

Tabla de Peso Ideal (Según contextura)

| Mujer | | | |
|-----------------|-------------------------------|---------|--------|
| | Peso según la contextura (Kg) | | |
| Altura (metros) | Pequeña | Mediana | Grande |
| 1.42 | 41-44 | 43-48 | 47-53 |
| 1.45 | 42-45 | 44-49 | 48-55 |
| 1.47 | 43-47 | 45-51 | 49-56 |
| 1.50 | 44-48 | 47-53 | 50-58 |
| 1.52 | 46-49 | 48-54 | 52-59 |
| 1.55 | 47-51 | 49-55 | 53-60 |
| 1.57 | 48-53 | 51-57 | 54-62 |
| 1.60 | 50-54 | 53-58 | 56-64 |
| 1.62 | 51-55 | 54-61 | 58-66 |
| 1.65 | 53-57 | 56-63 | 60-68 |
| 1.67 | 55-60 | 57-64 | 62-69 |
| 1.70 | 57-61 | 59-66 | 63-71 |
| 1.72 | 58-63 | 61-68 | 65-73 |
| 1.75 | 60-65 | 63-70 | 67-76 |
| 1.77 | 62-67 | 65-72 | 70-78 |

| Hombre | | | |
|-----------------|-------------------------------|---------|--------|
| | Peso según la contextura (Kg) | | |
| Altura (metros) | Pequeña | Mediana | Grande |
| 1.55 | 50-54 | 53-58 | 56-63 |
| 1.57 | 52-55 | 54-60 | 58-65 |
| 1.60 | 53-56 | 56-61 | 59-66 |
| 1.62 | 54-58 | 57-62 | 61-68 |
| 1.65 | 56-60 | 58-64 | 62-70 |
| 1.67 | 57-61 | 60-66 | 64-72 |
| 1.70 | 59-63 | 62-68 | 66-74 |
| 1.72 | 61-65 | 64-70 | 68-76 |
| 1.75 | 63-67 | 65-72 | 69-78 |
| 1.77 | 64-69 | 67-74 | 71-80 |
| 1.80 | 66-71 | 69-76 | 73-83 |
| 1.82 | 68-73 | 71-78 | 75-85 |
| 1.85 | 70-75 | 73-81 | 78-87 |
| 1.88 | 73-78 | 77-85 | 82-92 |

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