$$= \frac{-2R \pm 2.582R}{2}$$

And, finally

$$r(+) = \frac{-2R + 2.582R}{2} = 0.291R$$

$$r(-) = \frac{-2R - 2.582R}{2} = -2.291R$$

Of course, only the r(+) root is possible, and, therefore, $r = 0.291R$.

Thus, for a host atom of radius R, the size of an interstitial site for FCC is approximately 1.4 times that for BCC.