



Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán

Dirección de Nutrición

Índice de Masa Corporal

Personas entre 18 y 60 años

Ubique en la parte izquierda del gráfico su estatura en metros (ejemplo 1.60 m), a continuación ubique en la parte superior su peso actual (ejemplo 83 Kg), tome nota de la cifra y el color donde cruzan ambas mediciones (=32.4 ●). El resultado muestra que es muy probable que padezca **Obesidad Grado 1**, razón por la que debe consultar a algún especialista y atenderse.

| Estatura (m) | Normal | | | Sobrepeso | | | Obesidad Grado I | | | | | | Obesidad Grado II | | | | | | Obesidad Grado III | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------|--------|-------|-------|-----------|-------|-------|------------------|-------|-------|-------|-------|-------|-------------------|-------|-------|-------|-------|-------|--------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|------|------|------|
| | 50 Kg | 51 Kg | 52 Kg | 53 Kg | 54 Kg | 55 Kg | 56 Kg | 57 Kg | 58 Kg | 59 Kg | 60 Kg | 61 Kg | 62 Kg | 63 Kg | 64 Kg | 65 Kg | 66 Kg | 67 Kg | 68 Kg | 69 Kg | 70 Kg | 71 Kg | 72 Kg | 73 Kg | 74 Kg | 75 Kg | 76 Kg | 77 Kg | 78 Kg | 79 Kg | 80 Kg | 81 Kg | 82 Kg | 83 Kg | 84 Kg | 85 Kg | 86 Kg | 87 Kg | 88 Kg | 89 Kg | 90 Kg | 91 Kg | 92 Kg | 93 Kg | 94 Kg | 95 Kg | 96 Kg | 97 Kg | 98 Kg | 99 Kg | 100 Kg | 101 Kg | 102 Kg | 103 Kg | 104 Kg | 105 Kg | 106 Kg | 107 Kg | 108 Kg | 109 Kg | 110 Kg | 111 Kg | 112 Kg | 113 Kg | 114 Kg | 115 Kg | 116 Kg | 117 Kg | 118 Kg | 119 Kg | 120 Kg | | | |
| 1.45 m | 23.8 | 24.3 | 24.7 | 25.2 | 25.7 | 26.2 | 26.6 | 27.1 | 27.6 | 28.1 | 28.5 | 29.0 | 29.5 | 30.0 | 30.4 | 30.9 | 31.4 | 31.9 | 32.3 | 32.8 | 33.3 | 33.8 | 34.2 | 34.7 | 35.2 | 35.7 | 36.1 | 36.6 | 37.1 | 37.6 | 38.0 | 38.5 | 39.0 | 39.5 | 40.0 | 40.4 | 40.9 | 41.4 | 41.9 | 42.3 | 42.8 | 43.3 | 43.8 | 44.2 | 44.7 | 45.2 | 45.7 | 46.1 | 46.6 | 47.1 | 47.6 | 48.0 | 48.5 | 49.0 | 49.5 | 49.9 | 50.4 | 50.9 | 51.4 | 51.8 | 52.3 | 52.8 | 53.3 | 53.7 | 54.2 | 54.7 | 55.2 | 55.6 | 56.1 | 56.6 | 57.1 | | | |
| 1.46 m | 23.5 | 23.9 | 24.4 | 24.9 | 25.3 | 25.8 | 26.3 | 26.7 | 27.2 | 27.7 | 28.1 | 28.6 | 29.1 | 29.6 | 30.0 | 30.5 | 31.0 | 31.4 | 31.9 | 32.4 | 32.8 | 33.3 | 33.8 | 34.2 | 34.7 | 35.2 | 35.7 | 36.1 | 36.6 | 37.1 | 37.5 | 38.0 | 38.5 | 38.9 | 39.4 | 39.9 | 40.3 | 40.8 | 41.3 | 41.8 | 42.2 | 42.7 | 43.2 | 43.6 | 44.1 | 44.6 | 45.0 | 45.5 | 46.0 | 46.4 | 46.9 | 47.4 | 47.9 | 48.3 | 48.8 | 49.3 | 49.7 | 50.2 | 50.7 | 51.1 | 51.6 | 52.1 | 52.5 | 53.0 | 53.5 | 54.0 | 54.4 | 54.9 | 55.4 | 55.8 | 56.3 | | | |
| 1.47 m | 23.1 | 23.6 | 24.1 | 24.5 | 25.0 | 25.5 | 25.9 | 26.4 | 26.8 | 27.3 | 27.8 | 28.2 | 28.7 | 29.2 | 29.6 | 30.1 | 30.5 | 31.0 | 31.5 | 31.9 | 32.4 | 32.9 | 33.3 | 33.8 | 34.2 | 34.7 | 35.2 | 35.6 | 36.1 | 36.6 | 37.0 | 37.5 | 37.9 | 38.4 | 38.9 | 39.3 | 39.8 | 40.3 | 40.7 | 41.2 | 41.6 | 42.1 | 42.6 | 43.0 | 43.5 | 44.0 | 44.4 | 44.9 | 45.4 | 45.8 | 46.3 | 46.7 | 47.2 | 47.7 | 48.1 | 48.6 | 49.1 | 49.5 | 50.0 | 50.4 | 50.9 | 51.4 | 51.8 | 52.3 | 52.8 | 53.2 | 53.7 | 54.1 | 54.6 | 55.1 | 55.5 | | | |
| 1.48 m | 22.8 | 23.3 | 23.7 | 24.2 | 24.7 | 25.1 | 25.6 | 26.0 | 26.5 | 26.9 | 27.4 | 27.8 | 28.3 | 28.8 | 29.2 | 29.7 | 30.1 | 30.6 | 31.0 | 31.5 | 32.0 | 32.4 | 32.9 | 33.3 | 33.8 | 34.2 | 34.7 | 35.2 | 35.6 | 36.1 | 36.5 | 37.0 | 37.4 | 37.9 | 38.3 | 38.8 | 39.3 | 39.7 | 40.2 | 40.6 | 41.1 | 41.5 | 42.0 | 42.5 | 42.9 | 43.4 | 43.8 | 44.3 | 44.7 | 45.2 | 45.7 | 46.1 | 46.6 | 47.0 | 47.5 | 47.9 | 48.4 | 48.8 | 49.3 | 49.8 | 50.2 | 50.7 | 51.1 | 51.6 | 52.0 | 52.5 | 53.0 | 53.4 | 53.9 | 54.3 | 54.8 | | | |
| 1.49 m | 22.5 | 23.0 | 23.4 | 23.9 | 24.3 | 24.8 | 25.2 | 25.7 | 26.1 | 26.6 | 27.0 | 27.5 | 27.9 | 28.4 | 28.8 | 29.3 | 29.7 | 30.2 | 30.6 | 31.1 | 31.5 | 32.0 | 32.4 | 32.9 | 33.3 | 33.8 | 34.2 | 34.7 | 35.1 | 35.6 | 36.0 | 36.5 | 36.9 | 37.4 | 37.8 | 38.3 | 38.7 | 39.2 | 39.6 | 40.1 | 40.5 | 41.0 | 41.4 | 41.9 | 42.3 | 42.8 | 43.2 | 43.7 | 44.1 | 44.6 | 45.0 | 45.5 | 45.9 | 46.4 | 46.8 | 47.3 | 47.7 | 48.2 | 48.6 | 49.1 | 49.5 | 50.0 | 50.4 | 50.9 | 51.3 | 51.8 | 52.2 | 52.7 | 53.2 | 53.6 | 54.1 | | | |
| 1.50 m | 22.2 | 22.7 | 23.1 | 23.6 | 24.0 | 24.4 | 24.9 | 25.3 | 25.8 | 26.2 | 26.7 | 27.1 | 27.6 | 28.0 | 28.4 | 28.9 | 29.3 | 29.8 | 30.2 | 30.7 | 31.1 | 31.6 | 32.0 | 32.4 | 32.9 | 33.3 | 33.8 | 34.2 | 34.7 | 35.1 | 35.6 | 36.0 | 36.4 | 36.9 | 37.3 | 37.8 | 38.2 | 38.7 | 39.1 | 39.6 | 40.0 | 40.4 | 40.9 | 41.3 | 41.8 | 42.2 | 42.7 | 43.1 | 43.6 | 44.0 | 44.4 | 44.9 | 45.3 | 45.8 | 46.2 | 46.7 | 47.1 | 47.6 | 48.0 | 48.4 | 48.9 | 49.3 | 49.8 | 50.2 | 50.7 | 51.1 | 51.6 | 52.0 | 52.4 | 52.9 | 53.3 | | | |
| 1.51 m | 21.9 | 22.4 | 22.8 | 23.2 | 23.7 | 24.1 | 24.6 | 25.0 | 25.4 | 25.9 | 26.3 | 26.8 | 27.2 | 27.6 | 28.1 | 28.5 | 28.9 | 29.4 | 29.8 | 30.3 | 30.7 | 31.1 | 31.6 | 32.0 | 32.5 | 32.9 | 33.3 | 33.8 | 34.2 | 34.6 | 35.1 | 35.5 | 36.0 | 36.4 | 36.8 | 37.3 | 37.7 | 38.2 | 38.6 | 39.0 | 39.5 | 39.9 | 40.3 | 40.8 | 41.2 | 41.7 | 42.1 | 42.5 | 43.0 | 43.4 | 43.9 | 44.3 | 44.7 | 45.2 | 45.6 | 46.1 | 46.5 | 46.9 | 47.4 | 47.8 | 48.2 | 48.7 | 49.1 | 49.6 | 50.0 | 50.4 | 50.9 | 51.3 | 51.8 | 52.2 | 52.6 | | | |
| 1.52 m | 21.6 | 22.1 | 22.5 | 22.9 | 23.4 | 23.8 | 24.2 | 24.7 | 25.1 | 25.5 | 26.0 | 26.4 | 26.8 | 27.3 | 27.7 | 28.1 | 28.6 | 29.0 | 29.4 | 29.9 | 30.3 | 30.7 | 31.2 | 31.6 | 32.0 | 32.5 | 32.9 | 33.3 | 33.8 | 34.2 | 34.6 | 35.1 | 35.5 | 35.9 | 36.4 | 36.8 | 37.2 | 37.7 | 38.1 | 38.5 | 39.0 | 39.4 | 39.8 | 40.3 | 40.7 | 41.1 | 41.6 | 42.0 | 42.4 | 42.8 | 43.3 | 43.7 | 44.1 | 44.6 | 45.0 | 45.4 | 45.9 | 46.3 | 46.7 | 47.2 | 47.6 | 48.0 | 48.5 | 48.9 | 49.3 | 49.8 | 50.2 | 50.6 | 51.1 | 51.5 | 51.9 | | | |
| 1.53 m | 21.4 | 21.8 | 22.2 | 22.6 | 23.1 | 23.5 | 23.9 | 24.3 | 24.8 | 25.2 | 25.6 | 26.1 | 26.5 | 26.9 | 27.3 | 27.8 | 28.2 | 28.6 | 29.0 | 29.5 | 29.9 | 30.3 | 30.8 | 31.2 | 31.6 | 32.0 | 32.5 | 32.9 | 33.3 | 33.7 | 34.2 | 34.6 | 35.0 | 35.5 | 35.9 | 36.3 | 36.7 | 37.2 | 37.6 | 38.0 | 38.4 | 38.9 | 39.3 | 39.7 | 40.2 | 40.6 | 41.0 | 41.4 | 41.9 | 42.3 | 42.7 | 43.1 | 43.6 | 44.0 | 44.4 | 44.9 | 45.3 | 45.7 | 46.1 | 46.6 | 47.0 | 47.4 | 47.8 | 48.3 | 48.7 | 49.1 | 49.6 | 50.0 | 50.4 | 50.8 | 51.3 | | | |
| 1.54 m | 21.1 | 21.5 | 21.9 | 22.3 | 22.8 | 23.2 | 23.6 | 24.0 | 24.5 | 24.9 | 25.3 | 25.7 | 26.1 | 26.6 | 27.0 | 27.4 | 27.8 | 28.3 | 28.7 | 29.1 | 29.5 | 29.9 | 30.4 | 30.8 | 31.2 | 31.6 | 32.0 | 32.5 | 32.9 | 33.3 | 33.7 | 34.2 | 34.6 | 35.0 | 35.4 | 35.8 | 36.3 | 36.7 | 37.1 | 37.5 | 37.9 | 38.4 | 38.8 | 39.2 | 39.6 | 40.1 | 40.5 | 40.9 | 41.3 | 41.7 | 42.2 | 42.6 | 43.0 | 43.4 | 43.9 | 44.3 | 44.7 | 45.1 | 45.5 | 46.0 | 46.4 | 46.8 | 47.2 | 47.6 | 48.1 | 48.5 | 48.9 | 49.3 | 49.8 | 50.2 | 50.6 | | | |
| 1.55 m | 20.8 | 21.2 | 21.6 | 22.1 | 22.5 | 22.9 | 23.3 | 23.7 | 24.1 | 24.6 | 25.0 | 25.4 | 25.8 | 26.2 | 26.6 | 27.1 | 27.5 | 27.9 | 28.3 | 28.7 | 29.1 | 29.6 | 30.0 | 30.4 | 30.8 | 31.2 | 31.6 | 32.0 | 32.5 | 32.9 | 33.3 | 33.7 | 34.1 | 34.5 | 34.9 | 35.3 | 35.7 | 36.2 | 36.6 | 37.0 | 37.5 | 37.9 | 38.3 | 38.7 | 39.1 | 39.5 | 40.0 | 40.4 | 40.8 | 41.2 | 41.6 | 42.0 | 42.5 | 42.9 | 43.3 | 43.7 | 44.1 | 44.5 | 45.0 | 45.4 | 45.8 | 46.2 | 46.6 | 47.0 | 47.5 | 47.9 | 48.3 | 48.7 | 49.1 | 49.5 | 49.9 | | | |
| 1.56 m | 20.5 | 21.0 | 21.4 | 21.8 | 22.2 | 22.6 | 23.0 | 23.4 | 23.8 | 24.2 | 24.7 | 25.1 | 25.5 | 25.9 | 26.3 | 26.7 | 27.1 | 27.5 | 27.9 | 28.4 | 28.8 | 29.2 | 29.6 | 30.0 | 30.4 | 30.8 | 31.2 | 31.6 | 32.1 | 32.5 | 32.9 | 33.3 | 33.7 | 34.1 | 34.5 | 34.9 | 35.3 | 35.7 | 36.2 | 36.6 | 37.0 | 37.4 | 37.8 | 38.2 | 38.6 | 39.0 | 39.4 | 39.9 | 40.3 | 40.7 | 41.1 | 41.5 | 41.9 | 42.3 | 42.7 | 43.1 | 43.6 | 44.0 | 44.4 | 44.8 | 45.2 | 45.6 | 46.0 | 46.4 | 46.8 | 47.3 | 47.7 | 48.1 | 48.5 | 48.9 | 49.3 | | | |
| 1.57 m | 20.3 | 20.7 | 21.1 | 21.5 | 21.9 | 22.3 | 22.7 | 23.1 | 23.5 | 23.9 | 24.3 | 24.7 | 25.2 | 25.6 | 26.0 | 26.4 | 26.8 | 27.2 | 27.6 | 28.0 | 28.4 | 28.8 | 29.2 | 29.6 | 30.0 | 30.4 | 30.8 | 31.2 | 31.6 | 32.0 | 32.5 | 32.9 | 33.3 | 33.7 | 34.1 | 34.5 | 34.9 | 35.3 | 35.7 | 36.1 | 36.5 | 36.9 | 37.3 | 37.7 | 38.1 | 38.5 | 38.9 | 39.4 | 39.8 | 40.2 | 40.6 | 41.0 | 41.4 | 41.8 | 42.2 | 42.6 | 43.0 | 43.4 | 43.8 | 44.2 | 44.6 | 45.0 | 45.4 | 45.8 | 46.2 | 46.7 | 47.1 | 47.5 | 47.9 | 48.3 | 48.7 | | | |
| 1.58 m | 20.0 | 20.4 | 20.8 | 21.2 | 21.6 | 22.0 | 22.4 | 22.8 | 23.2 | 23.6 | 24.0 | 24.4 | 24.8 | 25.2 | 25.6 | 26.0 | 26.4 | 26.8 | 27.2 | 27.6 | 28.0 | 28.4 | 28.8 | 29.2 | 29.6 | 30.0 | 30.4 | 30.8 | 31.2 | 31.6 | 32.0 | 32.4 | 32.8 | 33.2 | 33.6 | 34.0 | 34.4 | 34.9 | 35.3 | 35.7 | 36.1 | 36.5 | 36.9 | 37.3 | 37.7 | 38.1 | 38.5 | 38.9 | 39.3 | 39.7 | 40.1 | 40.5 | 40.9 | 41.3 | 41.7 | 42.1 | 42.5 | 42.9 | 43.3 | 43.7 | 44.1 | 44.5 | 44.9 | 45.3 | 45.7 | 46.1 | 46.5 | 46.9 | 47.3 | 47.7 | 48.1 | | | |
| 1.59 m | 19.8 | 20.2 | 20.6 | 21.0 | 21.4 | 21.8 | 22.2 | 22.5 | 22.9 | 23.3 | 23.7 | 24.1 | 24.5 | 24.9 | 25.3 | 25.7 | 26.1 | 26.5 | 26.9 | 27.3 | 27.7 | 28.1 | 28.5 | 28.9 | 29.3 | 29.7 | 30.1 | 30.5 | 30.9 | 31.2 | 31.6 | 32.0 | 32.4 | 32.8 | 33.2 | 33.6 | 34.0 | 34.4 | 34.8 | 35.2 | 35.6 | 36.0 | 36.4 | 36.8 | 37.2 | 37.6 | 38.0 | 38.4 | 38.8 | 39.2 | 39.6 | 40.0 | 40.3 | 40.7 | 41.1 | 41.5 | 41.9 | 42.3 | 42.7 | 43.1 | 43.5 | 43.9 | 44.3 | 44.7 | 45.1 | 45.5 | 45.9 | 46.3 | 46.7 | 47.1 | 47.5 | | | |
| 1.60 m | 19.5 | 19.9 | 20.3 | 20.7 | 21.1 | 21.5 | 21.9 | 22.3 | 22.7 | 23.1 | 23.5 | 23.9 | 24.3 | 24.7 | 25.1 | 25.5 | 25.8 | 26.2 | 26.6 | 27.0 | 27.3 | 27.7 | 28.1 | 28.5 | 28.9 | 29.3 | 29.7 | 30.1 | 30.5 | 30.9 | 31.3 | 31.6 | 32.0 | 32.4 | 32.8 | 33.2 | 33.6 | 34.0 | 34.4 | 34.8 | 35.2 | 35.6 | 35.9 | 36.3 | 36.7 | 37.1 | 37.5 | 37.9 | 38.3 | 38.7 | 39.1 | 39.5 | 39.8 | 40.2 | 40.6 | 41.0 | 41.4 | 41.8 | 42.2 | 42.6 | 43.0 | 43.4 | 43.8 | 44.1 | 44.5 | 44.9 | 45.3 | 45.7 | 46.1 | 46.5 | 46.9 | | | |
| 1.61 m | 19.3 | 19.7 | 20.1 | 20.4 | 20.8 | 21.2 | 21.6 | 22.0 | 22.4 | 22.8 | 23.1 | 23.5 | 23.9 | 24.3 | 24.7 | 25.1 | 25.5 | 25.8 | 26.2 | 26.6 | 27.0 | 27.4 | 27.8 | 28.2 | 28.5 | 28.9 | 29.3 | 29.7 | 30.1 | 30.5 | 30.9 | 31.2 | 31.6 | 32.0 | 32.4 | 32.8 | 33.2 | 33.6 | 33.9 | 34.3 | 34.7 | 35.1 | 35.5 | 35.9 | 36.3 | 36.6 | 37.0 | 37.4 | 37.8 | 38.2 | 38.6 | 39.0 | 39.4 | 39.7 | 40.1 | 40.5 | 40.9 | 41.3 | 41.7 | 42.1 | 42.4 | 42.8 | 43.2 | 43.6 | 44.0 | 44.4 | 44.8 | 45.1 | 45.5 | 45.9 | 46.3 | 46.7 | 47.1 | 47.5 |
| 1.62 m | 19.1 | 19.4 | 19.8 | 20.2 | 20. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |