

Fedt-procent (Bioimpedans) – drenge og piger, 5-18 år

Table 1 Tabulated body fat % centile values by exact age

Years	Centile								
	2	9	25	50	75	85	91	95	98
<i>Boys</i>									
5.0	12.2	13.1	14.2	15.6	17.4	18.6	19.8	21.4	23.6
6.0	12.4	13.3	14.5	16.0	18.0	19.5	20.9	22.7	25.3
7.0	12.6	13.6	14.9	16.5	18.8	20.4	22.0	24.1	27.2
8.0	12.7	13.8	15.2	17.0	19.5	21.3	23.1	25.5	29.1
9.0	12.8	14.0	15.5	17.5	21.2	22.2	24.2	26.8	31.0
10.0	12.8	14.1	15.7	17.8	20.7	22.8	25.0	27.9	32.4
11.0	12.6	13.9	15.4	17.7	20.8	23.0	25.3	28.3	32.9
12.0	12.1	13.4	15.1	17.4	20.4	22.7	25.0	27.9	32.2
13.0	11.5	12.8	14.5	16.8	19.8	22.0	24.2	27.0	31.0
14.0	10.9	12.3	14.0	16.2	19.2	21.3	23.3	25.9	29.5
15.0	10.4	11.8	13.6	15.8	18.7	20.7	22.6	25.0	28.2
16.0	10.1	11.5	13.3	15.5	18.4	20.3	22.1	24.3	27.2
17.0	9.8	11.3	13.1	15.4	18.3	20.1	21.8	23.9	26.5
18.0	9.6	11.2	13.1	15.4	18.3	20.1	21.7	23.6	25.9
<i>Girls</i>									
5.0	13.8	15.0	16.4	18.0	20.1	21.5	22.8	24.3	26.3
6.0	14.4	15.7	17.2	19.1	21.5	23.0	24.5	26.2	28.4
7.0	14.9	16.3	18.1	20.2	22.8	24.5	26.1	28.0	30.5
8.0	15.3	16.9	18.9	21.2	24.1	26.0	27.7	29.7	32.4
9.0	15.7	17.5	19.6	22.1	25.2	27.2	29.0	31.2	33.9
10.0	16.0	17.9	20.1	22.8	26.0	28.2	30.1	32.2	35.0
11.0	16.1	18.1	20.4	23.3	26.6	28.8	30.7	32.8	35.6
12.0	16.1	18.2	20.7	23.5	27.0	29.1	31.0	33.1	35.8
13.0	16.1	18.3	20.8	23.8	27.2	29.4	31.2	33.3	35.9
14.0	16.0	18.3	20.9	24.0	27.5	29.6	31.5	33.6	36.1
15.0	15.7	18.2	21.0	24.1	27.7	29.9	31.7	33.8	36.3
16.0	15.5	18.1	21.0	24.3	27.9	30.1	32.0	34.1	36.5
17.0	15.1	17.9	21.0	24.4	28.2	30.4	32.3	34.4	36.8
18.0	14.7	17.7	21.0	24.6	28.5	30.8	32.7	34.8	37.2



Reference: McCarthy et al. International Journal of Obesity (2006) 30, 598–602. [doi:10.1038/sj.ijo.0803232](https://doi.org/10.1038/sj.ijo.0803232)

DXA Kroppsfedt-procent (FM%) – drenge og piger, 2-5 år

DXA: Dual-Energy X-ray Absorptiometry

I.A.L.P. van Beijsterveldt, M. van der Steen, K.S. de Fluijter et al.

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Table 2

Sex-specific reference values for body composition

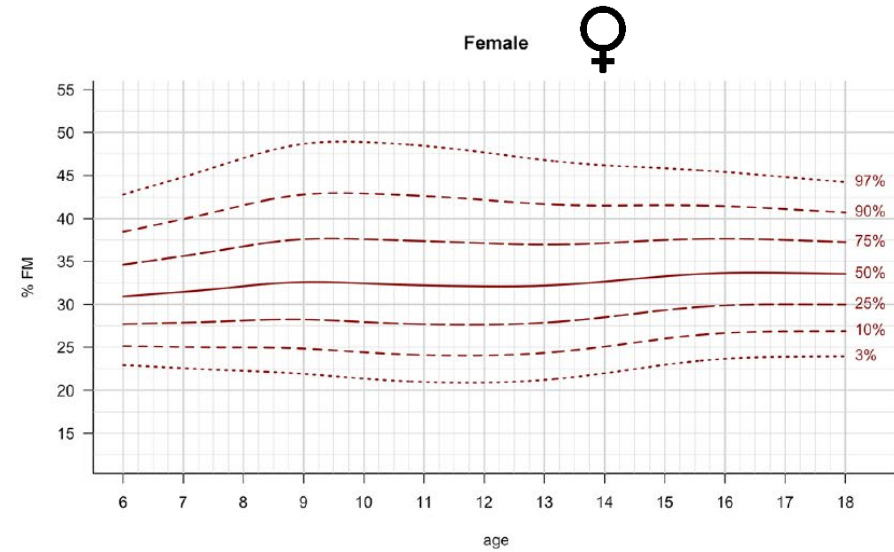
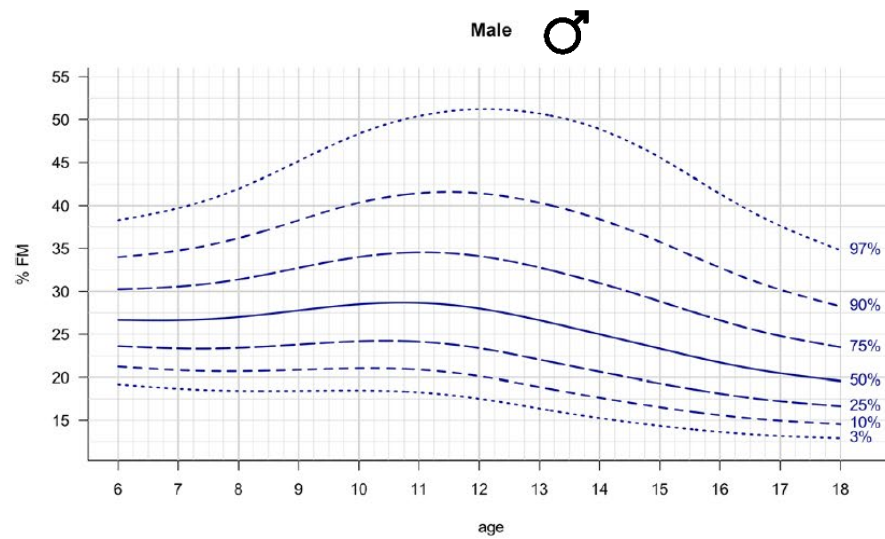
	Boys					Girls				
	–2 SD	–1 SD	0 SD	+ 1 SD	+2 SD	–2 SD	–1 SD	0 SD	+ 1 SD	+2 SD
Body composition										
FM%										
2 years	21.82	26.87	30.86	34.24	37.20	23.18	27.60	32.26	37.14	42.24
2.5 years	21.35	25.92	29.82	33.27	36.41	23.17	27.12	31.53	36.42	41.84
3 years	20.84	24.98	28.77	32.32	35.67	23.00	26.60	30.79	35.68	41.39
3.5 years	20.29	24.04	27.73	31.37	34.97	22.71	26.05	30.06	34.92	40.86
4 years	19.70	23.11	26.69	30.43	34.33	22.36	25.48	29.33	34.14	40.28
4.5 years	19.08	22.18	25.65	29.50	33.78	22.00	24.91	28.59	33.36	39.76
5 years	18.44	21.26	24.60	28.59	33.36	21.58	24.32	27.86	32.57	39.15
5.5 years	17.78	20.34	23.56	27.69	33.14	21.18	23.82	27.25	31.88	38.51



Reference: van Beijsterveldt et al. Clinical Nutrition 41 (2022) 71e79. <https://doi.org/10.1016/j.clnu.2021.11.010>

DXA kropfedt-procent (% FM) – drenge og piger, 6-18 år

DXA: Dual-Energy X-ray Absorptiometry



Reference: Ofenheimer et al. *Pediatric Obesity*. 2021;16:e12695. DOI: [10.1111/ijpo.12695](https://doi.org/10.1111/ijpo.12695)

Reference charts for body composition parameters by dual-energy X-ray absorptiometry in European children and adolescents aged 6 – 18 years.