



**BODY COMPOSITION ANALYSIS (BCA) – ADULT MALE
(21–60 YEARS)
REFERENCE HANDOUT**

Parameter	Normal – 21–39 yrs (Green)	Normal – 40–60 yrs (Green)	Risk / Caution (Red)
BMI (kg/m ²)	18.5 – 24.9 (Indian ≤22.9)	18.5 – 24.9 (Indian ≤22.9)	<18.5 or ≥25
Body Fat (%)	12 – 18%	18 – 22%	>25%
Skeletal Muscle Mass (%)	36 – 40%	32 – 36%	<32%
Total Body Water (%)	55 – 60%	50 – 55%	<50%
Visceral Fat Rating	<10	<10	≥10
Waist–Hip Ratio	<0.90	<0.90	≥0.90
ECW/TBW Ratio	0.36 – 0.39	0.36 – 0.39	≥0.40

Green = Expected healthy range for age group

Red = Increased health risk – requires nutrition & lifestyle intervention

Note: Applicable to adult males 21–60 years. Interpret values along with clinical history, labs, diet pattern, and physical activity. Use the same BIA device for follow-up.