

BMI 22 (カロリー)早見表

$$\text{BMI} = \text{体重(kg)} \div \{\text{身長(m)}\}^2$$

身長(cm)	体重(kg)	x25Kcal/kg	x28Kcal/kg	x30Kcal/kg	x35Kcal/kg
145	46.3	1160	1300	1390	1620
146	46.9	1170	1310	1410	1640
147	47.5	1190	1330	1430	1660
148	48.2	1200	1350	1450	1690
149	48.8	1220	1370	1470	1710
150	49.5	1240	1390	1490	1730
151	50.2	1250	1400	1500	1760
152	50.8	1270	1420	1520	1780
153	51.5	1290	1440	1540	1800
154	52.2	1300	1460	1570	1830
155	52.9	1320	1480	1590	1850
156	53.5	1340	1500	1610	1870
157	54.2	1360	1520	1630	1900
158	54.9	1370	1540	1650	1920
159	55.6	1390	1560	1670	1950
160	56.3	1410	1580	1690	1970
161	57.0	1430	1600	1710	2000
162	57.7	1440	1620	1730	2020
163	58.5	1460	1640	1750	2050
164	59.2	1480	1660	1780	2070
165	59.9	1500	1680	1800	2100
166	60.6	1520	1700	1820	2120
167	61.4	1530	1720	1840	2150
168	62.1	1550	1740	1860	2170
169	62.8	1570	1760	1890	2200
170	63.6	1590	1780	1910	2230
171	64.3	1610	1800	1930	2250
172	65.1	1630	1820	1950	2280
173	65.8	1650	1840	1980	2300
174	66.6	1670	1870	2000	2330
175	67.4	1680	1890	2020	2360
176	68.1	1700	1910	2040	2390
177	68.9	1720	1930	2070	2410
178	69.7	1740	1950	2090	2440
179	70.5	1760	1970	2110	2470
180	71.3	1780	2000	2140	2490
181	72.1	1800	2020	2160	2520
182	72.9	1820	2040	2190	2550
183	73.7	1840	2060	2210	2580
184	74.5	1860	2090	2230	2610
185	75.3	1880	2110	2260	2640

BMI 23 (カロリー)早見表

$$\text{BMI} = \text{体重(kg)} \div \{\text{身長(m)}\}^2$$

身長(cm)	体重(kg)	x25Kcal/kg	x28Kcal/kg	x30Kcal/kg	x35Kcal/kg
145	48.4	1210	1350	1450	1690
146	49.0	1230	1370	1470	1720
147	49.7	1240	1390	1490	1740
148	50.4	1260	1410	1510	1760
149	51.1	1280	1430	1530	1790
150	51.8	1290	1450	1550	1810
151	52.4	1310	1470	1570	1840
152	53.1	1330	1490	1590	1860
153	53.8	1350	1510	1620	1880
154	54.5	1360	1530	1640	1910
155	55.3	1380	1550	1660	1930
156	56.0	1400	1570	1680	1960
157	56.7	1420	1590	1700	1980
158	57.4	1440	1610	1720	2010
159	58.1	1450	1630	1740	2040
160	58.9	1470	1650	1770	2060
161	59.6	1490	1670	1790	2090
162	60.4	1510	1690	1810	2110
163	61.1	1530	1710	1830	2140
164	61.9	1550	1730	1860	2170
165	62.6	1570	1750	1880	2190
166	63.4	1580	1770	1900	2220
167	64.1	1600	1800	1920	2250
168	64.9	1620	1820	1950	2270
169	65.7	1640	1840	1970	2300
170	66.5	1660	1860	1990	2330
171	67.3	1680	1880	2020	2350
172	68.0	1700	1910	2040	2380
173	68.8	1720	1930	2070	2410
174	69.6	1740	1950	2090	2440
175	70.4	1760	1970	2110	2470
176	71.2	1780	1990	2140	2490
177	72.1	1800	2020	2160	2520
178	72.9	1820	2040	2190	2550
179	73.7	1840	2060	2210	2580
180	74.5	1860	2090	2240	2610
181	75.4	1880	2110	2260	2640
182	76.2	1900	2130	2290	2670
183	77.0	1930	2160	2310	2700
184	77.9	1950	2180	2340	2730
185	78.7	1970	2200	2360	2760

BMI 24 (カロリー)早見表

$$\text{BMI} = \text{体重}(\text{kg}) \div \{\text{身長}(\text{m})\}^2$$

身長(cm)	体重(kg)	x25Kcal/kg	x28Kcal/kg	x30Kcal/kg	x35Kcal/kg
145	50.5	1260	1410	1510	1770
146	51.2	1280	1430	1530	1790
147	51.9	1300	1450	1560	1820
148	52.6	1310	1470	1580	1840
149	53.3	1330	1490	1600	1860
150	54.0	1350	1510	1620	1890
151	54.7	1370	1530	1640	1920
152	55.4	1390	1550	1660	1940
153	56.2	1400	1570	1690	1970
154	56.9	1420	1590	1710	1990
155	57.7	1440	1610	1730	2020
156	58.4	1460	1640	1750	2040
157	59.2	1480	1660	1770	2070
158	59.9	1500	1680	1800	2100
159	60.7	1520	1700	1820	2120
160	61.4	1540	1720	1840	2150
161	62.2	1560	1740	1870	2180
162	63.0	1570	1760	1890	2200
163	63.8	1590	1790	1910	2230
164	64.6	1610	1810	1940	2260
165	65.3	1630	1830	1960	2290
166	66.1	1650	1850	1980	2310
167	66.9	1670	1870	2010	2340
168	67.7	1690	1900	2030	2370
169	68.5	1710	1920	2060	2400
170	69.4	1730	1940	2080	2430
171	70.2	1750	1960	2110	2460
172	71.0	1780	1990	2130	2490
173	71.8	1800	2010	2150	2510
174	72.7	1820	2030	2180	2540
175	73.5	1840	2060	2210	2570
176	74.3	1860	2080	2230	2600
177	75.2	1880	2110	2260	2630
178	76.0	1900	2130	2280	2660
179	76.9	1920	2150	2310	2690
180	77.8	1940	2180	2330	2720
181	78.6	1970	2200	2360	2750
182	79.5	1990	2230	2380	2780
183	80.4	2010	2250	2410	2810
184	81.3	2030	2280	2440	2840
185	82.1	2050	2300	2460	2870

BMI 25 (カロリー)早見表

$$\text{BMI} = \text{体重(kg)} \div \{\text{身長(m)}\}^2$$

身長(cm)	体重(kg)	x25Kcal/kg	x28Kcal/kg	x30Kcal/kg	x35Kcal/kg
145	52.6	1310	1470	1580	1840
146	53.3	1330	1490	1600	1870
147	54.0	1350	1510	1620	1890
148	54.8	1370	1530	1640	1920
149	55.5	1390	1550	1670	1940
150	56.3	1410	1580	1690	1970
151	57.0	1430	1600	1710	2000
152	57.8	1440	1620	1730	2020
153	58.5	1460	1640	1760	2050
154	59.3	1480	1660	1780	2080
155	60.1	1500	1680	1800	2100
156	60.8	1520	1700	1830	2130
157	61.6	1540	1730	1850	2160
158	62.4	1560	1750	1870	2180
159	63.2	1580	1770	1900	2210
160	64.0	1600	1790	1920	2240
161	64.8	1620	1810	1940	2270
162	65.6	1640	1840	1970	2300
163	66.4	1660	1860	1990	2320
164	67.2	1680	1880	2020	2350
165	68.1	1700	1910	2040	2380
166	68.9	1720	1930	2070	2410
167	69.7	1740	1950	2090	2440
168	70.6	1760	1980	2120	2470
169	71.4	1790	2000	2140	2500
170	72.3	1810	2020	2170	2530
171	73.1	1830	2050	2190	2560
172	74.0	1850	2070	2220	2590
173	74.8	1870	2100	2240	2620
174	75.7	1890	2120	2270	2650
175	76.6	1910	2140	2300	2680
176	77.4	1940	2170	2320	2710
177	78.3	1960	2190	2350	2740
178	79.2	1980	2220	2380	2770
179	80.1	2000	2240	2400	2800
180	81.0	2030	2270	2430	2840
181	81.9	2050	2290	2460	2870
182	82.8	2070	2320	2480	2900
183	83.7	2090	2340	2510	2930
184	84.6	2120	2370	2540	2960
185	85.6	2140	2400	2570	2990