Mitha® Aahara
Eat To Live

BODY COMPOSITION ANALYSIS (BCA) – ADULT FEMALE

(21–60 YEARS)
OPD COLOR-CODED REFERENCE TABLE

Parameter	Normal – 21–39 yrs (Green)	Normal – 40–60 yrs (Green)	Risk / Caution (Red)
BMI (kg/m^2)	18.5 – 24.9 (Indian ideal ≤22.9)	18.5 – 24.9 (Indian ideal ≤22.9)	<18.5 or ≥25
Body Fat (%)	22 – 30%	28 – 35%	>35%
Skeletal Muscle Mass (%)	30 – 34%	26 – 30%	<26%
Total Body Water (%)	50 – 55%	45 – 50%	<45%
Visceral Fat Rating	<10	<10	≥10
Waist–Hip Ratio	<0.85	<0.85	≥0.85
ECW/TBW Ratio	0.36 – 0.38	0.37 – 0.39	≥0.40

Green = Expected healthy range for age group

Red = Increased health risk – needs nutrition & lifestyle intervention

Note: Applicable to adult females 21–60 years. Age-related changes in muscle mass, fat distribution, and body water should be considered. Use the same BIA device for follow-up.