

Bảng tra cứu Tình trạng Dinh dưỡng theo Z-Score của trẻ TRAI 0 - 19 tuổi (theo 3 chỉ số: W/A; (L/A) H/A; BMI/A)

Tuổi (Năm : Tháng)	Tháng	(Cân theo Tuổi)-TRAI							(Cao theo Tuổi)-TRAI							(BMI theo Tuổi)-TRAI						
		-3 SD	Bình thường					3 SD	-3 SD	Bình thường (trẻ ≤2tuổi: đo chiều dài nằm; trẻ >2tuổi: đo chiều cao đứng)					3 SD	-3 SD	Trẻ 0- <5 tuổi: Bình thường: -2SD<=Z-Score<=2SD Trẻ 5-19 tuổi: Bình thường: -2SD<=Z-Score<=1SD					3 SD
			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD	
0:00	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	10.2	11.1	12.2	13.4	14.8	16.3	18.1
0:01	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	11.3	12.4	13.6	14.9	16.3	17.8	19.4
0:02	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	12.5	13.7	15.0	16.3	17.8	19.4	21.1
0:03	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	13.1	14.3	15.5	16.9	18.4	20.0	21.8
0:04	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	13.4	14.5	15.8	17.2	18.7	20.3	22.1
0:05	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	13.5	14.7	15.9	17.3	18.8	20.5	22.3
0:06	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	13.6	14.7	16.0	17.3	18.8	20.5	22.3
0:07	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	13.7	14.8	16.0	17.3	18.8	20.5	22.3
0:08	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	13.6	14.7	15.9	17.3	18.7	20.4	22.2
0:09	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	13.6	14.7	15.8	17.2	18.6	20.3	22.1
0:10	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	13.5	14.6	15.7	17.0	18.5	20.1	22.0
0:11	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	13.4	14.5	15.6	16.9	18.4	20.0	21.8
1:00	12	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	13.4	14.4	15.5	16.8	18.2	19.8	21.6
1:01	13	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	13.3	14.3	15.4	16.7	18.1	19.7	21.5
1:02	14	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	13.2	14.2	15.3	16.6	18.0	19.5	21.3
1:03	15	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	13.1	14.1	15.2	16.4	17.8	19.4	21.2
1:04	16	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	13.1	14.0	15.1	16.3	17.7	19.3	21.0
1:00	17	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	13.0	13.9	15.0	16.2	17.6	19.1	20.9
1:06	18	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	12.9	13.9	14.9	16.1	17.5	19.0	20.8
1:07	19	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	12.9	13.8	14.9	16.1	17.4	18.9	20.7
1:08	20	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	12.8	13.7	14.8	16.0	17.3	18.8	20.6
1:09	21	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	12.8	13.7	14.7	15.9	17.2	18.7	20.5
1:10	22	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	12.7	13.6	14.7	15.8	17.2	18.7	20.4
1:11	23	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	12.7	13.6	14.6	15.8	17.1	18.6	20.3
2:00	24	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	12.7	13.6	14.6	15.7	17.0	18.5	20.3
2:00	24								78.0	81.0	84.1	87.1	90.2	93.2	96.3	12.9	13.8	14.8	16.0	17.3	18.9	20.6
2:01	25	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	12.8	13.8	14.8	16.0	17.3	18.8	20.5
2:02	26	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	12.8	13.7	14.8	15.9	17.3	18.8	20.5
2:03	27	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	12.7	13.7	14.7	15.9	17.2	18.7	20.4
2:04	28	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	12.7	13.6	14.7	15.9	17.2	18.7	20.4
2:05	29	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	12.7	13.6	14.7	15.8	17.1	18.6	20.3
2:06	30	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	12.6	13.6	14.6	15.8	17.1	18.6	20.2
2:07	31	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	12.6	13.5	14.6	15.8	17.1	18.5	20.2
2:08	32	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	12.5	13.5	14.6	15.7	17.0	18.5	20.1
2:09	33	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	12.5	13.5	14.5	15.7	17.0	18.5	20.1
2:10	34	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	12.5	13.4	14.5	15.7	17.0	18.4	20.0
2:11	35	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	12.4	13.4	14.5	15.6	16.9	18.4	20.0
3:00	36	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	12.4	13.4	14.4	15.6	16.9	18.4	20.0
3:01	37	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	12.4	13.3	14.4	15.6	16.9	18.3	19.9
3:02	38	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	12.3	13.3	14.4	15.5	16.8	18.3	19.9
3:03	39	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	12.3	13.3	14.3	15.5	16.8	18.3	19.9
3:04	40	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	12.3	13.2	14.3	15.5	16.8	18.2	19.9
3:05	41	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	12.2	13.2	14.3	15.5	16.8	18.2	19.9
3:06	42	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	12.2	13.2	14.3	15.4	16.8	18.2	19.8
3:07	43	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	12.2	13.2	14.2	15.4	16.7	18.2	19.8
3:08	44	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	12.2	13.1	14.2	15.4	16.7	18.2	19.8
3:09	45	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	12.2	13.1	14.2	15.4	16.7	18.2	19.8
3:10	46	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	12.1	13.1	14.2	15.4	16.7	18.2	19.8
3:11	47	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	12.1	13.1	14.2	15.3	16.7	18.2	19.9
4:00	48	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	12.1	13.1	14.1	15.3	16.7	18.2	19.9
4:01	49	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	12.1	13.0	14.1	15.3	16.7	18.2	19.9
4:02	50	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	12.1	13.0	14.1	15.3	16.7	18.2	19.9
4:03	51	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	12.1	13.0	14.1	15.3	16.6	18.2	19.9
4:04	52	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	12.0	13.0	14.1	15.3	16.6	18.2	19.9
4:05	53	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	12.0	13.0	14.1	15.3	16.6	18.2	20.0
4:06	54	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	12.0	13.0	14.0	15.3	16.6	18.2	20.0
4:07	55	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								

Tuổi (Năm : Tháng)	Tháng	(Cân theo Tuổi)-TRAI							(Cao theo Tuổi)-TRAI							(BMI theo Tuổi)-TRAI						
		-3 SD	Bình thường					3 SD	-3 SD	Bình thường (trẻ ≤2tuổi: đo chiều dài nằm; trẻ >2tuổi: đo chiều cao đứng)					3 SD	-3 SD	Trẻ 0- <5 tuổi: Bình thường: -2SD<=Z-Score<=2SD Trẻ 5-19 tuổi: Bình thường: -2SD<=Z-Score<=1SD					3 SD
			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD	
4:08	56	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	12.0	12.9	14.0	15.2	16.6	18.2	20.1
4:09	57	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	12.0	12.9	14.0	15.2	16.6	18.2	20.1
4:10	58	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	12.0	12.9	14.0	15.2	16.6	18.3	20.2
4:11	59	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	12.0	12.9	14.0	15.2	16.6	18.3	20.2
5:00	60	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	12.0	12.9	14.0	15.2	16.6	18.3	20.3
5:01	61	12.7	14.4	16.3	18.5	21.1	24.2	27.8	96.5	101.1	105.7	110.3	114.9	119.4	124.0	12.1	13.0	14.1	15.3	16.6	18.3	20.2
5:02	62	12.8	14.5	16.4	18.7	21.3	24.4	28.1	96.9	101.6	106.2	110.8	115.4	120.0	124.7	12.1	13.0	14.1	15.3	16.6	18.3	20.2
5:03	63	13.0	14.6	16.6	18.9	21.5	24.7	28.4	97.4	102.0	106.7	111.3	116.0	120.6	125.3	12.1	13.0	14.1	15.3	16.7	18.3	20.2
5:04	64	13.1	14.8	16.7	19.0	21.7	24.9	28.8	97.8	102.5	107.2	111.9	116.5	121.2	125.9	12.1	13.0	14.1	15.3	16.7	18.3	20.3
5:05	65	13.2	14.9	16.9	19.2	22.0	25.2	29.1	98.2	103.0	107.7	112.4	117.1	121.8	126.5	12.1	13.0	14.1	15.3	16.7	18.3	20.3
5:06	66	13.3	15.0	17.0	19.4	22.2	25.5	29.4	98.7	103.4	108.2	112.9	117.7	122.4	127.1	12.1	13.0	14.1	15.3	16.7	18.4	20.4
5:07	67	13.4	15.2	17.2	19.6	22.4	25.7	29.8	99.1	103.9	108.7	113.4	118.2	123.0	127.8	12.1	13.0	14.1	15.3	16.7	18.4	20.4
5:08	68	13.6	15.3	17.4	19.8	22.6	26.0	30.1	99.5	104.3	109.1	113.9	118.7	123.6	128.4	12.1	13.0	14.1	15.3	16.7	18.4	20.5
5:09	69	13.7	15.4	17.5	19.9	22.8	26.3	30.4	99.9	104.8	109.6	114.5	119.3	124.1	129.0	12.1	13.0	14.1	15.3	16.7	18.4	20.5
5:10	70	13.8	15.6	17.7	20.1	23.1	26.6	30.8	100.4	105.2	110.1	115.0	119.8	124.7	129.6	12.1	13.0	14.1	15.3	16.7	18.5	20.6
5:11	71	13.9	15.7	17.8	20.3	23.3	26.8	31.2	100.8	105.7	110.6	115.5	120.4	125.2	130.1	12.1	13.0	14.1	15.3	16.7	18.5	20.6
6:00	72	14.1	15.9	18.0	20.5	23.5	27.1	31.5	101.2	106.1	111.0	116.0	120.9	125.8	130.7	12.1	13.0	14.1	15.3	16.8	18.5	20.7
6:01	73	14.2	16.0	18.2	20.7	23.7	27.4	31.9	101.6	106.5	111.5	116.4	121.4	126.4	131.3	12.1	13.0	14.1	15.3	16.8	18.6	20.8
6:02	74	14.3	16.2	18.3	20.9	24.0	27.7	32.2	102.0	107.0	111.9	116.9	121.9	126.9	131.9	12.2	13.1	14.1	15.3	16.8	18.6	20.8
6:03	75	14.5	16.3	18.5	21.1	24.2	28.0	32.6	102.4	107.4	112.4	117.4	122.4	127.5	132.5	12.2	13.1	14.1	15.3	16.8	18.6	20.9
6:04	76	14.6	16.5	18.7	21.3	24.4	28.3	33.0	102.8	107.8	112.9	117.9	123.0	128.0	133.0	12.2	13.1	14.1	15.4	16.8	18.7	21.0
6:05	77	14.7	16.6	18.8	21.5	24.7	28.6	33.3	103.2	108.2	113.3	118.4	123.5	128.5	133.6	12.2	13.1	14.1	15.4	16.9	18.7	21.0
6:06	78	14.9	16.8	19.0	21.7	24.9	28.9	33.7	103.6	108.7	113.8	118.9	124.0	129.1	134.2	12.2	13.1	14.1	15.4	16.9	18.7	21.1
6:07	79	15.0	16.9	19.2	21.9	25.2	29.2	34.1	103.9	109.1	114.2	119.4	124.5	129.6	134.8	12.2	13.1	14.1	15.4	16.9	18.8	21.2
6:08	80	15.1	17.1	19.3	22.1	25.4	29.5	34.5	104.3	109.5	114.7	119.8	125.0	130.2	135.3	12.2	13.1	14.2	15.4	16.9	18.8	21.3
6:09	81	15.3	17.2	19.5	22.3	25.6	29.8	34.9	104.7	109.9	115.1	120.3	125.5	130.7	135.9	12.2	13.1	14.2	15.4	17.0	18.9	21.3
6:10	82	15.4	17.4	19.7	22.5	25.9	30.1	35.3	105.1	110.3	115.6	120.8	126.0	131.2	136.5	12.2	13.1	14.2	15.4	17.0	18.9	21.4
6:11	83	15.5	17.5	19.9	22.7	26.1	30.4	35.7	105.5	110.8	116.0	121.3	126.5	131.8	137.0	12.2	13.1	14.2	15.5	17.0	19.0	21.5
7:00	84	15.7	17.7	20.0	22.9	26.4	30.7	36.1	105.9	111.2	116.4	121.7	127.0	132.3	137.6	12.3	13.1	14.2	15.5	17.0	19.0	21.6
7:01	85	15.8	17.8	20.2	23.1	26.6	31.0	36.5	106.3	111.6	116.9	122.2	127.5	132.8	138.2	12.3	13.2	14.2	15.5	17.1	19.1	21.7
7:02	86	15.9	18.0	20.4	23.3	26.9	31.3	36.9	106.6	112.0	117.3	122.7	128.0	133.4	138.7	12.3	13.2	14.2	15.5	17.1	19.1	21.8
7:03	87	16.1	18.1	20.6	23.5	27.1	31.7	37.4	107.0	112.4	117.8	123.1	128.5	133.9	139.3	12.3	13.2	14.3	15.5	17.1	19.2	21.9
7:04	88	16.2	18.3	20.7	23.7	27.4	32.0	37.8	107.4	112.8	118.2	123.6	129.0	134.4	139.8	12.3	13.2	14.3	15.6	17.2	19.2	22.0
7:05	89	16.3	18.4	20.9	23.9	27.7	32.3	38.2	107.8	113.2	118.6	124.1	129.5	134.9	140.4	12.3	13.2	14.3	15.6	17.2	19.3	22.0
7:06	90	16.5	18.6	21.1	24.1	27.9	32.6	38.7	108.1	113.6	119.1	124.5	130.0	135.5	140.9	12.3	13.2	14.3	15.6	17.2	19.3	22.1
7:07	91	16.6	18.7	21.3	24.3	28.2	33.0	39.1	108.5	114.0	119.5	125.0	130.5	136.0	141.5	12.3	13.2	14.3	15.6	17.3	19.4	22.2
7:08	92	16.7	18.9	21.4	24.6	28.4	33.3	39.6	108.9	114.4	119.9	125.5	131.0	136.5	142.0	12.3	13.2	14.3	15.6	17.3	19.4	22.4
7:09	93	16.9	19.0	21.6	24.8	28.7	33.7	40.1	109.2	114.8	120.4	125.9	131.5	137.0	142.6	12.4	13.3	14.3	15.7	17.3	19.5	22.5
7:10	94	17.0	19.2	21.8	25.0	29.0	34.0	40.5	109.6	115.2	120.8	126.4	132.0	137.5	143.1	12.4	13.3	14.4	15.7	17.4	19.6	22.6
7:11	95	17.1	19.3	22.0	25.2	29.2	34.4	41.0	110.0	115.6	121.2	126.8	132.4	138.1	143.7	12.4	13.3	14.4	15.7	17.4	19.6	22.7
8:00	96	17.3	19.5	22.1	25.4	29.5	34.7	41.5	110.3	116.0	121.6	127.3	132.9	138.6	144.2	12.4	13.3	14.4	15.7	17.4	19.7	22.8
8:01	97	17.4	19.6	22.3	25.6	29.8	35.1	42.0	110.7	116.4	122.0	127.7	133.4	139.1	144.7	12.4	13.3	14.4	15.8	17.5	19.7	22.9
8:02	98	17.5	19.8	22.5	25.9	30.1	35.5	42.5	111.0	116.7	122.5	128.2	133.9	139.6	145.3	12.4	13.3	14.4	15.8	17.5	19.8	23.0
8:03	99	17.7	19.9	22.7	26.1	30.3	35.8	43.1	111.4	117.1	122.9	128.6	134.3	140.1	145.8	12.4	13.3	14.4	15.8	17.5	19.9	23.1
8:04	100	17.8	20.1	22.9	26.3	30.6	36.2	43.6	111.7	117.5	123.3	129.0	134.8	140.6	146.4	12.4	13.4	14.5	15.8	17.6	19.9	23.3
8:05	101	17.9	20.2	23.0	26.5	30.9	36.6	44.1	112.1	117.9	123.7	129.5	135.3	141.1	146.9	12.5	13.4	14.5	15.9	17.6	20.0	23.4
8:06	102	18.1	20.4	23.2	26.7	31.2	37.0	44.7	112.4	118.3	124.1	129.9	135.8	141.6	147.4	12.5	13.4	14.5	15.9	17.7	20.1	23.5
8:07	103	18.2	20.5	23.4	27.0	31.5	37.4	45.2	112.8	118.7	124.5	130.4	136.2	142.1	148.0	12.5	13.4	14.5	15.9	17.7	20.1	23.6
8:08	104	18.3	20.7	23.6	27.2	31.8	37.8	45.8	113.1	119.0	124.9	130.8	136.7	142.6	148.5	12.5	13.4	14.5	15.9	17.7	20.2	23.8
8:09	105	18.4	20.8	23.8	27.4	32.1	38.2	46.4	113.5	119.4	125.3	131.3	137.2	143.1	149.0	12.5	13.4	14.6	16.0	17.8	20.3	23.9
8:10	106	18.6	21.0	23.9	27.6	32.4	38.6	47.0	113.8	119.8	125.7	131.7	137.6	143.6	149.5	12.5	13.5	14.6	16.0	17.8	20.3	24.0
8:11	107	18.7	21.1	24.1	27.9	32.7	39.0	47.6	114.2	120.2	126.1	132.1	138.1	144.1	150.1	12.5	13.5	14.6	16.0	17.9	20.4	24.2
9:00	108	18.8	21.3	24.3	28.1	33.0	39.4	48.2	114.5	120.5	126.6	132.6	138.6	144.6	150.6	12.6	13.5	14.6	16.0	17.9	20.5	24.3
9:01	109	18.9	21.4	24.5	28.3	33.3	39.9	48.8	114.9	120.9	127.0	133.0	139.0	145.1	151.1	12.6	13.5	14.6	16.1	18.0	20.5	24.4
9:02	110	19.1	21.6	24.7	28.6	33.6	40.3	49.5	115.2	121.3	127.4	133.4	139.5	145.6	151.7	12.6	13.5	14.7	16.1	18.0	2	

Tuổi (Năm : Tháng)	Tháng	(Cân theo Tuổi)-TRAJ							(Cao theo Tuổi)-TRAJ							(BMI theo Tuổi)-TRAJ						
		-3 SD	Bình thường					3 SD	-3 SD	Bình thường (trẻ ≤2tuổi: đo chiều dài nằm; trẻ >2tuổi: đo chiều cao đứng)					3 SD	-3 SD	Trẻ 0- <5 tuổi: Bình thường: -2SD≤Z-Score≤2SD Trẻ 5-19 tuổi: Bình thường: -2SD≤Z-Score≤1SD					3 SD
			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD	
9:07	115	19.7	22.4	25.7	29.8	35.3	42.6	52.8	116.9	123.2	129.4	135.6	141.8	148.1	154.3	12.7	13.6	14.8	16.3	18.2	21.0	25.3
9:08	116	19.9	22.5	25.9	30.1	35.6	43.1	53.5	117.3	123.5	129.8	136.1	142.3	148.6	154.8	12.7	13.6	14.8	16.3	18.3	21.1	25.5
9:09	117	20.0	22.7	26.1	30.4	36.0	43.5	54.2	117.6	123.9	130.2	136.5	142.8	149.1	155.3	12.7	13.7	14.8	16.3	18.3	21.2	25.6
9:10	118	20.1	22.9	26.3	30.6	36.3	44.0	55.0	118.0	124.3	130.6	136.9	143.2	149.5	155.9	12.7	13.7	14.9	16.4	18.4	21.2	25.8
9:11	119	20.3	23.0	26.5	30.9	36.7	44.5	55.7	118.3	124.7	131.0	137.3	143.7	150.0	156.4	12.8	13.7	14.9	16.4	18.4	21.3	25.9
10:00	120	20.4	23.2	26.7	31.2	37.0	45.0	56.4	118.7	125.0	131.4	137.8	144.2	150.5	156.9	12.8	13.7	14.9	16.4	18.5	21.4	26.1
10:01									119.0	125.4	131.8	138.2	144.6	151.0	157.4	12.8	13.8	15.0	16.5	18.5	21.5	26.2
10:02									119.3	125.8	132.2	138.6	145.1	151.5	157.9	12.8	13.8	15.0	16.5	18.6	21.6	26.4
10:03									119.7	126.2	132.6	139.1	145.5	152.0	158.5	12.8	13.8	15.0	16.6	18.6	21.7	26.6
10:04									120.0	126.5	133.0	139.5	146.0	152.5	159.0	12.9	13.8	15.0	16.6	18.7	21.7	26.7
10:05									120.4	126.9	133.4	140.0	146.5	153.0	159.5	12.9	13.9	15.1	16.6	18.8	21.8	26.9
10:06									120.7	127.3	133.8	140.4	146.9	153.5	160.1	12.9	13.9	15.1	16.7	18.8	21.9	27.0
10:07									121.1	127.7	134.3	140.8	147.4	154.0	160.6	12.9	13.9	15.1	16.7	18.9	22.0	27.2
10:08									121.4	128.1	134.7	141.3	147.9	154.5	161.1	13.0	13.9	15.2	16.8	18.9	22.1	27.4
10:09									121.8	128.5	135.1	141.7	148.4	155.0	161.7	13.0	14.0	15.2	16.8	19.0	22.2	27.5
10:10									122.2	128.8	135.5	142.2	148.9	155.5	162.2	13.0	14.0	15.2	16.9	19.0	22.3	27.7
10:11									122.5	129.2	135.9	142.7	149.4	156.1	162.8	13.0	14.0	15.3	16.9	19.1	22.4	27.9
11:00									122.9	129.7	136.4	143.1	149.8	156.6	163.3	13.1	14.1	15.3	16.9	19.2	22.5	28.0
11:01									123.3	130.1	136.8	143.6	150.3	157.1	163.9	13.1	14.1	15.3	17.0	19.2	22.5	28.2
11:02									123.7	130.5	137.3	144.1	150.8	157.6	164.4	13.1	14.1	15.4	17.0	19.3	22.6	28.4
11:03									124.1	130.9	137.7	144.5	151.3	158.2	165.0	13.1	14.1	15.4	17.1	19.3	22.7	28.5
11:04									124.5	131.3	138.2	145.0	151.9	158.7	165.6	13.2	14.2	15.5	17.1	19.4	22.8	28.7
11:05									124.9	131.7	138.6	145.5	152.4	159.3	166.1	13.2	14.2	15.5	17.2	19.5	22.9	28.8
11:06									125.3	132.2	139.1	146.0	152.9	159.8	166.7	13.2	14.2	15.5	17.2	19.5	23.0	29.0
11:07									125.7	132.6	139.6	146.5	153.4	160.4	167.3	13.2	14.3	15.6	17.3	19.6	23.1	29.2
11:08									126.1	133.1	140.0	147.0	154.0	160.9	167.9	13.3	14.3	15.6	17.3	19.7	23.2	29.3
11:09									126.5	133.5	140.5	147.5	154.5	161.5	168.5	13.3	14.3	15.7	17.4	19.7	23.3	29.5
11:10									126.9	134.0	141.0	148.0	155.0	162.1	169.1	13.3	14.4	15.7	17.4	19.8	23.4	29.6
11:11									127.4	134.4	141.5	148.5	155.6	162.7	169.7	13.4	14.4	15.7	17.5	19.9	23.5	29.8
12:00									127.8	134.9	142.0	149.1	156.2	163.3	170.3	13.4	14.5	15.8	17.5	19.9	23.6	30.0
12:01									128.3	135.4	142.5	149.6	156.7	163.8	170.8	13.4	14.5	15.8	17.6	20.0	23.7	30.1
12:02									128.7	135.9	143.0	150.2	157.3	164.5	171.6	13.5	14.5	15.9	17.6	20.1	23.8	30.3
12:03									129.2	136.4	143.6	150.7	157.9	165.1	172.2	13.5	14.6	15.9	17.7	20.2	23.9	30.4
12:04									129.7	136.9	144.1	151.3	158.5	165.7	172.9	13.5	14.6	16.0	17.8	20.2	24.0	30.6
12:05									130.2	137.4	144.6	151.9	159.1	166.3	173.6	13.6	14.6	16.0	17.8	20.3	24.1	30.7
12:06									130.7	137.9	145.2	152.4	159.7	167.0	174.2	13.6	14.7	16.1	17.9	20.4	24.2	30.9
12:07									131.2	138.5	145.7	153.0	160.3	167.6	174.9	13.6	14.7	16.1	17.9	20.4	24.3	31.0
12:08									131.7	139.0	146.3	153.6	160.9	168.3	175.6	13.7	14.8	16.2	18.0	20.5	24.4	31.1
12:09									132.2	139.5	146.9	154.2	161.6	168.9	176.3	13.7	14.8	16.2	18.0	20.6	24.5	31.3
12:10									132.7	140.1	147.5	154.8	162.2	169.6	176.9	13.7	14.8	16.3	18.1	20.7	24.6	31.4
12:11									133.2	140.6	148.0	155.4	162.8	170.2	177.6	13.8	14.9	16.3	18.2	20.8	24.7	31.6
13:00									133.8	141.2	148.6	156.0	163.5	170.9	178.3	13.8	14.9	16.4	18.2	20.8	24.8	31.7
13:01									134.3	141.7	149.2	156.7	164.1	171.6	179.0	13.8	15.0	16.4	18.3	20.9	24.9	31.8
13:02									134.8	142.3	149.8	157.3	164.7	172.2	179.7	13.9	15.0	16.5	18.4	21.0	25.0	31.9
13:03									135.4	142.9	150.4	157.9	165.4	172.9	180.4	13.9	15.1	16.5	18.4	21.1	25.1	32.1
13:04									135.9	143.4	151.0	158.5	166.0	173.5	181.1	14.0	15.1	16.6	18.5	21.1	25.2	32.2
13:05									136.4	144.0	151.5	159.1	166.6	174.2	181.8	14.0	15.2	16.6	18.6	21.2	25.2	32.3
13:06									137.0	144.5	152.1	159.7	167.3	174.8	182.4	14.0	15.2	16.7	18.6	21.3	25.3	32.4
13:07									137.5	145.1	152.7	160.3	167.9	175.5	183.1	14.1	15.2	16.7	18.7	21.4	25.4	32.6
13:08									138.0	145.7	153.3	160.9	168.5	176.1	183.7	14.1	15.3	16.8	18.7	21.5	25.5	32.7
13:09									138.6	146.2	153.8	161.5	169.1	176.7	184.4	14.1	15.3	16.8	18.8	21.5	25.6	32.8
13:10									139.1	146.7	154.4	162.1	169.7	177.4	185.0	14.2	15.4	16.9	18.9	21.6	25.7	32.9
13:11									139.6	147.3	154.9	162.6	170.3	178.0	185.6	14.2	15.4	17.0	18.9	21.7	25.8	33.0
14:00									140.1	147.8	155.5	163.2	170.9	178.6	186.3	14.3	15.5	17.0	19.0	21.8	25.9	33.1
14:01									140.6	148.3	156.0	163.7	171.4	179.1	186.9	14.3	15.5	17.1	19.1	21.8	26.0	33.2
14:02									141.1	148.8	156.5	164.3	172.0	179.7	187.4	14.3	15.6	17.1	19.1	21.9	26.1	33.3
14:03									141.6	149.3	157.1	164.8	172.5	180.3	188.0	14.4	15.6	17.2	19.2	22.0	26.2	33.4
14:04									142.1	149.8	157.6	165.3	173.1	180.8	188.6	14.4	15.7	17.2	19.3	22.1	26.3	33.5
14:05									142.5	150.3	158.1	165.8	173.6	181.3	189.1	14.5	15.7	17.3	19.3	22.2	26.4	33.5

Tuổi (Năm : Tháng)	Tháng	(Cân theo Tuổi)-TRAI							(Cao theo Tuổi)-TRAI							(BMI theo Tuổi)-TRAI						
		-3 SD	Bình thường					3 SD	-3 SD	Bình thường (trẻ ≤2tuổi: đo chiều dài nằm; trẻ >2tuổi: đo chiều cao đứng)					3 SD	-3 SD	Trẻ 0- <5 tuổi: Bình thường: -2SD≤Z-Score≤2SD Trẻ 5-19 tuổi: Bình thường: -2SD≤Z-Score≤1SD					3 SD
			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD			-2 SD	-1 SD	TB	1 SD	2 SD	
14:06								143.0	150.8	158.5	166.3	174.1	181.8	189.6	14.5	15.7	17.3	19.4	22.2	26.5	33.6	
14:07								143.4	151.2	159.0	166.8	174.6	182.3	190.1	14.5	15.8	17.4	19.5	22.3	26.5	33.7	
14:08								143.9	151.7	159.5	167.2	175.0	182.8	190.6	14.6	15.8	17.4	19.5	22.4	26.6	33.8	
14:09								144.3	152.1	159.9	167.7	175.5	183.3	191.1	14.6	15.9	17.5	19.6	22.5	26.7	33.9	
14:10								144.7	152.5	160.3	168.1	175.9	183.7	191.5	14.6	15.9	17.5	19.6	22.5	26.8	33.9	
14:11								145.1	152.9	160.7	168.5	176.3	184.1	191.9	14.7	16.0	17.6	19.7	22.6	26.9	34.0	
15:00								145.5	153.4	161.2	169.0	176.8	184.6	192.4	14.7	16.0	17.6	19.8	22.7	27.0	34.1	
15:01								145.9	153.7	161.5	169.4	177.2	185.0	192.8	14.7	16.1	17.7	19.8	22.8	27.1	34.1	
15:02								146.3	154.1	161.9	169.7	177.5	185.4	193.2	14.8	16.1	17.8	19.9	22.8	27.1	34.2	
15:03								146.7	154.5	162.3	170.1	177.9	185.7	193.5	14.8	16.1	17.8	20.0	22.9	27.2	34.3	
15:04								147.1	154.9	162.7	170.5	178.3	186.1	193.9	14.8	16.2	17.9	20.0	23.0	27.3	34.3	
15:05								147.4	155.2	163.0	170.8	178.6	186.4	194.2	14.9	16.2	17.9	20.1	23.0	27.4	34.4	
15:06								147.7	155.5	163.3	171.1	178.9	186.8	194.6	14.9	16.3	18.0	20.1	23.1	27.4	34.5	
15:07								148.1	155.9	163.7	171.5	179.3	187.1	194.9	15.0	16.3	18.0	20.2	23.2	27.5	34.5	
15:08								148.4	156.2	164.0	171.8	179.6	187.4	195.2	15.0	16.3	18.1	20.3	23.3	27.6	34.6	
15:09								148.7	156.5	164.3	172.1	179.9	187.7	195.5	15.0	16.4	18.1	20.3	23.3	27.7	34.6	
15:10								149.0	156.8	164.6	172.4	180.1	187.9	195.7	15.0	16.4	18.2	20.4	23.4	27.7	34.7	
15:11								149.3	157.1	164.9	172.6	180.4	188.2	196.0	15.1	16.5	18.2	20.4	23.5	27.8	34.7	
16:00								149.6	157.4	165.1	172.9	180.7	188.4	196.2	15.1	16.5	18.2	20.5	23.5	27.9	34.8	
16:01								149.9	157.7	165.4	173.1	180.9	188.7	196.4	15.1	16.5	18.3	20.6	23.6	27.9	34.8	
16:02								150.1	157.9	165.6	173.4	181.1	188.9	196.7	15.2	16.6	18.3	20.6	23.7	28.0	34.8	
16:03								150.4	158.1	165.9	173.6	181.4	189.1	196.9	15.2	16.6	18.4	20.7	23.7	28.1	34.9	
16:04								150.6	158.4	166.1	173.8	181.6	189.3	197.0	15.2	16.7	18.4	20.7	23.8	28.1	34.9	
16:05								150.9	158.6	166.3	174.0	181.8	189.5	197.2	15.3	16.7	18.5	20.8	23.8	28.2	35.0	
16:06								151.1	158.8	166.5	174.2	181.9	189.7	197.4	15.3	16.7	18.5	20.8	23.9	28.3	35.0	
16:07								151.3	159.0	166.7	174.4	182.1	189.8	197.5	15.3	16.8	18.6	20.9	24.0	28.3	35.0	
16:08								151.5	159.2	166.9	174.6	182.3	190.0	197.7	15.3	16.8	18.6	20.9	24.0	28.4	35.1	
16:09								151.7	159.4	167.1	174.7	182.4	190.1	197.8	15.4	16.8	18.7	21.0	24.1	28.5	35.1	
16:10								151.9	159.6	167.2	174.9	182.6	190.2	197.9	15.4	16.9	18.7	21.0	24.2	28.5	35.1	
16:11								152.1	159.7	167.4	175.0	182.7	190.3	198.0	15.4	16.9	18.7	21.1	24.2	28.6	35.2	
17:00								152.2	159.9	167.5	175.2	182.8	190.4	198.1	15.4	16.9	18.8	21.1	24.3	28.6	35.2	
17:01								152.4	160.0	167.7	175.3	182.9	190.5	198.2	15.5	17.0	18.8	21.2	24.3	28.7	35.2	
17:02								152.5	160.2	167.8	175.4	183.0	190.6	198.2	15.5	17.0	18.9	21.2	24.4	28.7	35.2	
17:03								152.7	160.3	167.9	175.5	183.1	190.7	198.3	15.5	17.0	18.9	21.3	24.4	28.8	35.3	
17:04								152.8	160.4	168.0	175.6	183.2	190.8	198.4	15.5	17.1	18.9	21.3	24.5	28.9	35.3	
17:05								153.0	160.5	168.1	175.7	183.3	190.8	198.4	15.6	17.1	19.0	21.4	24.5	28.9	35.3	
17:06								153.1	160.6	168.2	175.8	183.3	190.9	198.4	15.6	17.1	19.0	21.4	24.6	29.0	35.3	
17:07								153.2	160.8	168.3	175.8	183.4	190.9	198.5	15.6	17.1	19.1	21.5	24.7	29.0	35.4	
17:08								153.3	160.9	168.4	175.9	183.4	191.0	198.5	15.6	17.2	19.1	21.5	24.7	29.1	35.4	
17:09								153.4	160.9	168.5	176.0	183.5	191.0	198.5	15.6	17.2	19.1	21.6	24.8	29.1	35.4	
17:10								153.5	161.0	168.5	176.0	183.5	191.0	198.5	15.7	17.2	19.2	21.6	24.8	29.2	35.4	
17:11								153.6	161.1	168.6	176.1	183.6	191.1	198.6	15.7	17.3	19.2	21.7	24.9	29.2	35.4	
18:00								153.7	161.2	168.7	176.1	183.6	191.1	198.6	15.7	17.3	19.2	21.7	24.9	29.2	35.4	
18:01								153.8	161.3	168.7	176.2	183.6	191.1	198.6	15.7	17.3	19.3	21.8	25.0	29.3	35.5	
18:02								153.9	161.4	168.8	176.2	183.7	191.1	198.6	15.7	17.3	19.3	21.8	25.0	29.3	35.5	
18:03								154.0	161.4	168.9	176.3	183.7	191.1	198.6	15.7	17.4	19.3	21.8	25.1	29.4	35.5	
18:04								154.1	161.5	168.9	176.3	183.7	191.1	198.6	15.8	17.4	19.4	21.9	25.1	29.4	35.5	
18:05								154.2	161.6	169.0	176.4	183.8	191.1	198.5	15.8	17.4	19.4	21.9	25.1	29.5	35.5	
18:06								154.2	161.6	169.0	176.4	183.8	191.1	198.5	15.8	17.4	19.4	22.0	25.2	29.5	35.5	
18:07								154.3	161.7	169.0	176.4	183.8	191.2	198.5	15.8	17.5	19.5	22.0	25.2	29.5	35.5	
18:08								154.4	161.7	169.1	176.4	183.8	191.2	198.5	15.8	17.5	19.5	22.0	25.3	29.6	35.5	
18:09								154.5	161.8	169.1	176.5	183.8	191.2	198.5	15.8	17.5	19.5	22.1	25.3	29.6	35.5	
18:10								154.5	161.8	169.2	176.5	183.8	191.1	198.5	15.8	17.5	19.6	22.1	25.4	29.6	35.5	
18:11								154.6	161.9	169.2	176.5	183.8	191.1	198.5	15.8	17.5	19.6	22.2	25.4	29.7	35.5	
19:00								154.6	161.9	169.2	176.5	183.8	191.1	198.4	15.9	17.6	19.6	22.2	25.4	29.7	35.5	