

TABELA DE INDICE DE MASSA CORPOREA

Peso (kg)	Altura (m) →															
	1.5	1.51	1.52	1.53	1.54	1.55	1.56	1.57	1.58	1.59	1.6	1.61	1,62	1,63	1,64	1,65
35	15.6	15.4	15.1	15.0	14.8	14.6	14.4	14.2	14.0	13.8	13.7	13.5	13.3	13.2	13.0	12.9
36	16.0	15.8	15.6	15.4	15.2	15.0	14.8	14.6	14.4	14.2	14.1	13.9	13.7	13.5	13.4	13.2
37	16.4	16.2	16.0	15.8	15.6	15.4	15.2	15.0	14.8	14.6	14.5	14.3	14.1	13.9	13.8	13.6
38	16.9	16.7	16.4	16.2	16.0	15.8	15.6	15.4	15.2	15.0	14.8	14.7	14.5	14.3	14.1	14.0
39	17.3	17.1	16.9	16.7	16.4	16.2	16.0	15.8	15.6	15.4	15.2	15.0	14.9	14.7	14.5	14.3
40	17.8	17.5	17.3	17.1	16.9	16.6	16.4	16.2	16.0	15.8	15.6	15.4	15.2	15.1	14.9	14.7
41	18.2	18.0	17.7	17.5	17.3	17.1	16.8	16.6	16.4	16.2	16.0	15.8	15.6	15.4	15.2	15.1
42	18.7	18.4	18.2	17.9	17.7	17.5	17.3	17.0	16.8	16.6	16.4	16.2	16.0	15.8	15.6	15.4
43	19.1	18.9	18.6	18.4	18.1	17.9	17.7	17.4	17.2	17.0	16.8	16.6	16.4	16.2	16.0	15.8
44	19.6	19.3	19.0	18.8	18.6	18.3	18.1	17.9	17.6	17.4	17.2	17.0	16.8	16.6	16.4	16.2
45	20.0	19.7	19.5	19.2	19.0	18.7	18.5	18.3	18.0	17.8	17.6	17.4	17.1	16.9	16.7	16.5
46	20.4	20.2	19.9	19.7	19.4	19.1	18.9	18.7	18.4	18.2	18.0	17.7	17.5	17.3	17.1	16.9
47	20.9	20.6	20.3	20.1	19.8	19.6	19.3	19.1	18.8	18.6	18.4	18.1	17.9	17.7	17.5	17.3
48	21.3	21.1	20.8	20.5	20.2	20.0	19.7	19.5	19.2	19.0	18.8	18.5	18.3	18.1	17.8	17.6
49	21.8	21.5	21.2	20.9	20.7	20.4	20.1	19.9	19.6	19.4	19.1	18.9	18.7	18.4	18.2	18.0
50	22.2	21.9	21.6	21.4	21.1	20.8	20.5	20.3	20.0	19.8	19.5	19.3	19.1	18.8	18.6	18.4
51	22.7	22.4	22.1	21.8	21.5	21.2	21.0	20.7	20.4	20.2	19.9	19.7	19.4	19.2	19.0	18.7
52	23.1	22.8	22.5	22.2	21.9	21.6	21.4	21.1	20.8	20.6	20.3	20.1	19.8	19.6	19.3	19.1
53	23.6	23.2	22.9	22.6	22.3	22.1	21.8	21.5	21.2	21.0	20.7	20.4	20.2	19.9	19.7	19.5
54	24.0	23.7	23.4	23.1	22.8	22.5	22.2	21.9	21.6	21.4	21.1	20.8	20.6	20.3	20.1	19.8
55	24.4	24.1	23.8	23.5	23.2	22.9	22.6	22.3	22.0	21.8	21.5	21.2	21.0	20.7	20.4	20.2
56	24.9	24.6	24.2	23.9	23.6	23.3	23.0	22.7	22.4	22.2	21.9	21.6	21.3	21.1	20.8	20.6
57	25.3	25.0	24.7	24.3	24.0	23.7	23.4	23.1	22.8	22.5	22.3	22.0	21.7	21.5	21.2	20.9
58	25.8	25.4	25.1	24.8	24.5	24.1	23.8	23.5	23.2	22.9	22.7	22.4	22.1	21.8	21.6	21.3
59	26.2	25.9	25.5	25.2	24.9	24.6	24.2	23.9	23.6	23.3	23.0	22.8	22.5	22.2	21.9	21.7
60	26.7	26.3	26.0	25.6	25.3	25.0	24.7	24.3	24.0	23.7	23.4	23.1	22.9	22.6	22.3	22.0
61	27.1	26.8	26.4	26.1	25.7	25.4	25.1	24.7	24.4	24.1	23.8	23.5	23.2	23.0	22.7	22.4
62	27.6	27.2	26.8	26.5	26.1	25.8	25.5	25.2	24.8	24.5	24.2	23.9	23.6	23.3	23.1	22.8
63	28.0	27.6	27.3	26.9	26.6	26.2	25.9	25.6	25.2	24.9	24.6	24.3	24.0	23.7	23.4	23.1
64	28.4	28.1	27.7	27.3	27.0	26.6	26.3	26.0	25.6	25.3	25.0	24.7	24.4	24.1	23.8	23.5
65	28.9	28.5	28.1	27.8	27.4	27.1	26.7	26.4	26.0	25.7	25.4	25.1	24.8	24.5	24.2	23.9
66	29.3	28.9	28.6	28.2	27.8	27.5	27.1	26.8	26.4	26.1	25.8	25.5	25.1	24.8	24.5	24.2
67	29.8	29.4	29.0	28.6	28.3	27.9	27.5	27.2	26.8	26.5	26.2	25.8	25.5	25.2	24.9	24.6
68	30.2	29.8	29.4	29.0	28.7	28.3	27.9	27.6	27.2	26.9	26.6	26.2	25.9	25.6	25.3	25.0
69	30.7	30.3	29.9	29.5	29.1	28.7	28.4	28.0	27.6	27.3	27.0	26.6	26.3	26.0	25.7	25.3
70	31.1	30.7	30.3	29.9	29.5	29.1	28.8	28.4	28.0	27.7	27.3	27.0	26.7	26.3	26.0	25.7
71	31.6	31.1	30.7	30.3	29.9	29.6	29.2	28.8	28.4	28.1	27.7	27.4	27.1	26.7	26.4	26.1
72	32.0	31.6	31.2	30.8	30.4	30.0	29.6	29.2	28.8	28.5	28.1	27.8	27.4	27.1	26.8	26.4
73	32.4	32.0	31.6	31.2	30.8	30.4	30.0	29.6	29.2	28.9	28.5	28.2	27.8	27.5	27.1	26.8
74	32.9	32.5	32.0	31.6	31.2	30.8	30.4	30.0	29.6	29.3	28.9	28.5	28.2	27.9	27.5	27.2
75	33.3	32.9	32.5	32.0	31.6	31.2	30.8	30.4	30.0	29.7	29.3	28.9	28.6	28.2	27.9	27.5
76	33.8	33.3	32.9	32.5	32.0	31.6	31.2	30.8	30.4	30.1	29.7	29.3	29.0	28.6	28.3	27.9
77	34.2	33.8	33.3	32.9	32.5	32.0	31.6	31.2	30.8	30.5	30.1	29.7	29.3	29.0	28.6	28.3
78	34.7	34.2	33.8	33.3	32.9	32.5	32.1	31.6	31.2	30.9	30.5	30.1	29.7	29.4	29.0	28.7
79	35.1	34.6	34.2	33.7	33.3	32.9	32.5	32.0	31.6	31.2	30.9	30.5	30.1	29.7	29.4	29.0
80	35.6	35.1	34.6	34.2	33.7	33.3	32.9	32.5	32.0	31.6	31.3	30.9	30.5	30.1	29.7	29.4