

HEIGHT / WEIGHT CHART



Average Height and Weight of Boys at Different Ages

AGE	WEIGHT (kg)	HEIGHT (cm)
Birth	3.3	50.5
3 Months	6.0	61.1
6 Months	7.8	67.8
9 Months	9.2	72.3
1 Year	10.2	76.1
2 Years	12.3	85.6
3 Years	14.6	94.9
4 Years	16.7	102.9
5 Years	18.7	109.9
6 Years	20.7	116.1
7 Years	22.9	121.7
8 Years	25.3	127.0
9 Years	28.1	132.2
10 Years	31.4	137.5
11 Years	32.2	140.0
12 Years	37.0	147.0
13 Years	40.9	153.0
14 Years	47.0	160.0
15 Years	52.6	166.0
16 Years	58.0	171.0
17 Years	62.7	175.0
18 Years	65.0	177.0

Average Height and Weight of Girls at Different Ages

AGE	WEIGHT (kg)	HEIGHT (cm)
Birth	3.2	49.9
3 Months	5.4	60.2
6 Months	7.2	66.6
9 Months	8.6	71.1
1 Year	9.5	75.0
2 Years	11.8	84.5
3 Years	14.1	93.9
4 Years	16.0	101.6
5 Years	17.7	108.4
6 Years	19.5	114.6
7 Years	21.8	120.6
8 Years	24.8	126.4
9 Years	28.5	132.2
10 Years	32.5	138.3
11 Years	33.7	142.0
12 Years	38.7	148.0
13 Years	44.0	150.0
14 Years	48.0	155.0
15 Years	51.5	161.0
16 Years	53.0	162.0
17 Years	54.0	163.0
18 Years	54.4	164.0

(Source : Nutrient Requirement and Recommended Dietary Allowances
for Indians, I.C.M.R. 1990)

Height & Weight Pattern in the Growing Baby Expected weight gain

टीप : तक्रार निवारण केंद्र टोल फ्री क्रमांक १८००२३३९९८८