

# Wieviel Körperfett ist für Sie gesund?

Körperfett in Prozent

Alter	KÖRPERFETTANTEIL BEI FRAUEN				KÖRPERFETTANTEIL BEI MÄNNERN			
	sehr gut	gut	mittel	schlecht	sehr gut	gut	mittel	schlecht
10-14	<16%	16-21%	21,1-26%	>26,1%	<11%	11-16%	16,1-23%	>23,1%
15-19	<17%	17-22%	22,1-27%	>27,1%	<12%	12-17%	17,1-22%	>22,1%
20-29	<18%	18-23%	23,1-28%	>28,1%	<13%	13-18%	18,1-23%	>23,1%
30-39	<19%	19-24%	24,1-29%	>29,1%	<14%	14-19%	19,1-24%	>24,1%
40-49	<20%	20-25%	25,1-30%	>30,1%	<15%	15-20%	20,1-25%	>25,1%
50-59	<21%	21-26%	26,1-31%	>31,1%	<16%	16-21%	21,1-26%	>26,1%
60-69	<22%	22-27%	27,1-32%	>32,1%	<17%	17-22%	22,1-27%	>27,1%
70-100	<23%	23-28%	28,1-33%	>33,1%	<18%	18-23%	23,1-28%	>28,1%