

# 附录一 世界卫生组织儿童生长发育标准

1. 0~4岁儿童年龄别体重、年龄别身高及身高别体重参考值，为2006年WHO推荐的评价标准；5岁以上或身高>120cm的儿童评价标准，依然采用1997年WHO推荐的标准[因2006版WHO标准无5岁以上儿童标准，故按卫生部（现卫计委）的要求依然沿用1997年标准]，因此部分数据存在交叉现象。

## 2. 评价方法：

营养不良：

### (1) 低体重：

轻度：均数-2SD ≤ 年龄别体重 < 均数-SD

中度：均数-3SD ≤ 年龄别体重 < 均数-2SD

重度：年龄别体重 < 均数-3SD

(2) 生长发育迟缓：年龄别身（长）高 < 均数-2SD

(3) 消瘦：身（长）高别体重 < 均数-2SD

超重和肥胖：

(1) 身（长）高别体重 > 均数+2SD的儿童，要进行体质指数（BMI）值的计算

(2) 计算公式

$$\text{BMI} = \text{体重 (kg)} / \text{身 (长) 高的平方 (m}^2\text{)}$$

(3) 评价（P表示百分位数法）

超重：BMI > P85th

肥胖：BMI > P97th

附表1-1 WHO（世界卫生组织）0~6岁男童年龄别体重、身（长）高标准

年龄 岁 月	体重 / kg							身（长）高 / cm						
	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
0 0	2.1	2.5	2.9	3.3	3.9	4.4	5.0	44.2	46.1	48.0	49.9	51.8	53.7	55.6
1	2.9	3.4	3.9	4.5	5.1	5.8	6.6	48.9	50.8	52.8	54.7	56.7	58.6	60.6
2	3.8	4.3	4.9	5.6	6.3	7.1	8.0	52.4	54.4	56.4	58.4	60.4	62.4	64.4
3	4.4	5.0	5.7	6.4	7.2	8.0	9.0	55.3	57.3	59.4	61.4	63.5	65.5	67.6
4	4.9	5.6	6.2	7.0	7.8	8.7	9.7	57.6	59.7	61.8	63.9	66.0	68.0	70.1
5	5.3	6.0	6.7	7.5	8.4	9.3	10.4	59.6	61.7	63.8	65.9	68.0	70.1	72.2

续表

年龄		体重 / kg							身(长)高 / cm						
岁	月	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
	6	5.7	6.4	7.1	7.9	8.8	9.8	10.9	61.2	63.3	65.5	67.6	69.8	71.9	74.0
	7	5.9	6.7	7.4	8.3	9.2	10.3	11.4	62.7	64.8	67.0	69.2	71.3	73.5	75.7
	8	6.2	6.9	7.7	8.6	9.6	10.7	11.9	64.0	66.2	68.4	70.6	72.8	75.0	77.2
	9	6.4	7.1	8.0	8.9	9.9	11.0	12.3	65.2	67.5	69.7	72.0	74.2	76.5	78.7
	10	6.6	7.4	8.2	9.2	10.2	11.4	12.7	66.4	68.7	71.0	73.3	75.6	77.9	80.1
	11	6.8	7.6	8.4	9.4	10.5	11.7	13.0	67.6	69.9	72.2	74.5	76.9	79.2	81.5
1	0	6.9	7.7	8.6	9.6	10.8	12.0	13.3	68.6	71.0	73.4	75.7	78.1	80.5	82.9
	1	7.1	7.9	8.8	9.9	11.0	12.3	13.7	69.6	72.1	74.5	76.9	79.3	81.8	84.2
	2	7.2	8.1	9.0	10.1	11.3	12.6	14.0	70.6	73.1	75.6	78.0	80.5	83.0	85.5
	3	7.4	8.3	9.2	10.3	11.5	12.8	14.3	71.6	74.1	76.6	79.1	81.7	84.2	86.7
	4	7.5	8.4	9.4	10.5	11.7	13.1	14.6	72.5	75.0	77.6	80.2	82.8	85.4	88.0
	5	7.7	8.6	9.6	10.7	12.0	13.4	14.9	73.3	76.0	78.6	81.2	83.9	86.5	89.2
	6	7.8	8.8	9.8	10.9	12.2	13.7	15.3	74.2	76.9	79.6	82.3	85.0	87.7	90.4
	7	8.0	8.9	10.0	11.1	12.5	13.9	15.6	75.0	77.7	80.5	83.2	86.0	88.8	91.5
	8	8.1	9.1	10.1	11.3	12.7	14.2	15.9	75.8	78.6	81.4	84.2	87.0	89.8	92.6
	9	8.2	9.2	10.3	11.5	12.9	14.5	16.2	76.5	79.4	82.3	85.1	88.0	90.9	93.8
	10	8.4	9.4	10.5	11.8	13.2	14.7	16.5	77.2	80.2	83.1	86.0	89.0	91.9	94.9
	11	8.5	9.5	10.7	12.0	13.4	15.0	16.8	78.0	81.0	83.9	86.9	89.9	92.9	95.9
2	0	8.6	9.7	10.8	12.2	13.6	15.3	17.1	78.7	81.7	84.8	87.8	90.9	93.9	97.0
		78.0	81.0	84.1	87.1	90.2	93.2	96.3							
	1	8.8	9.8	11.0	12.4	13.9	15.5	17.5	78.6	81.7	84.9	88.0	91.1	94.2	97.3
	2	8.9	10.0	11.2	12.5	14.1	15.8	17.8	79.3	82.5	85.6	88.8	92.0	95.2	98.3
	3	9.0	10.1	11.3	12.7	14.3	16.1	18.1	79.9	83.1	86.4	89.6	92.9	96.1	99.3
	4	9.1	10.2	11.5	12.9	14.5	16.3	18.4	80.5	83.8	87.1	90.4	93.7	97.0	100.3
	5	9.2	10.4	11.7	13.1	14.8	16.6	18.7	81.1	84.5	87.8	91.2	94.5	97.9	101.2
	6	9.4	10.5	11.8	13.3	15.0	16.9	19.0	81.7	85.1	88.5	91.9	95.3	98.7	102.1
	7	9.5	10.7	12.0	13.5	15.2	17.1	19.3	82.3	85.7	89.2	92.7	96.1	99.6	103.0
	8	9.6	10.8	12.1	13.7	15.4	17.4	19.6	82.8	86.4	89.9	93.4	96.9	100.4	103.9
	9	9.7	10.9	12.3	13.8	15.6	17.6	19.9	83.4	86.9	90.5	94.1	97.6	101.2	104.8
	10	9.8	11.0	12.4	14.0	15.8	17.8	20.2	83.9	87.5	91.1	94.8	98.4	102.0	105.6
	11	9.9	11.2	12.6	14.2	16.0	18.1	20.4	84.4	88.1	91.8	95.4	99.1	102.7	106.4

续表

年龄		体重 / kg							身(长)高 / cm						
岁	月	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
3	0	10.0	11.3	12.7	14.3	16.2	18.3	20.7	85.0	88.7	92.4	96.1	99.8	103.5	107.2
	1	10.1	11.4	12.9	14.5	16.4	18.6	21.0	85.5	89.2	93.0	96.7	100.5	104.2	108.0
	2	10.2	11.5	13.0	14.7	16.6	18.8	21.3	86.0	89.8	93.6	97.4	101.2	105.0	108.8
	3	10.3	11.6	13.1	14.8	16.8	19.0	21.6	86.5	90.3	94.2	98.0	101.8	105.7	109.5
	4	10.4	11.8	13.3	15.0	17.0	19.3	21.9	87.0	90.9	94.7	98.6	102.5	106.4	110.3
	5	10.5	11.9	13.4	15.2	17.2	19.5	22.1	87.5	91.4	95.3	99.2	103.2	107.1	111.0
	6	10.6	12.0	13.6	15.3	17.4	19.7	22.4	88.0	91.9	95.9	99.9	103.8	107.8	111.7
	7	10.7	12.1	13.7	15.5	17.6	20.0	22.7	88.4	92.4	96.4	100.4	104.5	108.5	112.5
	8	10.8	12.2	13.8	15.7	17.8	20.2	23.0	88.9	93.0	97.0	101.0	105.1	109.1	113.2
	9	10.9	12.4	14.0	15.8	18.0	20.5	23.3	89.4	93.5	97.5	101.6	105.7	109.8	113.9
	10	11.0	12.5	14.1	16.0	18.2	20.7	23.6	89.8	94.0	98.1	102.2	106.3	110.4	114.6
	11	11.1	12.6	14.3	16.2	18.4	20.9	23.9	90.3	94.4	98.6	102.8	106.9	111.1	115.2
4	0	11.2	12.7	14.4	16.3	18.6	21.2	24.2	90.7	94.9	99.1	103.3	107.5	111.7	115.9
	1	11.3	12.8	14.5	16.5	18.8	21.4	24.5	91.2	95.4	99.7	103.9	108.1	112.4	116.6
	2	11.4	12.9	14.7	16.7	19.0	21.7	24.8	91.6	95.9	100.2	104.4	108.7	113.0	117.3
	3	11.5	13.1	14.8	16.8	19.2	21.9	25.1	92.1	96.4	100.7	105.0	109.3	113.6	117.9
	4	11.6	13.2	15.0	17.0	19.4	22.2	25.4	92.5	96.9	101.2	105.6	109.9	114.2	118.6
	5	11.7	13.3	15.1	17.2	19.6	22.4	25.7	93.0	97.4	101.7	106.1	110.5	114.9	119.2
	6	11.8	13.4	15.2	17.3	19.8	22.7	26.0	93.4	97.8	102.3	106.7	111.1	115.5	119.9
	7	11.9	13.5	15.4	17.5	20.0	22.9	26.3	93.9	98.3	102.8	107.2	111.7	116.1	120.6
	8	12.0	13.6	15.5	17.7	20.2	23.2	26.6	94.3	98.8	103.3	107.8	112.3	116.7	121.2
	9	12.1	13.7	15.6	17.8	20.4	23.4	26.9	94.7	99.3	103.8	108.3	112.8	117.4	121.9
	10	12.2	13.8	15.8	18.0	20.6	23.7	27.2	95.2	99.7	104.3	108.9	113.4	118.0	122.6
	11	12.3	14.0	15.9	18.2	20.8	23.9	27.6	95.6	100.2	104.8	109.4	114.0	118.6	123.2
5	0	12.4	14.1	16.0	18.3	21.0	24.2	27.9	96.1	100.7	105.3	110.0	114.6	119.2	123.9
	1	12.2	14.6	16.7	18.8	21.3	23.7	26.2	96.6	101.2	105.9	110.5	115.1	119.7	124.3
	2	12.2	14.7	16.9	19.0	21.5	24.0	26.5	97.1	101.7	106.4	111.0	115.7	120.3	125.0
	3	12.3	14.8	17.0	19.2	21.7	24.2	26.7	97.5	102.2	106.9	111.5	116.2	120.9	125.6
	4	12.4	15.0	17.2	19.3	21.9	24.5	27.1	98.1	102.7	107.4	112.1	116.8	121.4	126.1
	5	12.5	15.1	17.3	19.5	22.1	24.7	27.3	98.5	103.2	107.9	112.6	117.3	122.0	126.7
	6	12.6	15.2	17.5	19.7	22.4	25.0	27.7	98.9	103.6	108.4	113.1	117.9	122.6	127.4

续表

年龄		体重 / kg							身 (长) 高 / cm						
岁	月	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
	7	12.7	15.4	17.6	19.8	22.5	25.2	27.9	99.4	104.1	108.9	113.6	118.4	123.1	127.9
	8	12.8	15.5	17.8	20.0	22.8	25.5	28.3	99.8	104.6	109.4	114.1	118.9	123.7	128.5
	9	12.9	15.6	17.9	20.2	23.0	25.7	28.5	100.2	105.0	109.8	114.6	119.4	124.2	129.0
	10	13.0	15.8	18.1	20.3	23.2	26.0	28.9	100.7	105.5	110.3	115.1	119.9	124.7	129.5
	11	13.0	15.9	18.2	20.5	23.4	26.3	29.2	101.1	105.9	110.8	115.6	120.5	125.3	130.2
6	0	13.1	16.0	18.4	20.7	23.7	26.6	29.6	101.6	106.4	111.3	116.1	121.0	125.8	130.7
	1	13.3	16.2	18.6	20.9	23.9	26.8	29.8	102.0	106.8	111.7	116.6	121.5	126.3	131.2
	2	13.3	16.3	18.7	21.0	24.1	27.1	30.2	102.4	107.3	112.2	117.1	122.0	126.9	131.8
	3	13.3	16.4	18.8	21.2	24.3	27.4	30.5	102.8	107.7	112.6	117.5	122.5	127.4	132.4
	4	13.4	16.5	19.0	21.4	24.6	27.7	30.9	103.2	108.1	113.1	118.0	123.0	127.9	132.9
	5	13.5	16.7	19.2	21.6	24.8	28.0	31.2	103.7	108.6	113.6	118.5	123.5	128.4	133.4
	6	13.5	16.8	19.3	21.7	25.0	28.3	31.6	104.1	109.0	114.0	119.0	124.0	128.9	133.9
	7	13.6	16.9	19.4	21.9	25.3	28.6	32.0	104.4	109.4	114.4	119.4	124.4	129.4	134.4
	8	13.7	17.1	19.6	22.1	25.5	28.9	32.3	104.8	109.8	114.9	119.9	124.9	129.9	134.9
	9	13.8	17.2	19.8	22.3	25.8	29.2	32.7	105.3	110.3	115.3	120.3	125.4	130.4	135.5
	10	13.8	17.3	19.9	22.5	26.0	29.5	33.0	105.7	110.7	115.8	120.8	125.9	130.9	136.0
	11	13.9	17.5	20.1	22.7	26.3	29.9	33.5	106.0	111.1	116.2	121.2	126.3	131.4	136.5

备注：双实线上为 $\leq 2$ 岁儿童的卧式身长，双实线下为 $\geq 2$ 岁儿童的站式身高。

附表1-2 WHO (世界卫生组织) 0~6岁女童年龄别体重、身(长)高标准

年龄		体重 / kg							身 (长) 高 / cm						
岁	月	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
0	0	2.0	2.4	2.8	3.2	3.7	4.2	4.8	43.6	45.4	47.3	49.1	51.0	52.9	54.7
	1	2.7	3.2	3.6	4.2	4.8	5.5	6.2	47.8	49.8	51.7	53.7	55.6	57.6	59.5
	2	3.4	3.9	4.5	5.1	5.8	6.6	7.5	51.0	53.0	55.0	57.1	59.1	61.1	63.2
	3	4.0	4.5	5.2	5.8	6.6	7.5	8.5	53.5	55.6	57.7	59.8	61.9	64.0	66.1
	4	4.4	5.0	5.7	6.4	7.3	8.2	9.3	55.6	57.8	59.9	62.1	64.3	66.4	68.6
	5	4.8	5.4	6.1	6.9	7.8	8.8	10.0	57.4	59.6	61.8	64.0	66.2	68.5	70.7
	6	5.1	5.7	6.5	7.3	8.2	9.3	10.6	58.9	61.2	63.5	65.7	68.0	70.3	72.5
	7	5.3	6.0	6.8	7.6	8.6	9.8	11.1	60.3	62.7	65.0	67.3	69.6	71.9	74.2
	8	5.6	6.3	7.0	7.9	9.0	10.2	11.6	61.7	64.0	66.4	68.7	71.1	73.5	75.8

续表

年龄		体重 / kg						身(长)高 / cm							
岁	月	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
	9	5.8	6.5	7.3	8.2	9.3	10.5	12.0	62.9	65.3	67.7	70.1	72.6	75.0	77.4
	10	5.9	6.7	7.5	8.5	9.6	10.9	12.4	64.1	66.5	69.0	71.5	73.9	76.4	78.9
	11	6.1	6.9	7.7	8.7	9.9	11.2	12.8	65.2	67.7	70.3	72.8	75.3	77.8	80.3
1	0	6.3	7.0	7.9	8.9	10.1	11.5	13.1	66.3	68.9	71.4	74.0	76.6	79.2	81.7
	1	6.4	7.2	8.1	9.2	10.4	11.8	13.5	67.3	70.0	72.6	75.2	77.8	80.5	83.1
	2	6.6	7.4	8.3	9.4	10.6	12.1	13.8	68.3	71.0	73.7	76.4	79.1	81.7	84.4
	3	6.7	7.6	8.5	9.6	10.9	12.4	14.1	69.3	72.0	74.8	77.5	80.2	83.0	85.7
	4	6.9	7.7	8.7	9.8	11.1	12.6	14.5	70.2	73.0	75.8	78.6	81.4	84.2	87.0
	5	7.0	7.9	8.9	10.0	11.4	12.9	14.8	71.1	74.0	76.8	79.7	82.5	85.4	88.2
	6	7.2	8.1	9.1	10.2	11.6	13.2	15.1	72.0	74.9	77.8	80.7	83.6	86.5	89.4
	7	7.3	8.2	9.2	10.4	11.8	13.5	15.4	72.8	75.8	78.8	81.7	84.7	87.6	90.6
	8	7.5	8.4	9.4	10.6	12.1	13.7	15.7	73.7	76.7	79.7	82.7	85.7	88.7	91.7
	9	7.6	8.6	9.6	10.9	12.3	14.0	16.0	74.5	77.5	80.6	83.7	86.7	89.8	92.9
	10	7.8	8.7	9.8	11.1	12.5	14.3	16.4	75.2	78.4	81.5	84.6	87.7	90.8	94.0
	11	7.9	8.9	10.0	11.3	12.8	14.6	16.7	76.0	79.2	82.3	85.5	88.7	91.9	95.0
2	0	8.1	9.0	10.2	11.5	13.0	14.8	17.0	76.7	80.0	83.2	86.4	89.6	92.9	96.1
									76.0	79.3	82.5	85.7	88.9	92.2	95.4
	1	8.2	9.2	10.3	11.7	13.3	15.1	17.3	76.8	80.0	83.3	86.6	89.9	93.1	96.4
	2	8.4	9.4	10.5	11.9	13.5	15.4	17.7	77.5	80.8	84.1	87.4	90.8	94.1	97.4
	3	8.5	9.5	10.7	12.1	13.7	15.7	18.0	78.1	81.5	84.9	88.3	91.7	95.0	98.4
	4	8.6	9.7	10.9	12.3	14.0	16.0	18.3	78.8	82.2	85.7	89.1	92.5	96.0	99.4
	5	8.8	9.8	11.1	12.5	14.2	16.2	18.7	79.5	82.9	86.4	89.9	93.4	96.9	100.3
	6	8.9	10.0	11.2	12.7	14.4	16.5	19.0	80.1	83.6	87.1	90.7	94.2	97.7	101.3
	7	9.0	10.1	11.4	12.9	14.7	16.8	19.3	80.7	84.3	87.9	91.4	95.0	98.6	102.2
	8	9.1	10.3	11.6	13.1	14.9	17.1	19.6	81.3	84.9	88.6	92.2	95.8	99.4	103.1
	9	9.3	10.4	11.7	13.3	15.1	17.3	20.0	81.9	85.6	89.3	92.9	96.6	100.3	103.9
	10	9.4	10.5	11.9	13.5	15.4	17.6	20.3	82.5	86.2	89.9	93.6	97.4	101.1	104.8
	11	9.5	10.7	12.0	13.7	15.6	17.9	20.6	83.1	86.8	90.6	94.4	98.1	101.9	105.6
3	0	9.6	10.8	12.2	13.9	15.8	18.1	20.9	83.6	87.4	91.2	95.1	98.9	102.7	106.5
	1	9.7	10.9	12.4	14.0	16.0	18.4	21.3	84.2	88.0	91.9	95.7	99.6	103.4	107.3
	2	9.8	11.1	12.5	14.2	16.3	18.7	21.6	84.7	88.6	92.5	96.4	100.3	104.2	108.1

续表

年龄		体重 / kg							身(长)高 / cm						
岁	月	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
	3	9.9	11.2	12.7	14.4	16.5	19.0	22.0	85.3	89.2	93.1	97.1	101.0	105.0	108.9
	4	10.1	11.3	12.8	14.6	16.7	19.2	22.3	85.8	89.8	93.8	97.7	101.7	105.7	109.7
	5	10.2	11.5	13.0	14.8	16.9	19.5	22.7	86.3	90.4	94.4	98.4	102.4	106.4	110.5
	6	10.3	11.6	13.1	15.0	17.2	19.8	23.0	86.8	90.9	95.0	99.0	103.1	107.2	111.2
	7	10.4	11.7	13.3	15.2	17.4	20.1	23.4	87.4	91.5	95.6	99.7	103.8	107.9	112.0
	8	10.5	11.8	13.4	15.3	17.6	20.4	23.7	87.9	92.0	96.2	100.3	104.5	108.6	112.7
	9	10.6	12.0	13.6	15.5	17.8	20.7	24.1	88.4	92.5	96.7	100.9	105.1	109.3	113.5
	10	10.7	12.1	13.7	15.7	18.1	20.9	24.5	88.9	93.1	97.3	101.5	105.8	110.0	114.2
	11	10.8	12.2	13.9	15.9	18.3	21.2	24.8	89.3	93.6	97.9	102.1	106.4	110.7	114.9
4	0	10.9	12.3	14.0	16.1	18.5	21.5	25.2	89.8	94.1	98.4	102.7	107.0	111.3	115.7
	1	11.0	12.4	14.2	16.3	18.8	21.8	25.5	90.3	94.6	99.0	103.3	107.7	112.0	116.4
	2	11.1	12.6	14.3	16.4	19.0	22.1	25.9	90.7	95.1	99.5	103.9	108.3	112.7	117.1
	3	11.2	12.7	14.5	16.6	19.2	22.4	26.3	91.2	95.6	100.1	104.5	108.9	113.3	117.7
	4	11.3	12.8	14.6	16.8	19.4	22.6	26.6	91.7	96.1	100.6	105.0	109.5	114.0	118.4
	5	11.4	12.9	14.8	17.0	19.7	22.9	27.0	92.1	96.6	101.1	105.6	110.1	114.6	119.1
	6	11.5	13.0	14.9	17.2	19.9	23.2	27.4	92.6	97.1	101.6	106.2	110.7	115.2	119.8
	7	11.6	13.2	15.1	17.3	20.1	23.5	27.7	93.0	97.6	102.2	106.7	111.3	115.9	120.4
	8	11.7	13.3	15.2	17.5	20.3	23.8	28.1	93.4	98.1	102.7	107.3	111.9	116.5	121.1
	9	11.8	13.4	15.3	17.7	20.6	24.1	28.5	93.9	98.5	103.2	107.8	112.5	117.1	121.8
	10	11.9	13.5	15.5	17.9	20.8	24.4	28.8	94.3	99.0	103.7	108.4	113.0	117.7	122.4
	11	12.0	13.6	15.6	18.0	21.0	24.6	29.2	94.7	99.5	104.2	108.9	113.6	118.3	123.1
5	0	12.1	13.7	15.8	18.2	21.2	24.9	29.5	95.2	99.9	104.7	109.4	114.2	118.9	123.7
	1	11.1	13.9	15.9	17.8	20.7	23.5	26.4	95.6	100.0	104.5	108.9	113.4	117.8	122.3
	2	11.2	14.0	16.0	18.0	20.9	23.7	26.6	96.1	100.5	105.0	109.5	114.0	118.4	122.9
	3	11.2	14.1	16.1	18.1	21.0	23.9	26.8	96.4	100.9	105.5	110.0	114.6	119.1	123.7
	4	11.3	14.2	16.3	18.3	21.2	24.1	27.0	96.8	101.4	106.0	110.5	115.1	119.7	124.3
	5	11.3	14.3	16.4	18.4	21.4	24.4	27.4	97.2	101.8	106.4	111.0	115.7	120.3	125.0
	6	11.4	14.4	16.5	18.6	21.6	24.6	27.6	97.6	102.2	106.9	111.6	116.3	120.9	125.6
	7	11.4	14.5	16.6	18.7	21.8	24.9	28.0	98.0	102.7	107.4	112.1	116.8	121.5	126.2
	8	11.5	14.6	16.8	18.9	22.0	25.1	28.2	98.4	103.1	107.9	112.6	117.4	122.1	126.9
	9	11.5	14.7	16.9	19.0	22.2	25.4	28.6	98.7	103.5	108.3	113.1	117.9	122.7	127.5

续表

年龄		体重 / kg							身(长)高 / cm						
岁	月	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
	10	11.6	14.8	17.0	19.2	22.5	25.7	29.0	99.2	104.0	108.8	113.6	118.5	123.3	128.2
	11	11.7	14.9	17.2	19.4	22.7	25.9	29.2	99.5	104.4	109.3	114.1	119.0	123.9	128.8
6	0	11.7	15.0	17.3	19.5	22.9	26.2	29.6	99.9	104.8	109.7	114.6	119.6	124.5	129.5
	1	11.7	15.1	17.4	19.7	23.1	26.5	29.9	100.2	105.2	110.2	115.1	120.1	125.1	130.1
	2	11.8	15.2	17.6	19.9	23.4	26.8	30.3	100.6	105.6	110.6	115.6	120.7	125.7	130.8
	3	11.8	15.3	17.7	20.0	23.6	27.1	30.7	100.9	106.0	111.1	116.1	121.2	126.3	131.4
	4	11.8	15.4	17.8	20.2	23.8	27.4	31.0	101.3	106.4	111.5	116.6	121.7	126.8	131.9
	5	11.9	15.5	18.0	20.4	24.1	27.7	31.4	101.7	106.8	112.0	117.1	122.3	127.4	132.6
	6	12.0	15.7	18.2	20.6	24.3	28.0	31.7	102.0	107.2	112.4	117.6	122.8	128.0	133.2
	7	12.0	15.8	18.3	20.8	24.6	28.4	32.2	102.4	107.6	112.9	118.1	123.4	128.6	133.9
	8	12.1	15.9	18.5	21.0	24.9	28.7	32.6	102.7	108.0	113.3	118.6	123.9	129.2	134.5
	9	12.1	16.0	18.6	21.2	25.2	29.1	33.1	103.1	108.4	113.8	119.1	124.5	129.8	135.2
	10	12.1	16.1	18.8	21.4	25.4	29.4	33.4	103.4	108.8	114.2	119.6	125.0	130.4	135.8
	11	12.1	16.2	18.9	21.6	25.7	29.8	33.9	103.8	109.2	114.7	120.1	125.6	131.0	136.5

备注：双实线上为≤2岁儿童的卧式身长，双实线下为≥2岁儿童的站式身高。

附表1-3 WHO (世界卫生组织) 0~2岁男童身长别体重标准

身长/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身长/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
45	1.9	2	2.2	2.4	2.7	3	3.3	51	2.7	3	3.2	3.5	3.9	4.2	4.7
45.5	1.9	2.1	2.3	2.5	2.8	3.1	3.4	51.5	2.8	3.1	3.3	3.6	4	4.4	4.8
46	2	2.2	2.4	2.6	2.9	3.1	3.5	52	2.9	3.2	3.5	3.8	4.1	4.5	5
46.5	2.1	2.3	2.5	2.7	3	3.2	3.6	52.5	3	3.3	3.6	3.9	4.2	4.6	5.1
47	2.1	2.3	2.5	2.8	3	3.3	3.7	53	3.1	3.4	3.7	4	4.4	4.8	5.3
47.5	2.2	2.4	2.6	2.9	3.1	3.4	3.8	53.5	3.2	3.5	3.8	4.1	4.5	4.9	5.4
48	2.3	2.5	2.7	2.9	3.2	3.6	3.9	54	3.3	3.6	3.9	4.3	4.7	5.1	5.6
48.5	2.3	2.6	2.8	3	3.3	3.7	4	54.5	3.4	3.7	4	4.4	4.8	5.3	5.8
49	2.4	2.6	2.9	3.1	3.4	3.8	4.2	55	3.6	3.8	4.2	4.5	5	5.4	6
49.5	2.5	2.7	3	3.2	3.5	3.9	4.3	55.5	3.7	4	4.3	4.7	5.1	5.6	6.1
50	2.6	2.8	3	3.3	3.6	4	4.4	56	3.8	4.1	4.4	4.8	5.3	5.8	6.3
50.5	2.7	2.9	3.1	3.4	3.8	4.1	4.5	56.5	3.9	4.2	4.6	5	5.4	5.9	6.5

续表

身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
57	4	4.3	4.7	5.1	5.6	6.1	6.7	72.5	7.1	7.6	8.3	9	9.8	10.6	11.6
57.5	4.1	4.5	4.9	5.3	5.7	6.3	6.9	73	7.2	7.7	8.4	9.1	9.9	10.8	11.8
58	4.3	4.6	5	5.4	5.9	6.4	7.1	73.5	7.2	7.8	8.5	9.2	10	10.9	11.9
58.5	4.4	4.7	5.1	5.6	6.1	6.6	7.2	74	7.3	7.9	8.6	9.3	10.1	11	12.1
59	4.5	4.8	5.3	5.7	6.2	6.8	7.4	74.5	7.4	8	8.7	9.4	10.2	11.2	12.2
59.5	4.6	5	5.4	5.9	6.4	7	7.6	75	7.5	8.1	8.8	9.5	10.3	11.3	12.3
60	4.7	5.1	5.5	6	6.5	7.1	7.8	75.5	7.6	8.2	8.8	9.6	10.4	11.4	12.5
60.5	4.8	5.2	5.6	6.1	6.7	7.3	8	76	7.6	8.3	8.9	9.7	10.6	11.5	12.6
61	4.9	5.3	5.8	6.3	6.8	7.4	8.1	76.5	7.7	8.3	9	9.8	10.7	11.6	12.7
61.5	5	5.4	5.9	6.4	7	7.6	8.3	77	7.8	8.4	9.1	9.9	10.8	11.7	12.8
62	5.1	5.6	6	6.5	7.1	7.7	8.5	77.5	7.9	8.5	9.2	10	10.9	11.9	13
62.5	5.2	5.7	6.1	6.7	7.2	7.9	8.6	78	7.9	8.6	9.3	10.1	11	12	13.1
63	5.3	5.8	6.2	6.8	7.4	8	8.8	78.5	8	8.7	9.4	10.2	11.1	12.1	13.2
63.5	5.4	5.9	6.4	6.9	7.5	8.2	8.9	79	8.1	8.7	9.5	10.3	11.2	12.2	13.3
64	5.5	6	6.5	7	7.6	8.3	9.1	79.5	8.2	8.8	9.5	10.4	11.3	12.3	13.4
64.5	5.6	6.1	6.6	7.1	7.8	8.5	9.3	80	8.2	8.9	9.6	10.4	11.4	12.4	13.6
65	5.7	6.2	6.7	7.3	7.9	8.6	9.4	80.5	8.3	9	9.7	10.5	11.5	12.5	13.7
65.5	5.8	6.3	6.8	7.4	8	8.7	9.6	81	8.4	9.1	9.8	10.6	11.6	12.6	13.8
66	5.9	6.4	6.9	7.5	8.2	8.9	9.7	81.5	8.5	9.1	9.9	10.7	11.7	12.7	13.9
66.5	6	6.5	7	7.6	8.3	9	9.9	82	8.5	9.2	10	10.8	11.8	12.8	14
67	6.1	6.6	7.1	7.7	8.4	9.2	10	82.5	8.6	9.3	10.1	10.9	11.9	13	14.2
67.5	6.2	6.7	7.2	7.9	8.5	9.3	10.2	83	8.7	9.4	10.2	11	12	13.1	14.3
68	6.3	6.8	7.3	8	8.7	9.4	10.3	83.5	8.8	9.5	10.3	11.2	12.1	13.2	14.4
68.5	6.4	6.9	7.5	8.1	8.8	9.6	10.5	84	8.9	9.6	10.4	11.3	12.2	13.3	14.6
69	6.5	7	7.6	8.2	8.9	9.7	10.6	84.5	9	9.7	10.5	11.4	12.4	13.5	14.7
69.5	6.6	7.1	7.7	8.3	9	9.8	10.8	85	9.1	9.8	10.6	11.5	12.5	13.6	14.9
70	6.6	7.2	7.8	8.4	9.2	10	10.9	85.5	9.2	9.9	10.7	11.6	12.6	13.7	15
70.5	6.7	7.3	7.9	8.5	9.3	10.1	11.1	86	9.3	10	10.8	11.7	12.8	13.9	15.2
71	6.8	7.4	8	8.6	9.4	10.2	11.2	86.5	9.4	10.1	11	11.9	12.9	14	15.3
71.5	6.9	7.5	8.1	8.8	9.5	10.4	11.3	87	9.5	10.2	11.1	12	13	14.2	15.5
72	7	7.6	8.2	8.9	9.6	10.5	11.5	87.5	9.6	10.4	11.2	12.1	13.2	14.3	15.6



续表

身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
88	9.7	10.5	11.3	12.2	13.3	14.5	15.8	99.5	11.9	12.8	13.9	15	16.3	17.8	19.4
88.5	9.8	10.6	11.4	12.4	13.4	14.6	15.9	100	12	12.9	14	15.2	16.5	18	19.6
89	9.9	10.7	11.5	12.5	13.5	14.7	16.1	100.5	12.1	13	14.1	15.3	16.6	18.1	19.8
89.5	10	10.8	11.6	12.6	13.7	14.9	16.2	101	12.2	13.2	14.2	15.4	16.8	18.3	20
90	10.1	10.9	11.8	12.7	13.8	15	16.4	101.5	12.3	13.3	14.4	15.6	16.9	18.5	20.2
90.5	10.2	11	11.9	12.8	13.9	15.1	16.5	102	12.4	13.4	14.5	15.7	17.1	18.7	20.4
91	10.3	11.1	12	13	14.1	15.3	16.7	102.5	12.5	13.5	14.6	15.9	17.3	18.8	20.6
91.5	10.4	11.2	12.1	13.1	14.2	15.4	16.8	103	12.6	13.6	14.8	16	17.4	19	20.8
92	10.5	11.3	12.2	13.2	14.3	15.6	17	103.5	12.7	13.7	14.9	16.2	17.6	19.2	21
92.5	10.6	11.4	12.3	13.3	14.4	15.7	17.1	104	12.8	13.9	15	16.3	17.8	19.4	21.2
93	10.7	11.5	12.4	13.4	14.6	15.8	17.3	104.5	12.9	14	15.2	16.5	17.9	19.6	21.5
93.5	10.7	11.6	12.5	13.5	14.7	16	17.4	105	13	14.1	15.3	16.6	18.1	19.8	21.7
94	10.8	11.7	12.6	13.7	14.8	16.1	17.6	105.5	13.2	14.2	15.4	16.8	18.3	20	21.9
94.5	10.9	11.8	12.7	13.8	14.9	16.3	17.7	106	13.3	14.4	15.6	16.9	18.5	20.2	22.1
95	11	11.9	12.8	13.9	15.1	16.4	17.9	106.5	13.4	14.5	15.7	17.1	18.6	20.4	22.4
95.5	11.1	12	12.9	14	15.2	16.5	18	107	13.5	14.6	15.9	17.3	18.8	20.6	22.6
96	11.2	12.1	13.1	14.1	15.3	16.7	18.2	107.5	13.6	14.7	16	17.4	19	20.8	22.8
96.5	11.3	12.2	13.2	14.3	15.5	16.8	18.4	108	13.7	14.9	16.2	17.6	19.2	21	23.1
97	11.4	12.3	13.3	14.4	15.6	17	18.5	108.5	13.8	15	16.3	17.8	19.4	21.2	23.3
97.5	11.5	12.4	13.4	14.5	15.7	17.1	18.7	109	14	15.1	16.5	17.9	19.6	21.4	23.6
98	11.6	12.5	13.5	14.6	15.9	17.3	18.9	109.5	14.1	15.3	16.6	18.1	19.8	21.7	23.8
98.5	11.7	12.6	13.6	14.8	16	17.5	19.1	110	14.2	15.4	16.8	18.3	20	21.9	24.1
99	11.8	12.7	13.7	14.9	16.2	17.6	19.2								

附表1-4 WHO (世界卫生组织) 2~6岁男童身高别体重标准

身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
65	5.9	6.3	6.9	7.4	8.1	8.8	9.6	67.5	6.3	6.8	7.4	8	8.7	9.5	10.4
65.5	6	6.4	7	7.6	8.2	8.9	9.8	68	6.4	6.9	7.5	8.1	8.8	9.6	10.5
66	6.1	6.5	7.1	7.7	8.3	9.1	9.9	68.5	6.5	7	7.6	8.2	9	9.8	10.7
66.5	6.1	6.6	7.2	7.8	8.5	9.2	10.1	69	6.6	7.1	7.7	8.4	9.1	9.9	10.8
67	6.2	6.7	7.3	7.9	8.6	9.4	10.2	69.5	6.7	7.2	7.8	8.5	9.2	10	11

续表

身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
70	6.8	7.3	7.9	8.6	9.3	10.2	11.1	85.5	9.3	10.1	10.9	11.8	12.8	13.9	15.2
70.5	6.9	7.4	8	8.7	9.5	10.3	11.3	86	9.4	10.2	11	11.9	12.9	14.1	15.4
71	6.9	7.5	8.1	8.8	9.6	10.4	11.4	86.5	9.5	10.3	11.1	12	13.1	14.2	15.5
71.5	7	7.6	8.2	8.9	9.7	10.6	11.6	87	9.6	10.4	11.2	12.2	13.2	14.4	15.7
72	7.1	7.7	8.3	9	9.8	10.7	11.7	87.5	9.7	10.5	11.3	12.3	13.3	14.5	15.8
72.5	7.2	7.8	8.4	9.1	9.9	10.8	11.8	88	9.8	10.6	11.5	12.4	13.5	14.7	16
73	7.3	7.9	8.5	9.2	10	11	12	88.5	9.9	10.7	11.6	12.5	13.6	14.8	16.1
73.5	7.4	7.9	8.6	9.3	10.2	11.1	12.1	89	10	10.8	11.7	12.6	13.7	14.9	16.3
74	7.4	8	8.7	9.4	10.3	11.2	12.2	89.5	10.1	10.9	11.8	12.8	13.9	15.1	16.4
74.5	7.5	8.1	8.8	9.5	10.4	11.3	12.4	90	10.2	11	11.9	12.9	14	15.2	16.6
75	7.6	8.2	8.9	9.6	10.5	11.4	12.5	90.5	10.3	11.1	12	13	14.1	15.3	16.7
75.5	7.7	8.3	9	9.7	10.6	11.6	12.6	91	10.4	11.2	12.1	13.1	14.2	15.5	16.9
76	7.7	8.4	9.1	9.8	10.7	11.7	12.8	91.5	10.5	11.3	12.2	13.2	14.4	15.6	17
76.5	7.8	8.5	9.2	9.9	10.8	11.8	12.9	92	10.6	11.4	12.3	13.4	14.5	15.8	17.2
77	7.9	8.5	9.2	10	10.9	11.9	13	92.5	10.7	11.5	12.4	13.5	14.6	15.9	17.3
77.5	8	8.6	9.3	10.1	11	12	13.1	93	10.8	11.6	12.6	13.6	14.7	16	17.5
78	8	8.7	9.4	10.2	11.1	12.1	13.3	93.5	10.9	11.7	12.7	13.7	14.9	16.2	17.6
78.5	8.1	8.8	9.5	10.3	11.2	12.2	13.4	94	11	11.8	12.8	13.8	15	16.3	17.8
79	8.2	8.8	9.6	10.4	11.3	12.3	13.5	94.5	11.1	11.9	12.9	13.9	15.1	16.5	17.9
79.5	8.3	8.9	9.7	10.5	11.4	12.4	13.6	95	11.1	12	13	14.1	15.3	16.6	18.1
80	8.3	9	9.7	10.6	11.5	12.6	13.7	95.5	11.2	12.1	13.1	14.2	15.4	16.7	18.3
80.5	8.4	9.1	9.8	10.7	11.6	12.7	13.8	96	11.3	12.2	13.2	14.3	15.5	16.9	18.4
81	8.5	9.2	9.9	10.8	11.7	12.8	14	96.5	11.4	12.3	13.3	14.4	15.7	17	18.6
81.5	8.6	9.3	10	10.9	11.8	12.9	14.1	97	11.5	12.4	13.4	14.6	15.8	17.2	18.8
82	8.7	9.3	10.1	11	11.9	13	14.2	97.5	11.6	12.5	13.6	14.7	15.9	17.4	18.9
82.5	8.7	9.4	10.2	11.1	12.1	13.1	14.4	98	11.7	12.6	13.7	14.8	16.1	17.5	19.1
83	8.8	9.5	10.3	11.2	12.2	13.3	14.5	98.5	11.8	12.8	13.8	14.9	16.2	17.7	19.3
83.5	8.9	9.6	10.4	11.3	12.3	13.4	14.6	99	11.9	12.9	13.9	15.1	16.4	17.9	19.5
84	9	9.7	10.5	11.4	12.4	13.5	14.8	99.5	12	13	14	15.2	16.5	18	19.7
84.5	9.1	9.9	10.7	11.5	12.5	13.7	14.9	100	12.1	13.1	14.2	15.4	16.7	18.2	19.9
85	9.2	10	10.8	11.7	12.7	13.8	15.1	100.5	12.2	13.2	14.3	15.5	16.9	18.4	20.1

续表

身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
101	12.3	13.3	14.4	15.6	17	18.5	20.3	117	16.2	17.7	19.3	21.2	23.3	25.6	28.3
101.5	12.4	13.4	14.5	15.8	17.2	18.7	20.5	117.5	16.4	17.9	19.5	21.4	23.5	25.9	28.6
102	12.5	13.6	14.7	15.9	17.3	18.9	20.7	118	16.5	18	19.7	21.6	23.7	26.1	28.9
102.5	12.6	13.7	14.8	16.1	17.5	19.1	20.9	118.5	16.7	18.2	19.9	21.8	23.9	26.4	29.2
103	12.8	13.8	14.9	16.2	17.7	19.3	21.1	119	16.8	18.3	20	22	24.1	26.6	29.5
103.5	12.9	13.9	15.1	16.4	17.8	19.5	21.3	119.5	16.9	18.5	20.2	22.2	24.4	26.9	29.8
104	13	14	15.2	16.5	18	19.7	21.6	120	17.1	18.6	20.4	22.4	24.6	27.2	30.1
104.5	13.1	14.2	15.4	16.7	18.2	19.9	21.8	120.5	16.2	18.7	20.6	22.4	24.9	27.4	29.9
105	13.2	14.3	15.5	16.8	18.4	20.1	22	121	16.4	18.9	20.8	22.6	25.1	27.6	30.1
105.5	13.3	14.4	15.6	17	18.5	20.3	22.2	121.5	16.6	19.1	21	22.8	25.4	27.9	30.5
106	13.4	14.5	15.8	17.2	18.7	20.5	22.5	122	16.6	19.2	21.1	23	25.7	28.3	31
106.5	13.5	14.7	15.9	17.3	18.9	20.7	22.7	122.5	16.7	19.4	21.3	23.2	25.9	28.6	31.3
107	13.7	14.8	16.1	17.5	19.1	20.9	22.9	123	16.9	19.6	21.5	23.4	26.2	28.9	31.7
107.5	13.8	14.9	16.2	17.7	19.3	21.1	23.2	123.5	17	19.8	21.7	23.6	26.4	29.2	32
108	13.9	15.1	16.4	17.8	19.5	21.3	23.4	124	17.2	20	22	23.9	26.7	29.5	32.3
108.5	14	15.2	16.5	18	19.7	21.5	23.7	124.5	17.3	20.2	22.2	24.1	27	29.9	32.8
109	14.1	15.3	16.7	18.2	19.8	21.8	23.9	125	17.5	20.4	22.4	24.3	27.3	30.2	33.2
109.5	14.3	15.5	16.8	18.3	20	22	24.2	125.5	17.5	20.5	22.5	24.5	27.5	30.5	33.5
110	14.4	15.6	17	18.5	20.2	22.2	24.4	126	17.7	20.7	22.8	24.8	27.9	30.9	34
110.5	14.5	15.8	17.1	18.7	20.4	22.4	24.7	126.5	17.8	20.9	23	25	28.1	31.2	34.3
111	14.6	15.9	17.3	18.9	20.7	22.7	25	127	17.9	21.1	23.2	25.2	28.4	31.6	34.8
111.5	14.8	16	17.5	19.1	20.9	22.9	25.2	127.5	18.1	21.3	23.4	25.5	28.8	32	35.3
112	14.9	16.2	17.6	19.2	21.1	23.1	25.5	128	18.2	21.5	23.6	25.7	29	32.3	35.6
112.5	15	16.3	17.8	19.4	21.3	23.4	25.8	128.5	18.4	21.7	23.9	26	29.4	32.7	36.1
113	15.2	16.5	18	19.6	21.5	23.6	26	129	18.5	21.9	24.1	26.2	29.7	33.1	36.6
113.5	15.3	16.6	18.1	19.8	21.7	23.9	26.3	129.5	18.6	22.1	24.3	26.5	30	33.5	37
114	15.4	16.8	18.3	20	21.9	24.1	26.6	130	18.8	22.3	24.6	26.8	30.4	33.9	37.5
114.5	15.6	16.9	18.5	20.2	22.1	24.4	26.9	130.5	18.9	22.5	24.8	27	30.7	34.3	38
115	15.7	17.1	18.6	20.4	22.4	24.6	27.2	131	19	22.7	25	27.3	31	34.7	38.4
115.5	15.8	17.2	18.8	20.6	22.6	24.9	27.5	131.5	19.2	22.9	25.3	27.6	31.4	35.1	38.9
116	16	17.4	19	20.8	22.8	25.1	27.8	132	19.3	23.1	25.5	27.8	31.7	35.5	39.4
116.5	16.1	17.5	19.2	21	23	25.4	28	132.5	19.4	23.3	25.7	28.1	32.1	36	40

续表

身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
133	19.6	23.6	26	28.4	32.4	36.4	40.4	136	20.3	24.8	27.5	30.2	34.7	39.2	43.7
133.5	19.7	23.8	26.3	28.7	32.8	36.9	41	136.5	20.5	25	27.8	30.6	35.2	39.7	44.3
134	19.9	24	26.5	29	33.2	37.3	41.5	137	20.7	25.3	28.1	30.9	35.6	40.2	44.9
134.5	20	24.2	26.8	29.3	33.6	37.8	42.1	137.5	20.8	25.5	28.4	31.2	36	40.7	45.5
135	20.1	24.4	27	29.6	33.9	38.2	42.5	138	20.9	25.7	28.7	31.6	36.4	41.2	46
135.5	20.2	24.6	27.3	29.9	34.3	38.7	43.1	138.5	21	25.9	28.9	31.9	36.8	41.7	46.6

附表1-5 WHO (世界卫生组织) 0~2岁女童身长别体重标准

身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
45	1.9	2.1	2.3	2.5	2.7	3	3.3	56	3.7	4	4.4	4.8	5.3	5.8	6.4
45.5	2	2.1	2.3	2.5	2.8	3.1	3.4	56.5	3.8	4.1	4.5	5	5.4	6	6.6
46	2	2.2	2.4	2.6	2.9	3.2	3.5	57	3.9	4.3	4.6	5.1	5.6	6.1	6.8
46.5	2.1	2.3	2.5	2.7	3	3.3	3.6	57.5	4	4.4	4.8	5.2	5.7	6.3	7
47	2.2	2.4	2.6	2.8	3.1	3.4	3.7	58	4.1	4.5	4.9	5.4	5.9	6.5	7.1
47.5	2.2	2.4	2.6	2.9	3.2	3.5	3.8	58.5	4.2	4.6	5	5.5	6	6.6	7.3
48	2.3	2.5	2.7	3	3.3	3.6	4	59	4.3	4.7	5.1	5.6	6.2	6.8	7.5
48.5	2.4	2.6	2.8	3.1	3.4	3.7	4.1	59.5	4.4	4.8	5.3	5.7	6.3	6.9	7.7
49	2.4	2.6	2.9	3.2	3.5	3.8	4.2	60	4.5	4.9	5.4	5.9	6.4	7.1	7.8
49.5	2.5	2.7	3	3.3	3.6	3.9	4.3	60.5	4.6	5	5.5	6	6.6	7.3	8
50	2.6	2.8	3.1	3.4	3.7	4	4.5	61	4.7	5.1	5.6	6.1	6.7	7.4	8.2
50.5	2.7	2.9	3.2	3.5	3.8	4.2	4.6	61.5	4.8	5.2	5.7	6.3	6.9	7.6	8.4
51	2.8	3	3.3	3.6	3.9	4.3	4.8	62	4.9	5.3	5.8	6.4	7	7.7	8.5
51.5	2.8	3.1	3.4	3.7	4	4.4	4.9	62.5	5	5.4	5.9	6.5	7.1	7.8	8.7
52	2.9	3.2	3.5	3.8	4.2	4.6	5.1	63	5.1	5.5	6	6.6	7.3	8	8.8
52.5	3	3.3	3.6	3.9	4.3	4.7	5.2	63.5	5.2	5.6	6.2	6.7	7.4	8.1	9
53	3.1	3.4	3.7	4	4.4	4.9	5.4	64	5.3	5.7	6.3	6.9	7.5	8.3	9.1
53.5	3.2	3.5	3.8	4.2	4.6	5	5.5	64.5	5.4	5.8	6.4	7	7.6	8.4	9.3
54	3.3	3.6	3.9	4.3	4.7	5.2	5.7	65	5.5	5.9	6.5	7.1	7.8	8.6	9.5
54.5	3.4	3.7	4	4.4	4.8	5.3	5.9	65.5	5.5	6	6.6	7.2	7.9	8.7	9.6
55	3.5	3.8	4.2	4.5	5	5.5	6.1	66	5.6	6.1	6.7	7.3	8	8.8	9.8
55.5	3.6	3.9	4.3	4.7	5.1	5.7	6.3	66.5	5.7	6.2	6.8	7.4	8.1	9	9.9

续表

身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
67	5.8	6.3	6.9	7.5	8.3	9.1	10	83	8.3	9	9.8	10.7	11.8	12.9	14.2
67.5	5.9	6.4	7	7.6	8.4	9.2	10.2	83.5	8.4	9.1	9.9	10.9	11.9	13.1	14.4
68	6	6.5	7.1	7.7	8.5	9.4	10.3	84	8.5	9.2	10.1	11	12	13.2	14.5
68.5	6.1	6.6	7.2	7.9	8.6	9.5	10.5	84.5	8.6	9.3	10.2	11.1	12.1	13.3	14.7
69	6.1	6.7	7.3	8	8.7	9.6	10.6	85	8.7	9.4	10.3	11.2	12.3	13.5	14.9
69.5	6.2	6.8	7.4	8.1	8.8	9.7	10.7	85.5	8.8	9.5	10.4	11.3	12.4	13.6	15
70	6.3	6.9	7.5	8.2	9	9.9	10.9	86	8.9	9.7	10.5	11.5	12.6	13.8	15.2
70.5	6.4	6.9	7.6	8.3	9.1	10	11	86.5	9	9.8	10.6	11.6	12.7	13.9	15.4
71	6.5	7	7.7	8.4	9.2	10.1	11.1	87	9.1	9.9	10.7	11.7	12.8	14.1	15.5
71.5	6.5	7.1	7.7	8.5	9.3	10.2	11.3	87.5	9.2	10	10.9	11.8	13	14.2	15.7
72	6.6	7.2	7.8	8.6	9.4	10.3	11.4	88	9.3	10.1	11	12	13.1	14.4	15.9
72.5	6.7	7.3	7.9	8.7	9.5	10.5	11.5	88.5	9.4	10.2	11.1	12.1	13.2	14.5	16
73	6.8	7.4	8	8.8	9.6	10.6	11.7	89	9.5	10.3	11.2	12.2	13.4	14.7	16.2
73.5	6.9	7.4	8.1	8.9	9.7	10.7	11.8	89.5	9.6	10.4	11.3	12.3	13.5	14.8	16.4
74	6.9	7.5	8.2	9	9.8	10.8	11.9	90	9.7	10.5	11.4	12.5	13.7	15	16.5
74.5	7	7.6	8.3	9.1	9.9	10.9	12	90.5	9.8	10.6	11.5	12.6	13.8	15.1	16.7
75	7.1	7.7	8.4	9.1	10	11	12.2	91	9.9	10.7	11.7	12.7	13.9	15.3	16.9
75.5	7.1	7.8	8.5	9.2	10.1	11.1	12.3	91.5	10	10.8	11.8	12.8	14.1	15.5	17
76	7.2	7.8	8.5	9.3	10.2	11.2	12.4	92	10.1	10.9	11.9	13	14.2	15.6	17.2
76.5	7.3	7.9	8.6	9.4	10.3	11.4	12.5	92.5	10.1	11	12	13.1	14.3	15.8	17.4
77	7.4	8	8.7	9.5	10.4	11.5	12.6	93	10.2	11.1	12.1	13.2	14.5	15.9	17.5
77.5	7.4	8.1	8.8	9.6	10.5	11.6	12.8	93.5	10.3	11.2	12.2	13.3	14.6	16.1	17.7
78	7.5	8.2	8.9	9.7	10.6	11.7	12.9	94	10.4	11.3	12.3	13.5	14.7	16.2	17.9
78.5	7.6	8.2	9	9.8	10.7	11.8	13	94.5	10.5	11.4	12.4	13.6	14.9	16.4	18
79	7.7	8.3	9.1	9.9	10.8	11.9	13.1	95	10.6	11.5	12.6	13.7	15	16.5	18.2
79.5	7.7	8.4	9.1	10	10.9	12	13.3	95.5	10.7	11.6	12.7	13.8	15.2	16.7	18.4
80	7.8	8.5	9.2	10.1	11	12.1	13.4	96	10.8	11.7	12.8	14	15.3	16.8	18.6
80.5	7.9	8.6	9.3	10.2	11.2	12.3	13.5	96.5	10.9	11.8	12.9	14.1	15.4	17	18.7
81	8	8.7	9.4	10.3	11.3	12.4	13.7	97	11	12	13	14.2	15.6	17.1	18.9
81.5	8.1	8.8	9.5	10.4	11.4	12.5	13.8	97.5	11.1	12.1	13.1	14.4	15.7	17.3	19.1
82	8.1	8.8	9.6	10.5	11.5	12.6	13.9	98	11.2	12.2	13.3	14.5	15.9	17.5	19.3
82.5	8.2	8.9	9.7	10.6	11.6	12.8	14.1	98.5	11.3	12.3	13.4	14.6	16	17.6	19.5

续表

身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
99	11.4	12.4	13.5	14.8	16.2	17.8	19.6	105	12.7	13.8	15.1	16.5	18.2	20	22.2
99.5	11.5	12.5	13.6	14.9	16.3	18	19.8	105.5	12.8	14	15.3	16.7	18.4	20.2	22.4
100	11.6	12.6	13.7	15	16.5	18.1	20	106	13	14.1	15.4	16.9	18.5	20.5	22.6
100.5	11.7	12.7	13.9	15.2	16.6	18.3	20.2	106.5	13.1	14.3	15.6	17.1	18.7	20.7	22.9
101	11.8	12.8	14	15.3	16.8	18.5	20.4	107	13.2	14.4	15.7	17.2	18.9	20.9	23.1
101.5	11.9	13	14.1	15.5	17	18.7	20.6	107.5	13.3	14.5	15.9	17.4	19.1	21.1	23.4
102	12	13.1	14.3	15.6	17.1	18.9	20.8	108	13.5	14.7	16	17.6	19.3	21.3	23.6
102.5	12.1	13.2	14.4	15.8	17.3	19	21	108.5	13.6	14.8	16.2	17.8	19.5	21.6	23.9
103	12.3	13.3	14.5	15.9	17.5	19.2	21.3	109	13.7	15	16.4	18	19.7	21.8	24.2
103.5	12.4	13.5	14.7	16.1	17.6	19.4	21.5	109.5	13.9	15.1	16.5	18.1	20	22	24.4
104	12.5	13.6	14.8	16.2	17.8	19.6	21.7	110	14	15.3	16.7	18.3	20.2	22.3	24.7
104.5	12.6	13.7	15	16.4	18	19.8	21.9								

附表1-6 WHO (世界卫生组织) 2~6岁女童身高别体重标准

身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
65	5.6	6.1	6.6	7.2	7.9	8.7	9.7	73	6.9	7.5	8.1	8.9	9.8	10.7	11.8
65.5	5.7	6.2	6.7	7.4	8.1	8.9	9.8	73.5	7	7.6	8.2	9	9.9	10.8	12
66	5.8	6.3	6.8	7.5	8.2	9	10	74	7	7.6	8.3	9.1	10	11	12.1
66.5	5.8	6.4	6.9	7.6	8.3	9.1	10.1	74.5	7.1	7.7	8.4	9.2	10.1	11.1	12.2
67	5.9	6.4	7	7.7	8.4	9.3	10.2	75	7.2	7.8	8.5	9.3	10.2	11.2	12.3
67.5	6	6.5	7.1	7.8	8.5	9.4	10.4	75.5	7.2	7.9	8.6	9.4	10.3	11.3	12.5
68	6.1	6.6	7.2	7.9	8.7	9.5	10.5	76	7.3	8	8.7	9.5	10.4	11.4	12.6
68.5	6.2	6.7	7.3	8	8.8	9.7	10.7	76.5	7.4	8	8.7	9.6	10.5	11.5	12.7
69	6.3	6.8	7.4	8.1	8.9	9.8	10.8	77	7.5	8.1	8.8	9.6	10.6	11.6	12.8
69.5	6.3	6.9	7.5	8.2	9	9.9	10.9	77.5	7.5	8.2	8.9	9.7	10.7	11.7	12.9
70	6.4	7	7.6	8.3	9.1	10	11.1	78	7.6	8.3	9	9.8	10.8	11.8	13.1
70.5	6.5	7.1	7.7	8.4	9.2	10.1	11.2	78.5	7.7	8.4	9.1	9.9	10.9	12	13.2
71	6.6	7.1	7.8	8.5	9.3	10.3	11.3	79	7.8	8.4	9.2	10	11	12.1	13.3
71.5	6.7	7.2	7.9	8.6	9.4	10.4	11.5	79.5	7.8	8.5	9.3	10.1	11.1	12.2	13.4
72	6.7	7.3	8	8.7	9.5	10.5	11.6	80	7.9	8.6	9.4	10.2	11.2	12.3	13.6
72.5	6.8	7.4	8.1	8.8	9.7	10.6	11.7	80.5	8	8.7	9.5	10.3	11.3	12.4	13.7

续表

身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
81.5	8.2	8.9	9.7	10.6	11.6	12.7	14	97	11.1	12.1	13.2	14.4	15.8	17.4	19.2
82	8.3	9	9.8	10.7	11.7	12.8	14.1	97.5	11.2	12.2	13.3	14.5	15.9	17.5	19.3
82.5	8.4	9.1	9.9	10.8	11.8	13	14.3	98	11.3	12.3	13.4	14.7	16.1	17.7	19.5
83	8.5	9.2	10	10.9	11.9	13.1	14.5	98.5	11.4	12.4	13.5	14.8	16.2	17.9	19.7
83.5	8.5	9.3	10.1	11	12.1	13.3	14.6	99	11.5	12.5	13.7	14.9	16.4	18	19.9
84	8.6	9.4	10.2	11.1	12.2	13.4	14.8	99.5	11.6	12.7	13.8	15.1	16.5	18.2	20.1
84.5	8.7	9.5	10.3	11.3	12.3	13.5	14.9	100	11.7	12.8	13.9	15.2	16.7	18.4	20.3
85	8.8	9.6	10.4	11.4	12.5	13.7	15.1	100.5	11.9	12.9	14.1	15.4	16.9	18.6	20.5
85.5	8.9	9.7	10.6	11.5	12.6	13.8	15.3	101	12	13	14.2	15.5	17	18.7	20.7
86	9	9.8	10.7	11.6	12.7	14	15.4	101.5	12.1	13.1	14.3	15.7	17.2	18.9	20.9
86.5	9.1	9.9	10.8	11.8	12.9	14.2	15.6	102	12.2	13.3	14.5	15.8	17.4	19.1	21.1
87	9.2	10	10.9	11.9	13	14.3	15.8	102.5	12.3	13.4	14.6	16	17.5	19.3	21.4
87.5	9.3	10.1	11	12	13.2	14.5	15.9	103	12.4	13.5	14.7	16.1	17.7	19.5	21.6
88	9.4	10.2	11.1	12.1	13.3	14.6	16.1	103.5	12.5	13.6	14.9	16.3	17.9	19.7	21.8
88.5	9.5	10.3	11.2	12.3	13.4	14.8	16.3	104	12.6	13.8	15	16.4	18.1	19.9	22
89	9.6	10.4	11.4	12.4	13.6	14.9	16.4	104.5	12.8	13.9	15.2	16.6	18.2	20.1	22.3
89.5	9.7	10.5	11.5	12.5	13.7	15.1	16.6	105	12.9	14	15.3	16.8	18.4	20.3	22.5
90	9.8	10.6	11.6	12.6	13.8	15.2	16.8	105.5	13	14.2	15.5	16.9	18.6	20.5	22.7
90.5	9.9	10.7	11.7	12.8	14	15.4	16.9	106	13.1	14.3	15.6	17.1	18.8	20.8	23
91	10	10.9	11.8	12.9	14.1	15.5	17.1	106.5	13.3	14.5	15.8	17.3	19	21	23.2
91.5	10.1	11	11.9	13	14.3	15.7	17.3	107	13.4	14.6	15.9	17.5	19.2	21.2	23.5
92	10.2	11.1	12	13.1	14.4	15.8	17.4	107.5	13.5	14.7	16.1	17.7	19.4	21.4	23.7
92.5	10.3	11.2	12.1	13.3	14.5	16	17.6	108	13.7	14.9	16.3	17.8	19.6	21.7	24
93	10.4	11.3	12.3	13.4	14.7	16.1	17.8	108.5	13.8	15	16.4	18	19.8	21.9	24.3
93.5	10.5	11.4	12.4	13.5	14.8	16.3	17.9	109	13.9	15.2	16.6	18.2	20	22.1	24.5
94	10.6	11.5	12.5	13.6	14.9	16.4	18.1	109.5	14.1	15.4	16.8	18.4	20.3	22.4	24.8
94.5	10.7	11.6	12.6	13.8	15.1	16.6	18.3	110	14.2	15.5	17	18.6	20.5	22.6	25.1
95	10.8	11.7	12.7	13.9	15.2	16.7	18.5	110.5	14.4	15.7	17.1	18.8	20.7	22.9	25.4
95.5	10.8	11.8	12.8	14	15.4	16.9	18.6	111	14.5	15.8	17.3	19	20.9	23.1	25.7
96	10.9	11.9	12.9	14.1	15.5	17	18.8	111.5	14.7	16	17.5	19.2	21.2	23.4	26
96.5	11	12	13.1	14.3	15.6	17.2	19	112	14.8	16.2	17.7	19.4	21.4	23.6	26.2

续表

身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD	身高/ cm	-3SD	-2SD	-1SD	均数	1SD	2SD	3SD
112.5	15	16.3	17.9	19.6	21.6	23.9	26.5	125	16.7	19.9	22	24.1	27.3	30.5	33.7
113	15.1	16.5	18	19.8	21.8	24.2	26.8	125.5	16.8	20.1	22.2	24.3	27.6	30.9	34.2
113.5	15.3	16.7	18.2	20	22.1	24.4	27.1	126	16.9	20.2	22.4	24.6	28	31.3	34.7
114	15.4	16.8	18.4	20.2	22.3	24.7	27.4	126.5	17	20.4	22.7	24.9	28.3	31.7	35.1
114.5	15.6	17	18.6	20.5	22.6	25	27.8	127	17.1	20.6	22.9	25.1	28.7	32.2	35.8
115	15.7	17.2	18.8	20.7	22.8	25.2	28.1	127.5	17.2	20.8	23.1	25.4	29	32.6	36.2
115.5	15.9	17.3	19	20.9	23	25.5	28.4	128	17.3	21	23.4	25.7	29.4	33.1	36.8
116	16	17.5	19.2	21.1	23.3	25.8	28.7	128.5	17.4	21.2	23.6	25.9	29.8	33.6	37.5
116.5	16.2	17.7	19.4	21.3	23.5	26.1	29	129	17.5	21.4	23.8	26.2	30.1	34	37.9
117	16.3	17.8	19.6	21.5	23.8	26.3	29.3	129.5	17.6	21.6	24.1	26.5	30.5	34.5	38.5
117.5	16.5	18	19.8	21.7	24	26.6	29.6	130	17.7	21.8	24.3	26.8	31	35.1	39.3
118	16.6	18.2	19.9	22	24.2	26.9	29.9	130.5	17.9	22.1	24.6	27.1	31.4	35.6	39.9
118.5	16.8	18.4	20.1	22.2	24.5	27.2	30.3	131	18	22.3	24.9	27.4	31.8	36.1	40.5
119	16.9	18.5	20.3	22.4	24.7	27.4	30.6	131.5	18	22.5	25.1	27.7	32.2	36.7	41.2
119.5	17.1	18.7	20.5	22.6	25	27.7	30.9	132	18.1	22.7	25.4	28	32.6	37.2	41.8
120	17.3	18.9	20.7	22.8	25.2	28	31.2	132.5	18.2	22.9	25.7	28.4	33.1	37.8	42.5
120.5	15.7	18.3	20.2	22	24.7	27.3	30	133	18.3	23.1	25.9	28.7	33.6	38.4	43.3
121	15.7	18.4	20.3	22.2	24.9	27.6	30.3	133.5	18.4	23.4	26.2	29	34	39	44
121.5	15.9	18.6	20.6	22.5	25.2	27.9	30.6	134	18.5	23.6	26.5	29.4	34.6	39.7	44.9
122	16	18.8	20.8	22.7	25.5	28.3	31.1	134.5	18.5	23.8	26.8	29.7	35	40.3	45.6
122.5	16.2	19	21	22.9	25.8	28.6	31.5	135	18.6	24	27.1	30.1	35.6	41	46.5
123	16.2	19.1	21.1	23.1	26.1	29	32	135.5	18.7	24.3	27.4	30.4	36	41.6	47.2
123.5	16.4	19.3	21.4	23.4	26.4	29.3	32.3	136	18.8	24.5	27.7	30.8	36.6	42.3	48.1
124	16.5	19.5	21.6	23.6	26.7	29.7	32.8	136.5	18.8	24.7	27.9	31.1	37.1	43	49
124.5	16.6	19.7	21.8	23.9	27	30.1	33.2	137	18.9	25	28.3	31.5	37.6	43.7	49.8



## 附录二 常见食物营养成分含量

附表2-1 五谷杂粮

	蛋白			维生素						矿物质				膳食	
	糖/ g	质/ g	脂肪/ g	A/ μg	E/ mg	C/ mg	叶酸/ μg	B <sub>6</sub> / mg	B <sub>12</sub> / mg	钙/ μg	铁/ mg	钾/ mg	锌/ mg	纤维/ g	能量/ kcal
大米	76.3	7.3	0.3		0.49	7.3	2.2	1.5	19.1	7	1.5	103	1.1	0.8	337
小米	76	9.7	3.5	12	4.1		33	0.45	68.5	29	4.7	285	3.7	1.7	374
小麦	78	12	1.5	15	0.8		7.2	0.4	18.6	16.8	2.8	133	0.7	0.2	373.5
玉米	72.2	8.5	4.3	54	2.1	9.2	17	0.35	16.7	22	1.6	244	1.5	9.8	361.5
黄豆	25.3	43.2	17.5	33.2	19.2		276	0.7		367	11	1930	4.5	4.6	429.5
绿豆	58.9	22	0.7	68	15.5	3.4	121	0.7		155	6.3	1825	3.65	5	329.9
山药	14.4	1.7		2.6	0.5	8	13	0.18		16	0.8	473	0.62	0.6	64.4
莲子	61.8	16.6	2		3.9	3.8				120	4.9	2057	2.51	2.8	331.6
花生	5.2	27.6	50	5.4	3.84	9.8	70.2	0.81		7.6	3.9	674	2.33	6.8	581.2
核桃	10	13.8	59	7.6	57		87.3	0.52		72.5	2.8	467	3.52	8	626.2
葵花	19.4	19	48.6	1.2	24		2.67	1.8		107	7.3	615	5.2	4.4	591
红薯	29.5	1.8	0.2	27	2.9	33	54	0.7		18	0.4	6.8	0.18	0.9	127
燕麦	61.8	14.2	6.4	388	3.99		20.8	0.9	56.8	177	9	324	2.93	5.1	361.6
薏米	79.2	12.3	4.55	550	2		19.7	0.22	143	45	4.53	252	1.27	1.8	406.9

注：1. 表中数据是指每 100g 食物的营养成分含量。2. 五谷杂粮胆固醇含量为零。

附表2-2 蔬菜

	蛋白			维生素						矿物质				膳食	
	糖/ g	质/ g	脂肪/ g	A/ μg	E/ mg	C/ mg	叶酸/ μg	B <sub>6</sub> / mg	B <sub>12</sub> / mg	钙/ μg	铁/ mg	钾/ mg	锌/ mg	纤维/ g	能量/ kcal
土豆	16.4	3.3	0.1	4.3	0.57	12	23.6	0.39		10	1	309	0.26	0.4	79.7
冬瓜	1.98	0.45		11.5	0.33	19.8	29.7	0.7	0.08	20	0.4	152	0.6	0.6	18.3
白菜	2.05	1	0.08	70	0.77	7.4	74	0.15		22	1	96	0.92	1.4	13
木耳	65.7	10.4	0.18	15.7	13.8	5.6	79.1	0.5	5.2	357	185	733	1.85	7	306
茄子	3	2.3	0.2	58	1.28	7.2	23	0.11		20	0.8	168	0.49	1.2	23
青椒	4.3	2.2	0.4	169	192	185	43.8	2.3		10.4	0.71	297.7	0.25	2.1	29.6
南瓜	10.3	0.6	0.1	132	0.54	5	73	0.33		13	1.1	216	0.22	0.7	44.5

续表

	蛋白			维生素						矿物质				膳食	
	糖/ g	质/ g	脂肪/ g	A/ μg	E/ mg	C/ mg	叶酸/ μg	B <sub>6</sub> / mg	B <sub>12</sub> / mg	钙/ μg	铁/ mg	钾/ mg	锌/ mg	纤维/ g	能量/ kcal
丝瓜	4.1	1.4	0.15	12.3	0.37	7.4	77	0.18		26	0.7	126	0.35	0.5	23.4
南瓜	10.3	0.6	0.1	132	0.54	5	73	0.33		13	1.1	216	0.22	0.7	44.5
苦瓜	3.2	0.8	0.1	9.6	1.3	113	77	0.11		3.5	1.1	179	0.6	1.2	16.9
黄瓜	3.1	0.9	0.2	22	0.91	15	27	0.9		15	0.4	107	0.39	0.6	13.8
百合	28.1	4.1	0.2		0.9	7.8	68.2	0.35		8.1	2.3	786	3.7	5.3	131
竹笋	6.2	4	0.1	3.2	1.8	7	50	0.26		30.2	4.2	432	0.85	0.9	41.7
芹菜	1.4	1.6		7.2	1.1	29	33	0.24		91	10.3	123	0.6	0.4	12
洋葱	8	1.8		2.9	0.38	6.3	21	0.92		40	1.8	162	0.77	0.8	39
菠菜	2.8	2.1	0.2	22	1.9	39	120	0.84		22	1.4	152	0.6	1.4	21
海带	12.1	8	0.1	38.5	0.67		21	0.13		445	4.5	1235	0.88	9.8	81.3

注: 1. 表中数据是指每 100g 食物的营养成分含量。2. 蔬菜胆固醇含量为零。

附表2-3 蔬菜

	蛋白			维生素						矿物质				膳食	
	糖/ g	质/ g	脂肪/ g	A/ μg	E/ mg	C/ mg	叶酸/ μg	B <sub>6</sub> / mg	B <sub>12</sub> / mg	钙/ μg	铁/ mg	钾/ mg	锌/ mg	纤维/ g	能量/ kcal
萝卜	4.6	0.8			1.3	27	59	0.18		55	0.5	187	0.6	0.4	21.6
莲藕	17	0.9	0.1	2.6	0.88	22				27	6.3	450	0.56	0.48	72.5
豆芽	7	11.4	2.1	3.84	1.34	17	48.2	0.14		52	1.8	150	0.9	1	92.5
莴笋	2.3	0.6	0.1	22	0.5	3.8	131	0.12		7	2	302	0.6	0.8	12.5
空心菜	4.6	2.4	0.2	217	2.1	28	113	0.35		108	1.4	250	0.52	1.6	29.8
西红柿	3.6	0.75	0.35	88.7	0.52	7.6	27.3	0.13		8	0.4	250	0.28	0.2	20.6
黄花菜	62.4	14.1	1.2	297	7.3	17	42	0.15		785	9.3	543	4.22	8.7	316.8
四季豆	5.6	2.2	0.2	92	0.96	7.38	42.6	0.08		47	3.7	183	0.71	1.8	33
胡萝卜	8.3	0.7	0.3	830	1.1	35	22	0.33		73	10.6	198	0.37	1.3	38.7
韭菜	4.1	2.4	0.5	1223	6.5	39		0.7		56	1.6	311	1.6	1.6	30.5
茭白	9.8	2.9	0.3	4.2	1.22	6	55	0.26		4	0.7	230	0.6	2.5	53.5
芋头	19.7	2.3	0.1	21.4	1.28	7.5	44.1	0.37		19	3.9	322	0.72	1.2	88.9
香菜	7.2	1.9	0.3	38.8	1.6	41	22	0.09	1.32	170	5.6	593	0.65	3.7	39.1
大蒜	8.1	0.8	0.2	55	0.99	32.7				18	1	207	0.7	1.3	37.4
大葱	4.1	1.2	0.3	17.8	0.42	10.5	60.7	0.38		15.9	1.34	194	1.76	1.7	23.9
生姜	11.7	1.4	1.4	27.1	0.34	5.07	7.62	0.24		47	7	400	0.51	2.3	66
海带	12.1	8	0.1	38.5	0.67		21	0.13		445	4.5	1235	0.88	9.8	81.3

注: 1. 表中数据是指每 100g 食物的营养成分含量。2. 蔬菜胆固醇含量为零。

附表2-4 水果

	蛋白			维生素						矿物质				膳食	
	糖/ g	质/ g	脂肪/ g	A/ μg	E/ mg	C/ mg	叶酸/ μg	B <sub>6</sub> / mg	B <sub>12</sub> / mg	钙/ μg	铁/ mg	钾/ mg	锌/ mg	纤维/ g	能量/ kcal
苹果	14.8	0.4	0.5	99.2	1.82	6	6.07	0.09		12.7	0.63	3.1	0.13	0.3	65.3
梨子	14.2	0.1	0.1	97.2	1.52	5.6	8.3	0.09		5	0.2	118	0.4	2.2	58
桃子	11.1	0.8	0.1	2.39	0.92	6	4.32	0.08		8	0.81	151	0.32	0.6	48.5
李子	8.8	0.7	0.25	23.7	0.81	5.4	43	0.06	2.95	7.6	0.73	152	0.22	0.65	40.3
柿子	14.6	0.4	0.15	21.4	1.3	4.5	21	0.11		147	0.8	157	0.13	1.6	61.4
橘子	12.1	1	0.3	63.3	1.67	42	21.9	0.06		60	1.05	138	0.29	1.7	55.1
葡萄	10.9	0.6	0.5	4.2	0.52	6.7	5.1	0.11		15	0.5	135	0.1	1.6	50.5
香蕉	23	1.3	0.2	58.2	0.28	11	20.1	0.44		8	0.3	325	0.24	0.6	99
大枣	28	2.45	0.4	2.31	0.22	437	132	0.19		71.2	2.4	261.5	1.71	2.32	125.5
杧果	6.9	0.6	0.2	1320	1.34	27.3	87	0.21		206	4.3	145	0.15	1.3	31.8
西瓜	4.2	1.3		173	0.16	3	2.87	0.12		0.6	0.17	134	0.07	0.3	22
草莓	4.9	1.3	2.1	1.83	0.51	51	99	0.19		25	1.75	182	0.23	1.4	43.7
菠萝	9	0.4	0.3	31.2		36	15.2	0.13		16.3	1.02	154	0.17	0.3	40.3
柠檬	4.9	1.1	1.2	3.6	2.08	22	37	0.19		112	1.28	201	0.93	1.4	34.8
哈密瓜	7.5	0.6	0.2	146	0.53	36.7	28.6	0.35		5.8	0.9	182	0.52	0.25	34.2
猕猴桃	13	0.9	1.5	58.8	1.26	85	39	0.37		56.1	0.9	10.3	0.44	2.1	69.1
木瓜	5.9	0.53	0.17	138	0.37	47.6	43.2	0.03		16.4	0.7	18.5	0.36	0.65	27.3

注：1. 表中数据是指每 100g 食物的营养成分含量。2. 水果胆固醇含量为零。

附表2-5 肉、蛋及其他

	蛋白			维生素						矿物质				膳食	
	糖/ g	质/ g	脂肪/ g	A/ μg	E/ mg	C/ mg	叶酸/ μg	B <sub>6</sub> / mg	B <sub>12</sub> / mg	钙/ μg	铁/ mg	钾/ mg	锌/ mg	纤维/ g	能量/ kcal
猪肉	3.4	20.5	5.3	14.7	0.2	1.24	0.89	0.45	0.36	8	2.3	350	2.95	69	142.3
猪肝	14.2	12.2	1.3	10479	0.78	31.5	997	0.76	53.7	13	23	321	3.97	309	117.3
牛肉	2.6	20	10.2	2.74	0.37		7.28	0.37	1.02	7	0.9	283	1.18	59	182.2
羊肉	0.1	20	7.3	10.4	0.42	2.51	2.89	0.24	3.46	10	2	230	7.23	95	146.1
鸡肉	0.3	22.3	2.3	43.1	1.77			0.46	2.37	17	2.3	346	1.6	101	111.1
鸭肉	0.34	17	12	51	0.13		1.87	0.45	0.74	6	2.87	230	1.05	107	177.4
鲤鱼	0.3	17.7	10.3	23.4	1.33		4.78	0.13	11.2	117	1.85	345	2.11	83	164.7
鲫鱼	0.1	13	1.1	33.3	0.62	1.08	13.84	0.15	5.36	54	2.5	293	3.02	124	62.3
鲍鱼	3.4	13.5	3.5	25.3	2.12	1.12	22.5	0.11	0.33	253	22.6	129	1.68	238	99.1

续表

	蛋白			维生素						矿物质				膳食	
	糖/ g	质/ g	脂肪/ g	A/ μg	E/ mg	C/ mg	叶酸/ μg	B <sub>6</sub> / mg	B <sub>12</sub> / mg	钙/ μg	铁/ mg	钾/ mg	锌/ mg	纤维/ g	能量/ kcal
黄鳝	0.7	18	0.8	19.8	1.53		1.87	0.45	1.52	40.4	2.2	260	0.67	118	82.7
鳖	1.6	16.5	0.1	100	3	2	20	0.19	1.5	107	1.4	142	5.4	95	73.3
蟹	5.9	14	1.6	147	3.01		24.7	0.46	5.3	141	0.8	243	3.54	188	94
虾	0.1	16.4	1.3	19	0.75		25	0.33	2.2	66	1.33	220	2.78	195	77.8
牛奶	4.1	3.2	3.4	18	0.34	1.37	6.73	0.08	0.41	110	0.1	118	3.47	37	59.8
花生油	0.6		99		38.2					15	3.02	0.94	7.45		893.4
蜂蜜	74.3	0.6	2.1	46.2		4.25				30.6	0.42	21.6	0.04		318.5
木瓜	5.9	0.53	0.17	138	0.37	47.6	43.2	0.03		16.4	0.7	18.5	0.36	0.65	27.3

注: 1. 表中数据是指每 100g 食物的营养成分含量。2. 肉、蛋及其他膳食纤维含量为零。