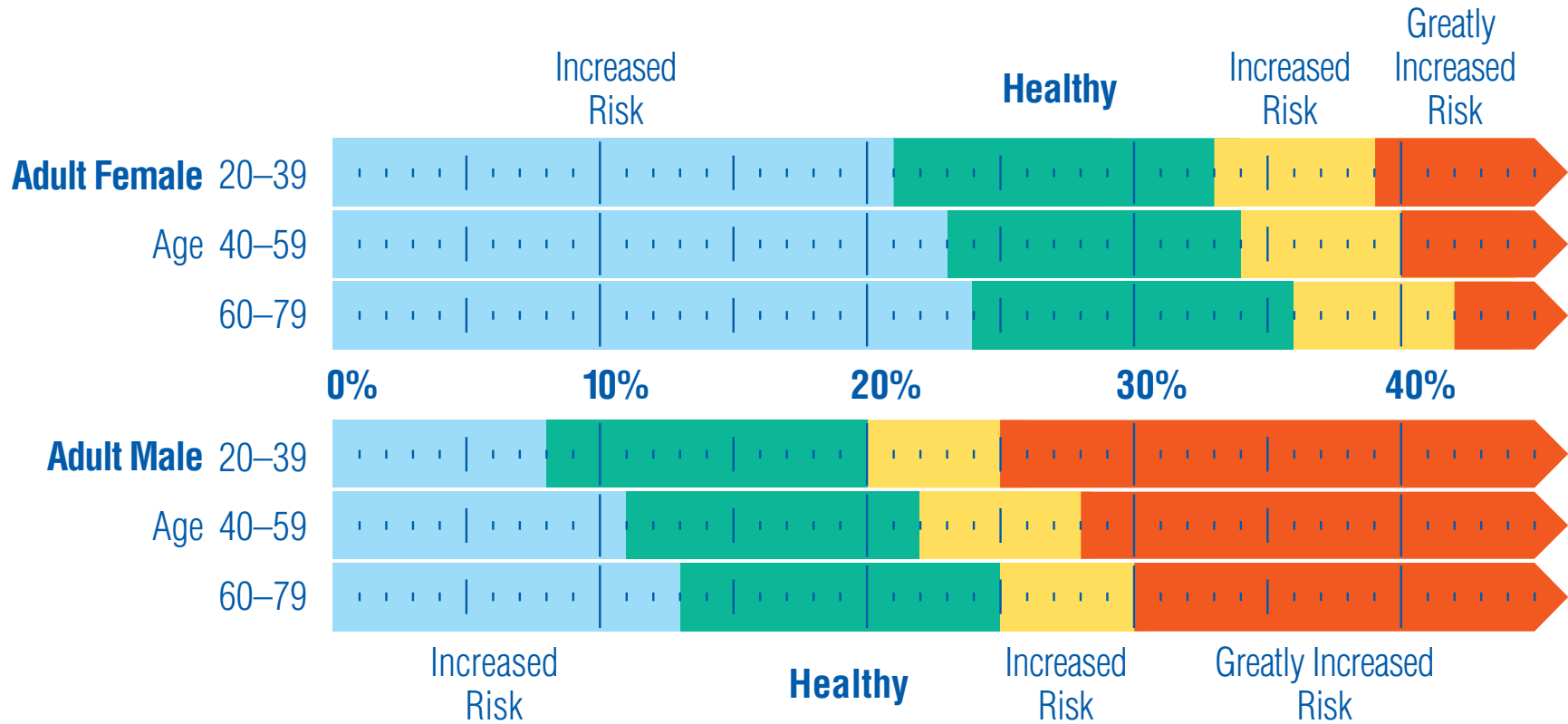


# Body Fat Ranges for Standard Adults<sup>1,2</sup>



<sup>1</sup> Based on NIH/WHO BMI Guidelines.

<sup>2</sup> As reported by Gallagher, et al. *Am J Clin Nutr.* Sept., 2000.

To determine the percentage of body fat that is appropriate for your body, consult your physician.