5	53.8	55.2	56.5	57.9	59.2	60.6
118	20.9	22.3	23.7	25.1	26.5	27.8	29.2	30.6	32.0	33.4	34.8	36.2	37.6	39.0	40.4	41.8	43.2	44.6	45.9	47.3	48.7	50.1	51.5	52.9	54.3	55.7	57.1	58.5	59.9	61.3	62.7
120	21.6	23.0	24.5	25.9	27.4	28.8	30.2	31.7	33.1	34.6	36.0	37.4	38.9	40.3	41.8	43.2	44.6	46.1	47.5	49.0	50.4	51.8	53.3	54.7	56.2	57.6	59.0	60.5	61.9	63.4	64.8
122	22.3	23.8	25.3	26.8	28.3	29.8	31.3	32.7	34.2	35.7	37.2	38.7	40.2	41.7	43.2	44.7	46.1	47.6	49.1	50.6	52.1	53.6	55.1	56.6	58.0	59.5	61.0	62.5	64.0	65.5	67.0
124	23.1	24.6	26.1	27.7	29.2	30.8	32.3	33.8	35.4	36.9	38.4	40.0	41.5	43.1	44.6	46.1	47.7	49.2	50.7	52.3	53.8	55.4	56.9	58.4	60.0	61.5	63.0	64.6	66.1	67.7	69.2
126	23.8	25.4	27.0	28.6	30.2	31.8	33.3	34.9	36.5	38.1	39.7	41.3	42.9	44.5	46.0	47.6	49.2	50.8	52.4	54.0	55.6	57.2	58.7	60.3	61.9	63.5	65.1	66.7	68.3	69.9	71.4
128	24.6	26.2	27.9	29.5	31.1	32.8	34.4	36.0	37.7	39.3	41.0	42.6	44.2	45.9	47.5	49.2	50.8	52.4	54.1	55.7	57.3	59.0	60.6	62.3	63.9	65.5	67.2	68.8	70.5	72.1	73.7
130	25.4	27.0	28.7	30.4	32.1	33.8	35.5	37.2	38.9	40.6	42.3	43.9	45.6	47.3	49.0	50.7	52.4	54.1	55.8	57.5	59.2	60.8	62.5	64.2	65.9	67.6	69.3	71.0	72.7	74.4	76.1
132	26.1	27.9	29.6	31.4	33.1	34.8	36.6	38.3	40.1	41.8	43.6	45.3	47.0	48.8	50.5	52.3	54.0	55.8	57.5	59.2	61.0	62.7	64.5	66.2	68.0	69.7	71.4	73.2	74.9	76.7	78.4
134	26.9	28.7	30.5	32.3	34.1	35.9	37.7	39.5	41.3	43.1	44.9	46.7	48.5	50.3	52.1	53.9	55.7	57.5	59.3	61.1	62.8	64.6	66.4	68.2	70.0	71.8	73.6	75.4	77.2	79.0	80.8
	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
	תת משקל				משקל תקין						עודף משקל						השמנת יתר									השמנת יתר חולנית					