

Peso Saludable en los Adultos

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	Promedio*	Escala*
4'10" (147 cm)	105 libras (47.6 kg)	91 – 119 libras (41.3 – 54.0 kg)
4'11" (150 cm)	109 libras (49.4 kg)	94 – 124 libras (42.6 – 56.2 kg)
5'0" (152 cm)	112 libras (50.8 kg)	97 – 128 libras (44.0 – 58.1 kg)
5'1" (155 cm)	116 libras (52.6 kg)	100 – 132 libras (45.4 – 59.9 kg)
5'2" (157 cm)	120 libras (54.4 kg)	104 – 136 libras (47.2 – 61.7 kg)
5'3" (160 cm)	124 libras (56.2 kg)	107 – 141 libras (48.5 – 64.0 kg)
5'4" (163 cm)	128 libras (58.1 kg)	110 – 145 libras (49.9 – 65.8 kg)
5'5" (165 cm)	132 libras (59.9 kg)	114 – 150 libras (51.7 – 68.0 kg)
5'6" (168 cm)	136 libras (61.7 kg)	118 – 155 libras (53.5 – 70.3 kg)
5'7" (170 cm)	140 libras (63.5 kg)	121 – 159 libras (54.9 – 72.1 kg)
5'8" (173 cm)	144 libras (65.3 kg)	125 – 164 libras (56.7 – 74.4 kg)
5'9" (175 cm)	149 libras (67.6 kg)	128 – 167 libras (58.1 – 75.7 kg)
5'10" (178 cm)	153 libras (69.4 kg)	132 – 174 libras (59.9 – 78.9 kg)
5'11" (180 cm)	157 libras (71.2 kg)	136 – 179 libras (61.7 – 81.2 kg)
6'0" (183 cm)	162 libras (73.5 kg)	140 – 184 libras (63.5 – 83.5 kg)

Nota: En general, el mayor peso indicado en  sta escala se refiere al de los hombres y el menor al de las mujeres porque los hombres tienen la tendencia a tener m s m sculos y huesos m s grandes. Las conversiones de las medidas al sistema m trico es aproximado. Las fuentes de la informaci n son: el U. S. Department of Commerce, National Institute of Standards and Technology, Metric Style Guide, NISTLC 1137. En el Internet: <http://ts.nist.gov/WeightsAndMeasures/Metric/metrsty3.cfm>.

*Sin ropa ni zapatos

Adaptado del U.S Department of Health and Human Services y el Department of Agriculture. *Dietary Guidelines for Americans 2005*. En Internet: <http://www.healthierus.gov/dietaryguidelines/>; y el Department of Health and Human Services, National Health Institutes and National Heart, Lung and Blood Institute. "Body Mass Index Table." En Internet: http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm