

## FFMI vs BMI – Key Differences

<b>Feature</b>	<b>FFMI</b>	<b>BMI</b>
Measures lean muscle mass	Yes	No
Accounts for body fat percentage	Yes	No
Accurate for athletes & bodybuilders	Highly accurate	Misleading
Useful for general population	Moderate	Commonly used
Reflects true body composition	Yes	No