

TABLE 4.10
COMPOSITION OF THE ADULT MALE HUMAN BODY*

Parts of Body	Percent- age of Total Body	Composition of Parts (%)				Heat of Combustion (kcal per gram)
		H ₂ O	Ash	Crude Fat (ether extract)	Crude Protein (N × 6.25)	
Skin	7.81	64.68	0.68	13.00	22.19	2.29
Skeleton	14.84	31.81	28.91	17.18	18.93	2.50
Teeth	0.06	5.00	70.90	—	23	—
Striated muscle	31.56	79.52	0.93	3.35	16.50	1.24
Brain and cord	2.52	73.33	1.37	12.68	12.06	1.90
Liver	3.41	71.46	0.88	10.35	16.19	2.20
Heart	0.69	73.69	0.80	9.26	15.88	1.82
Lungs	4.15	83.74	0.95	1.54	13.38	0.98
Spleen	0.19	78.69	1.13	1.19	17.81	1.19
Kidneys	0.51	79.47	0.96	4.01	14.69	1.33
Pancreas	0.16	73.08	0.93	13.08	12.69	1.98
Alimentary tract	2.07	79.07	0.86	6.24	13.19	1.34
Adipose tissue	13.63	50.09	0.51	42.44	7.06	4.16
Remaining tissue:						
Liquid	3.79	93.33	0.94	0.17	5.68	0.38
Solid	13.63	70.40	1.01	12.39	16.06	2.04
Contents of alimentary tract	0.80	—	—	—	—	—
Bile	0.15	—	—	—	—	—
Hair	0.03	—	—	—	—	—
Total body weight = 70.6 kg	100.00	67.85	4.84	12.51	14.39	1.93

* H. H. Mitchell *et al.*, *Jour. Biol. Chem.*, 158: 628 (1945).