

Body Fat Chart for Women

using Single Site Suprailiac

Suprailiac Skinfold (mm)	Age 20 and Under	Age 21-25	Age 26-30	Age 31-35	Age 36-40	Age 41-45	Age 46-50	Age 51-55	Age 56 and Above
2.5	11.30%	11.90%	12.50%	13.20%	13.80%	14.40%	15.00%	15.60%	16.30%
3.0	11.85%	12.47%	13.07%	13.75%	14.35%	14.97%	15.57%	16.17%	16.85%
3.5	12.40%	13.05%	13.65%	14.30%	14.90%	15.55%	16.10%	16.75%	17.40%
4.0	12.95%	13.62%	14.22%	14.85%	15.45%	16.12%	16.72%	17.32%	17.95%
4.5	13.50%	14.20%	14.80%	15.40%	16.00%	16.70%	17.30%	17.90%	18.50%
5.0	14.05%	14.72%	15.32%	15.95%	16.55%	17.22%	17.80%	18.42%	19.05%
5.5	14.60%	15.25%	15.85%	16.50%	17.10%	17.75%	18.35%	18.95%	19.60%
6.0	15.15%	15.77%	16.37%	17.05%	17.65%	18.27%	18.87%	19.47%	20.15%
6.5	15.70%	16.30%	16.90%	17.60%	18.20%	18.80%	19.40%	20.00%	20.70%
7.0	15.20%	16.82%	17.42%	18.10%	18.70%	19.30%	19.92%	20.52%	21.20%
7.5	15.70%	17.35%	17.95%	18.60%	19.20%	19.80%	20.40%	21.05%	21.70%
8.0	16.20%	17.87%	18.47%	19.10%	19.70%	20.30%	20.97%	21.57%	22.20%
8.5	17.70%	18.40%	19.00%	19.60%	20.20%	20.80%	21.50%	22.10%	22.70%
9.0	18.20%	18.87%	19.47%	20.07%	22.65%	21.30%	21.97%	22.57%	23.17%
9.5	18.70%	19.35%	19.95%	20.55%	23.10%	21.80%	22.44%	23.05%	23.65%
10.0	20.20%	19.82%	20.42%	21.02%	23.55%	22.30%	22.91%	23.52%	24.12%
10.5	19.70%	20.30%	20.90%	21.50%	22.20%	22.80%	23.40%	24.00%	24.60%
11.0	20.15%	20.75%	21.35%	21.97%	22.65%	23.25%	23.85%	24.47%	25.07%
11.5	20.60%	21.20%	21.80%	22.45%	23.10%	23.70%	24.30%	24.95%	25.55%
12.0	21.05%	21.65%	22.25%	22.92%	23.55%	24.15%	24.75%	25.42%	26.02%
12.5	21.50%	22.10%	22.70%	23.40%	24.00%	24.60%	25.20%	25.90%	26.50%
13.0	21.92%	22.52%	23.15%	23.82%	24.42%	24.92%	25.62%	26.32%	26.92%
13.5	22.35%	22.95%	23.60%	24.25%	24.85%	25.25%	26.05%	26.75%	27.35%
14.0	22.77%	23.37%	24.05%	24.67%	25.27%	25.57%	26.47%	27.17%	27.77%
14.5	23.20%	23.80%	24.50%	25.10%	25.70%	26.30%	26.90%	27.60%	28.20%
15.0	23.60%	24.22%	24.90%	25.50%	26.10%	26.70%	27.32%	28.00%	28.60%
15.5	24.00%	24.65%	25.30%	25.90%	26.50%	27.10%	27.75%	28.40%	29.00%
16.0	24.40%	25.07%	25.70%	26.30%	26.90%	27.50%	28.17%	28.80%	29.40%
16.5	24.80%	25.50%	26.10%	26.70%	27.30%	27.90%	28.60%	29.20%	29.80%
17.0	25.17%	25.87%	26.47%	27.07%	27.67%	28.27%	28.80%	29.58%	30.17%
17.5	25.55%	26.25%	26.85%	27.45%	28.05%	28.65%	29.00%	29.95%	30.55%
18.0	25.92%	26.62%	27.22%	27.82%	28.42%	29.02%	29.20%	30.32%	30.92%
18.5	26.30%	27.00%	27.60%	28.20%	28.80%	29.40%	30.10%	30.70%	31.30%
19.0	26.65%	27.35%	27.95%	28.55%	29.15%	29.75%	30.45%	31.05%	31.65%
19.5	27.00%	27.70%	28.30%	28.90%	29.50%	30.10%	30.80%	31.40%	32.00%
20.0	27.35%	28.05%	28.65%	29.25%	29.85%	30.45%	31.15%	31.75%	32.35%
20.5	27.70%	28.40%	29.00%	29.60%	30.20%	30.80%	31.50%	32.10%	32.70%
21.0	28.02%	28.70%	29.32%	29.92%	30.52%	31.12%	31.82%	32.42%	33.02%
21.5	28.35%	29.00%	29.65%	30.25%	30.85%	31.45%	32.15%	32.75%	33.35%

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Suprailiac Skinfold (mm)	Age 20 and Under	Age 21-25	Age 26-30	Age 31-35	Age 36-40	Age 41-45	Age 46-50	Age 51-55	Age 56 and Above
22.0	28.67%	29.30%	29.97%	30.57%	31.17%	31.77%	32.47%	33.07%	33.67%
22.5	29.00%	29.60%	30.30%	30.90%	31.50%	32.10%	32.80%	33.40%	34.00%
23.0	29.30%	29.90%	30.60%	31.20%	31.80%	32.40%	33.10%	33.70%	34.30%
23.5	29.60%	30.20%	30.90%	31.50%	32.10%	32.70%	33.40%	34.00%	34.60%
24.0	29.90%	30.50%	31.20%	31.80%	32.40%	33.00%	33.70%	34.30%	34.90%
24.5	30.20%	30.80%	31.50%	32.10%	32.70%	33.30%	34.00%	34.60%	35.20%
25.0	30.47%	31.07%	31.75%	32.37%	32.97%	33.57%	34.25%	34.85%	35.47%
25.5	30.75%	31.35%	32.00%	32.65%	33.25%	33.85%	34.50%	35.10%	35.75%
26.0	31.02%	31.62%	32.25%	32.92%	33.52%	34.12%	34.75%	35.35%	36.02%
26.5	31.30%	31.90%	32.50%	33.20%	33.80%	34.40%	35.00%	35.60%	36.30%
27.0	31.55%	32.40%	32.75%	33.42%	34.05%	34.65%	35.25%	35.85%	36.52%
27.5	31.80%	32.90%	33.00%	33.65%	34.30%	34.90%	35.50%	36.10%	36.75%
28.0	32.05%	33.40%	33.25%	33.87%	34.55%	35.15%	35.75%	36.35%	36.97%
28.5	32.30%	32.90%	33.50%	34.10%	34.80%	35.40%	36.00%	36.60%	37.20%
29.0	32.50%	33.12%	33.72%	34.32%	35.00%	35.62%	36.22%	36.82%	37.42%
29.5	32.70%	33.35%	33.95%	34.55%	35.20%	35.85%	36.45%	37.05%	37.65%
30.0	32.90%	33.57%	34.17%	34.77%	35.40%	36.07%	36.67%	27.27%	37.87%
30.5	33.10%	33.80%	34.40%	35.00%	35.60%	36.30%	36.90%	37.50%	38.10%
31.0	33.30%	33.97%	34.60%	35.20%	35.80%	36.47%	37.07%	37.70%	38.30%
31.5	33.50%	34.15%	34.80%	35.40%	36.00%	36.65%	37.25%	37.90%	38.50%
32.0	33.70%	34.32%	35.00%	35.60%	36.20%	36.87%	37.42	38.10%	38.70%
32.5	33.90%	34.50%	35.20%	35.80%	36.40%	37.00%	37.60%	38.30%	38.90%
33.0	34.07%	34.67%	35.35%	35.95%	36.55%	37.17%	37.77%	38.45%	39.05%
33.5	34.25%	34.85%	35.50%	36.10%	36.70%	37.35%	37.95%	38.60%	39.20%
34.0	34.42%	35.02%	35.65%	36.25%	36.85%	37.52%	38.12%	38.75%	39.35%
34.5	34.60%	35.20%	35.80%	36.40%	37.00%	37.70%	38.30%	38.90%	39.50%
35.0	34.77%	35.37%	36.95%	36.55%	37.15%	37.87%	38.47%	39.05%	39.65%
35.5	34.95%	35.55%	37.10%	36.70%	37.30%	38.05%	38.65%	39.20%	39.80%
36.0	35.12%	35.72%	37.25%	36.85%	37.45%	38.22%	38.82%	39.35%	39.95%
36.5	35.30%	35.90%	36.40%	37.00%	37.60%	38.40%	39.00%	39.50%	40.10%
37.0	35.37%	36.07%	36.55%	37.15%	37.75%	38.57%	39.17%	39.65%	40.25%
37.5	35.55%	36.25%	36.70%	37.30%	37.90%	38.75%	39.35%	39.80%	40.40%
38.0	35.72%	36.42%	36.85%	37.45%	38.05%	38.92%	39.52%	39.95%	40.55%
38.5	35.90%	36.60%	37.00%	37.60%	38.20%	39.10%	39.70%	40.10%	40.70%
39.0	36.07%	36.77%	37.15%	37.75%	38.35%	39.27%	39.87%	40.25%	40.85%
39.5	36.25%	36.95%	37.30%	37.90%	38.50%	39.45%	40.05%	40.40%	40.90%
40.0	36.42%	37.12%	37.45%	38.05%	38.65%	39.62%	40.22%	40.55%	41.05%