

BODY MASS INDEX TABLE – TO CALCULATE FROM CENTIMETRES AND KILOGRAMS

USE TO CALCULATE BMI FOR THOSE AGED 2 YEARS OF AGE OR MORE

For greater precision or to calculate BMI values greater than 39, use the following equation: $\text{Weight (kg)} \div \text{Height (cm)} \div \text{Height (cm)} \times 10,000$

BMI:	11	12	13	14	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	
HEIGHT (CM)	BODY WEIGHT (KILOGRAMS)																													HEIGHT (CM)
75	6.2	6.8	7.3	7.9	8.4	9.0	9.6	10.1	10.7	11.3	11.8	12.4	12.9	13.5	14.1	14.6	15	16	16	17	17	18	19	19	20	20	21	21	22	75
80	7.0	7.7	8.3	9.0	9.6	10.2	10.9	11.5	12.2	12.8	13.4	14.1	14.7	15	16	17	17	18	19	19	20	20	21	22	22	23	24	24	25	80
85	7.9	8.7	9.4	10.1	10.8	11.6	12.3	13.0	13.7	14.5	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	27	28	85
90	8.9	9.7	10.5	11.3	12.2	13.0	13.8	14.6	15	16	17	18	19	19	20	21	22	23	23	24	25	26	27	28	28	29	30	31	32	90
95	9.9	10.8	11.7	12.6	13.5	14.4	15	16	17	18	19	20	21	22	23	23	24	25	26	27	28	29	30	31	32	32	33	34	35	95
100	11.0	12.0	13.0	14.0	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	100
105	12.1	13.2	14.3	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36	37	39	40	41	42	43	105
110	13.3	14.5	16	17	18	19	21	22	23	24	25	27	28	29	30	31	33	34	35	36	38	39	40	41	42	44	45	46	47	110
115	14.5	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44	45	46	48	49	50	52	115
120	16	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	48	49	50	52	53	55	56	120
125	17	19	20	22	23	25	27	28	30	31	33	34	36	38	39	41	42	44	45	47	48	50	52	53	55	56	58	59	61	125
130	19	20	22	24	25	27	29	30	32	34	35	37	39	41	42	44	46	47	49	51	52	54	56	57	59	61	63	64	66	130
135	20	22	24	26	27	29	31	33	35	36	38	40	42	44	46	47	49	51	53	55	56	58	60	62	64	66	67	69	71	135
140	22	24	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65	67	69	71	73	74	76	140
145	23	25	27	29	32	34	36	38	40	42	44	46	48	50	53	55	57	59	61	63	65	67	69	71	74	76	78	80	82	145
150	25	27	29	32	34	36	38	41	43	45	47	50	52	54	56	59	61	63	65	68	70	72	74	77	79	81	83	86	88	150
155	26	29	31	34	36	38	41	43	46	48	50	53	55	58	60	62	65	67	70	72	74	77	79	82	84	86	89	91	94	155
160	28	31	33	36	38	41	44	46	49	51	54	56	59	61	64	67	69	72	74	77	79	82	84	87	90	92	95	97	100	160
165	30	33	35	38	41	44	46	49	52	54	57	60	63	65	68	71	74	76	79	82	84	87	90	93	95	98	101	103	106	165
170	32	35	38	40	43	46	49	52	55	58	61	64	66	69	72	75	78	81	84	87	90	92	95	98	101	104	107	110	113	170
175	34	37	40	43	46	49	52	55	58	61	64	67	70	74	77	80	83	86	89	92	95	98	101	104	107	110	113	116	119	175
180	36	39	42	45	49	52	55	58	62	65	68	71	75	78	81	84	87	91	94	97	100	104	107	110	113	117	120	123	126	180
185	38	41	44	48	51	55	58	62	65	68	72	75	79	82	86	89	92	96	99	103	106	110	113	116	120	123	127	130	133	185
190	40	43	47	51	54	58	61	65	69	72	76	79	83	87	90	94	97	101	105	108	112	116	119	123	126	130	134	137	141	190
195	42	46	49	53	57	61	65	68	72	76	80	84	87	91	95	99	103	106	110	114	118	122	125	129	133	137	141	144	148	195
BMI:	11	12	13	14	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	

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