Ideal Body Weight(Kg) - Women from 5 years old to adult age.

cm / yrs:months	5:0-5:11	6:0-6:11	7:0-7:11	8:0-8:11	9:0-9:11	10:0-10:5	10:6-10:11	11:0-11:5	11:6-11:11	12:0-12:5	12:6-12:11	13:0:13.5	13:6-13:11	14:0-14:5	14:6-14:11	15:0-15:5	15:6-15:11	16:0-16:11	17:0-17:11	Adults + 18
95.0-95.9	12.5 15.3																			
96.1-96.9	12.8 15.6																			
97.0-97.9	13.1 15.9																			
98.0-98.9	13.3 16.3																			
99.0-99.9	13.6 16.6																			
100.0-100.9	13.9 16.9	13.9 17.1																		
101.0-101.9	14.2 17.3	14.2 17.5																		
102.0-120.9	14.5 17.6	14.5 17.8																		
103.0-103.9	14.7 18.0	14.7 18.2																		
104.0-104.9	15.0 18.3	15.0 18.5																		
105.0-105.9	15.3 18.7	15.3 18.9	15.4 19.3																	
106.0-106.9	15.6 19.0	15.6 19.2	15.7 19.6																	
107.0-107.9	15.9 19.4	15.9 19.6	16.0 20.0																	
108.0-108.9	16.2 19.8	16.2 20.0	16.3 20.4																	
109.0-109.9	16.5 20.1	16.5 20.3	16.6 20.8	16.9 21.4																
110.0-110.9	16.8 20.5	16.8 20.7	16.9 21.2	17.2 21.8																
111.0-111.9	17.1 20.9	17.1 21.1	17.2 21.5	17.6 22.2																
112.0-112.9	17.4 21.2	17.4 21.5	17.5 21.9	17.9 22.6																
113.0-113.9	17.7 21.6	17.7 21.9	17.9 22.3	18.2 23.0																
114.0-114.9	18.1 22.0	18.1 22.2	18.2 22.7	18.5 23.4	19.0 24.2															
115.0-115.9	18.4 22.4	18.4 22.6	18.5 23.1	18.8 23.8	19.3 24.7															
116.0-116.9	18.7 22.8	18.7 23.0	18.8 23.5	19.2 24.2	19.7 25.1															
117.0-117.9	19.0 23.2	19.0 23.4	19.1 23.9	19.5 24.6	20.0 25.5															
118.0-118.9	19.4 23.6	19.4 23.8	19.5 24.3	19.8 25.1	20.4 26.0															
119.0-119.9	19.7 24.0	19.7 24.2	19.8 24.8	20.2 25.5	20.7 26.4	21.1 27.2														
120.0-120.9	20.0 24.4	20.0 24.7	20.1 25.2	20.5 25.9	21.1 26.8	21.5 27.6														
121.0-121.9	20.4 24.8	20.4 25.1	20.5 25.6	20.9 26.4	21.4 27.3	21.9 28.1														
122.0-122.9	20.7 25.2	20.7 25.5	20.8 26.0	21.2 26.8	21.8 27.7	22.2 28.6	22.6 29.2													
123.0-123.9	21.0 25.6	21.0 25.9	21.2 26.4	21.6 27.2	22.1 28.2	22.6 29.0	23.0 29.7													
124.0-124.9	21.4 26.0	21.4 26.3	21.5 26.9	21.9 27.7	22.5 28.7	23.0 29.5	23.4 30.1													
125.0-125.9	21.7 26.5	21.7 26.8	21.8 27.3	22.3 28.1	22.8 29.1	23.3 30.0	23.8 30.6	24.1 31.3												
126.0-126.9	22.1 26.9	22.1 27.2	22.2 27.8	22.6 28.6	23.2 29.6	23.7 30.5	24.1 31.1	24.5 31.8												
127.0-127.9	22.4 27.3	22.4 27.6	22.5 28.2	23.0 29.0	23.6 30.1	24.1 31.0	24.5 31.6	24.9 32.3	25.4 33.1											
128.0-128.9	22.8 27.8	22.8 28.0	22.9 28.6	23.3 29.5	24.0 30.5	24.5 31.5	24.9 32.1	25.3 32.8	25.8 33.6											
129.0-129.9	23.1 28.2	23.1 28.5	23.3 29.1	23.7 30.0	24.3 31.0	24.8 32.0	25.3 32.6	25.7 33.4	26.2 34.1											
130.0-130.9		23.5 28.9	23.6 29.5	24.1 30.4	24.7 31.5	25.2 32.4	25.7 33.1	26.1 33.9	26.6 34.7	27.2 35.5										
131.0-131.9		23.9 29.4	24.0 30.0	24.5 30.9	25.1 32.0	25.6 32.9	26.1 33.6	26.5 34.4	27.0 35.2	27.6 36.1										
132.0-132.9		24.2 29.8	24.4 30.5	24.8 31.4	25.5 32.5	26.0 33.5	26.5 34.2	26.9 34.9	27.4 35.8	28.1 36.6										
133.0-133.9		24.6 30.3	24.7 30.9	25.2 31.8	25.9 33.0	26.4 34.0	26.9 34.7	27.3 35.5	27.9 36.3	28.5 37.2	29.0 38.0									
134.0-134.9		25.0 30.7	25.1 31.4	25.6 32.3	26.3 33.5	26.8 34.5	27.3 35.2	27.7 36.0	28.3 36.8	28.9 37.7	29.5 38.6									
135.0-135.9		25.3 31.2	25.5 31.9	26.0 32.8	26.6 34.0	27.2 35.0	27.7 35.7	28.2 36.5	28.7 37.4	29.3 38.3	29.9 39.2	30.5 40.1								
136.0-136.9		25.7 31.7	25.9 32.3	26.4 33.3	27.0 34.5	27.6 35.5	28.1 36.3	28.6 37.1	29.1 38.0	29.8 38.9	30.4 39.8	31.0 40.7								
137.0-137.9		26.1 32.1	26.2 32.8	26.7 33.8	27.4 35.0	28.0 36.0	28.5 36.8	29.0 37.6	29.6 38.5	30.2 39.5	30.8 40.4	31.4 41.3	32.0 42.2							
138.0-138.9			26.6 33.3	27.1 34.3	27.8 35.5	28.4 36.6	28.9 37.3	29.4 38.2	30.0 39.1	30.7 40.0	31.3 41.0	31.9 41.9	32.5 42.8							
139.0-139.9			27.0 33.8	27.5 34.8	28.2 36.0	28.8 37.1	29.4 37.9	29.9 38.7	30.4 39.6	31.1 40.6	31.7 41.6	32.4 42.5	32.9 43.4	33.5 44.2						
140.0-140.9			27.4 34.3	27.9 35.3	28.7 36.5	29.3 37.6	29.8 38.4	30.3 39.3	30.9 40.2	31.6 41.2	32.2 42.2	32.8 43.1	33.4 44.1	34.0 44.9	34.5 45.7					
141.0-141.9			27.8 34.8	28.3 35.8	29.1 37.1	29.7 38.2	30.2 39.0	30.7 39.9	31.3 40.8	32.0 41.8	32.6 42.8	33.3 43.7	33.9 44.7	34.5 45.5	35.0 46.3	35.5 47.0	35.9 47.6			
142.0-142.9			28.2 35.2	28.7 36.3	29.5 37.6	30.1 38.7	30.6 39.5	31.2 40.4	31.8 41.4	32.5 42.4	33.1 43.4	33.8 44.3	34.4 45.3	34.9 46.2	35.5 47.0	36.0 47.7	36.4 48.3	36.9 49.0	37.3 49.7	37.3 50.4
143.0-143.9			28.6 35.7	29.1 36.8	29.9 38.1	30.5 39.3	31.1 40.1	31.6 41.0	32.2 42.0	32.9 43.0	33.6 44.0	34.3 44.9	34.9 46.0	35.4 46.8	36.0 47.6	36.5 48.4	36.9 49.0	37.4 49.7	37.8 50.4	37.8 51.1
144.0-144.9			29.0 36.2	29.5 37.3	30.3 38.7	31.0 39.8	31.5 40.6	32.0 41.6	32.7 42.6	33.4 43.6	34.0 44.6	34.7 45.6	35.4 46.6	35.9 47.5	36.5 48.3	37.0 49.0	37.4 49.7	37.9 50.4	38.3 51.1	38.4 51.8
145.0-145.9				30.0 37.8	30.7 39.2	31.4 40.4	32.0 41.2	32.5 42.2	33.1 43.1	33.9 44.2	34.5 45.2	35.2 46.2	35.8 47.3	36.4 48.1	37.0 49.0	37.5 49.7	38.0 50.4	38.5 51.1	38.9 51.8	38.9 52.5
146.0-146.9				30.4 38.4	31.2 39.7	31.8 40.9	32.4 41.8	32.9 42.7	33.6 43.7	34.3 44.8	35.0 45.9	35.7 46.9	36.3 47.9	36.9 48.8	37.5 49.7	38.0 50.4	38.5 51.1	39.0 51.8	39.4 52.5	39.4 53.3
147.0-147.9				30.8 38.9	31.6 40.3	32.3 41.5	32.8 42.4	33.4 43.3	34.0 44.3	34.8 45.4	35.5 46.5	36.2 47.5	36.8 48.6	37.4 49.5	38.1 50.3	38.6 51.1	39.0 51.8	39.5 52.5	39.9 53.2	40.0 54.0
148.0-148.9				31.2 39.4	32.0 40.8	32.7 42.1	33.3 42.9	33.8 43.9	34.5 44.9	35.3 46.0	35.9 47.1	36.7 48.1	37.3 49.2	38.0 50.2	38.6 51.0	39.1 51.8	39.5 52.5	40.1 53.2	40.5 53.9	40.5 54.7
149.0-149.9				31.6 40.0	32.5 41.4	33.1 42.6	33.7 43.5	34.3 44.5	35.0 45.6	35.7 46.7	36.4 47.8	37.2 48.8	37.9 49.9	38.5 50.8	39.1 51.7	39.6 52.5	40.1 53.2	40.6 53.9	41.0 54.7	41.1 55.5
150.0-150.9					32.9 41.9	33.6 43.2	34.2 44.1	34.8 45.1	35.4 46.2	36.2 47.3	36.9 48.4	37.7 49.5	38.4 50.6	39.0 51.5	39.6 52.4	40.2 53.2	40.6 53.9	41.2 54.7	41.6 55.4	41.6 56.2
151.0-151.9					33.3 42.5	34.0 43.8	34.7 44.7	35.2 45.7	35.9 46.8	36.7 47.9	37.4 49.0	38.2 50.1	38.9 51.3	39.5 52.2	40.2 53.1	40.7 53.9	41.2 54.6	41.7 55.4	42.1 56.2	42.2 57.0
152.0-152.9					33.8 43.1	34.5 44.4	35.1 45.3	35.7 46.3	36.4 47.4	37.2 48.6	37.9 49.7	38.7 50.8	39.4 51.9	40.0 52.9	40.7 53.8	41.2 54.6	41.7 55.3	42.3 56.1	42.7 56.9	42.7 57.7
153.0-153.9					34.2 43.6	34.9 44.9	35.6 45.9	36.2 46.9	36.9 48.0	37.7 49.2	38.4 50.4	39.2 51.5	39.9 52.6	40.6 53.6	41.2 54.5	41.8 55.4	42.3 56.1	42.8 56.9	43.3 57.7	43.3 58.5
154.0-154.9					34.7 44.2	35.4 45.5	36.0 46.5	36.6 47.6	37.4 48.7	38.2 49.9	38.9 51.0	39.7 52.1	40.4 53.3	41.1 54.3	41.8 55.3	42.3 56.1	42.8 56.8	43.4 57.6	43.8 58.4	43.9 59.3
155.0-155.9					35.1 44.8	35.9 46.1	36.5 47.1	37.1 48.2	37.8 49.3	38.7 50.5	39.4 51.7	40.2 52.8	41.0 54.0	41.6 55.0	42.3 56.0	42.9 56.8	43.4 57.5	43.9 58.4	44.4 59.2	44.4 60.0
156.0-156.9					35.6 45.4	36.3 46.7	37.0 47.7	37.6 48.8	38.3 49.9	39.2 51.2	39.9 52.3	40.8 53.5	41.5 54.7	42.2 55.7	42.9 56.7	43.4 57.6	43.9 58.3	44.5 59.1	45.0 59.9	45.0 60.8
157.0-157.9					36.0 45.9	36.8 47.3	37.5 48.3	38.1 49.4	38.8 50.6	39.7 51.8	40.4 53.0	41.3 54.2	42.0 55.4	42.7 56.4	43.4 57.4	44.0 58.3	44.5 59.0	45.1 59.9	45.6 60.7	45.6 61.6
158.0-158.9					36.5 46.5	37.3 47.9	37.9 48.9	38.6 50.1	39.3 51.2	40.2 52.5	41.0 53.7	41.8 54.9	42.6 56.1	43.3 57.2	44.0 58.2	44.6 59.0	45.1 59.8	45.7 60.7	46.1 61.5	46.2 62.4
159.0-159.9						37.7 48.5	38.4 49.6	39.1 50.7	39.8 51.9	40.7 53.1	41.5 54.4	42.3 55.6	43.1 56.8	43.8 57.9	44.5 58.9	45.1 59.8	45.6 60.5	46.2 61.4	46.7 62.3	46.8 63.2
160.0-160.9						38.2 49.2	38.9 50.2	39.6 51.3	40.3 52.5	41.2 53.8	42.0 55.1	42.9 56.3	43.6 57.5	44.4 58.6	45.1 59.6	45.7 60.5	46.2 61.3	46.8 62.2	47.3 63.1	47.4 64.0
161.0-161.9						38.7 49.8	39.4 50.8	40.0 52.0	40.8 53.2	41.7 54.5	42.5 55.8	43.4 57.0	44.2 58.3	44.9 59.4	45.6 60.4	46.3 61.3	46.8 62.1	47.4 63.0	47.9 63.8	48.0 64.8
162.0-162.9							39.9 51.4	40.5 52.6	41.3 53.9	42.3 55.2	43.1 56.5	44.0 57.7	44.7 59.0	45.5 60.1	46.2 61.1	46.8 62.1	47.4 62.9	48.0 63.8	48.5 64.6	48.6 65.6
163.0-163.9							40.4 52.1	41.0 53.3	41.8 54.5	42.8 55.8	43.6 57.1	44.5 58.4	45.3 59.7	46.0 60.8	46.8 61.9	47.4 62.8	48.0 63.6	48.6 64.6	49.1 65.4	49.2 66.4
164.0-164.9							40.9 52.7	41.6 53.9	42.4 55.2	43.3 56.5	44.1 57.9	45.1 59.1	45.9 60.5	46.6 61.6	47.4 62.7	48.0 63.6	48.5 64.4	49.2 65.4	49.7 66.2	49.8 67.2
165.0-165.9								42.1 54.6	42.9 55.9	43.8 57.2	44.7 58.6	45.6 59.8	46.4 61.2	47.2 62.3	47.9 63.4	48.6 64.4	49.1 65.2	49.8 66.2	50.3 67.1	50.4 68.0
166.0-166.9								42.6 55.2	43.4 56.5	44.4 57.9	45.2 59.3	46.2 60.6	47.0 61.9	47.8 63.1	48.5 64.2	49.2 65.2	49.7 66.0	50.4 67.0	50.9 67.9	51.0 68.9
167.0-167.9								43.1 55.9	43.9 57.2	44.9 58.6	45.8 60.0	46.7 61.3	47.6 62.7	48.3 63.9	49.1 65.0	49.8 66.0	50.3 66.8	51.0 67.8	51.5 68.7	51.6 69.7
168.0-168.9								43.6 56.6	44.5 57.9	45.4 59.3	46.3 60.7	47.3 62.0	48.1 63.4	48.9 64.6	49.7 65.8	50.4 66.7	50.9 67.6	51.6 68.6	52.2 69.5	52.2 70.5
169.0-169.9									45.0 58.6	46.0 60.0	46.9 61.4	47.8 62.8	48.7 64.2	49.5 65.4	50.3 66.5	51.0 67.5	51.6 68.4	52.2 69.4	52.8 70.3	52.8 71.4
170.0-170.9									45.5 59.3	46.5 60.7	47.4 62.2	48.4 63.5	49.3 65.0	50.1 66.2	50.9 67.3	51.6 68.3	52.2 69.2	52.9 70.2	53.4 71.2	53.5 72.2
171.0-171.9									46.1 60.0	47.1 61.5	48.0 62.9	49.0 64.3	49.9 65.7	50.7 67.0	51.5 68.1	52.2 69.2	52.8 70.0	53.5 71.1	54.0 72.0	54.1 73.1
172.0-172.9									46.6 60.7	47.6 62.2	48.5 63.6	49.6 65.0	50.4 66.5	51.3 67.7	52.1 68.9	52.8 70.0	53.4 70.9	54.1 71.9	54.7 72.9	54.7 73.9
173.0-173.9										48.2 62.9	49.1 64.4	50.1 65.8	51.0 67.3	51.9 68.5	52.7 69.7	53.4 70.8	54.0 71.7	54.7 72.7	55.3 73.7	55.4 74.8
174.0-174.9										48.7 63.6	49.7 65.1	50.7 66.5	51.6 68.1	52.5 69.3	53.3 70.5	54.0 71.6	54.6 72.5	55.4 73.6	56.0 74.6	56.0 75.7
175.0-175.9											50.3 65.9	51.3 67.3	52.2 68.8	53.1 70.1	53.9 71.4	54.7 72.4	55.3 73.3	56.0 74.4	56.6 75.4	56.7 76.5
176.0-176.9											50.8 66.6	51.9 68.1	52.8 69.6	53.7 70.9	54.5 72.2	55.3 73.3	55.9 74.2	56.7 75.3	57.2 76.3	57.3 77.4
177.0-177.9											51.4 67.4	52.5 68.9	53.4 70.4	54.3 71.7	55.2 73.0	55.9 74.1	56.5 75.0	57.3 76.1	57.9 77.2	58.0 78.3
178.0-178.9												53.1 69.6	54.0 71.2	54.9 72.6	55.8 73.8	56.6 74.9	57.2 75.9	58.0 77.0	58.6 78.0	58.6 79.2
179.0-179.9												53.7 70.4	54.6 72.0	55.5 73.4	56.4 74.7	57.2 75.8	57.8 76.7	58.6 77.9	59.2 78.9	59.3 80.1
180.0-180.9													55.2 72.8	56.1 74.2	57.1 75.5	57.8 76.6	58.5 77.6	59.3 78.7	59.9 79.8	59.9 81.0
181.0-181.9													55.9 73.6	56.8 75.0	57.7 76.3	58.5 77.5	59.1 78.5	59.9 79.6	60.5 80.7	60.6 81.9
182.0-182.9														57.4 75.9	58.3 77.2	59.1 78.3	59.8 79.3	60.6 80.5	61.2 81.6	61.3 82.8
183.0-183.9															59.0 78.0	59.8 79.2	60.4 80.2	61.3 81.4	61.9 82.5	62.0 83.7
184.0-184.9																			62.6 83.4	62.6 84.6



Source: CIIPEC - INCAP
Referencia data: WHO 2007