

# COMPARISON OF BODY-FAT PERCENTAGES

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Your percentage of body fat is the most important measurement you have to determine your progress toward physical fitness. However, to have relevance, this number must have some relationship to real-life situations. Below is a listing of body-fat percentages for elite athletes that will allow you to put your percent of body fat into a better perspective. It is important to note two items. First, males will always have a lower percent of body fat than females in the same reference groups. Second, the reference groups are those for world-class or professional athletes. To have the look of a world-class athlete you have to have the same percentage of body fat as a world-class athlete. But before you can have the look of a world-class athlete, you have to first get to percent body fat for healthy, ideal fit male or female.

## REFERENCE GROUP—MALES PERCENT BODY FAT

Gymnasts, wrestlers	4
Body builders	5
Basketball centers	7
Cross-country skiers, triathletes	8
Racquetball players	9
Basketball forwards, soccer players	10
Swimmers	10
Distance runners, football defensive backs	11
Basketball guards, football linebackers	12
Football offensive backs	13
Ideal male	15
Power lifters, shot putters, discus throwers	17
Average American male	23

## Body Mass Index (BMI)

BMI (kg/m <sup>2</sup> )	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (ft & in.)	Weight (lb.)													
4'8"	91	96	100	106	110	115	119	124	129	134	138	143	167	191
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	148	155	163	171	179	188	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328

## REFERENCE GROUP—FEMALES PERCENT BODY FAT

Average anorexic patient	10
Gymnasts	14
Racquetball players	15
Aerobic-dancer instructors	17
Cross-country skiers	18
Swimmers	19
Tennis players, alpine skiers	20
Track and field, basketball, and volleyball players	21
Ideal female	22
Average American female	32