

TABLE 3. Predicted daily BMR for individuals or groups of individuals of both sexes

Infants & children				Ages 10–18 y. and over 30 kg						Adults					
		Column 1				Column 2		Column 3				Column 4		Column 5	
Wt (kg)	Wt (lbs)	MJ	(kcal)	Wt (kg)	Wt (lbs)	Boys		Girls		Wt (kg)	Wt (lb)	Men		Women	
						MJ	(kcal)	MJ	(kcal)			MJ	(kcal)	MJ	(kcal)
3	6.6	0.63	150	32	70.5	5.02	1200	4.69	1120	36	79.4	-	-	4.2	1005
4	8.8	0.84	200	34	75.0	5.17	1235	4.85	1160	38	83.8	4.85	1160	4.37	1045
5	11.0	1.09	260	36	79.4	5.31	1270	5.02	1200	40	88.2	5.04	1205	4.54	1085
6	13.2	1.34	320	38	83.8	5.46	1305	5.17	1235	42	92.6	5.21	1245	4.73	1130
7	15.4	1.55	370	40	88.2	5.61	1340	5.31	1270	44	97.0	5.36	1280	4.9	1170
8	17.6	1.88	450	42	92.6	5.73	1370	5.44	1300	46	101.4	5.52	1320	5.06	1210
9	19.8	2.13	510	44	97.0	5.84	1395	5.56	1330	48	105.8	5.67	1355	5.23	1250
10	22.0	2.34	560	46	101.4	5.94	1420	5.67	1355	50	110.2	5.82	1390	5.4	1290
11	24.3	2.55	610	48	105.8	6.07	1450	5.75	1375	52	114.6	5.98	1430	5.52	1320
12	26.5	2.76	660	50	110.2	6.19	1480	5.84	1395	54	119.0	6.13	1465	5.65	1350
13	28.7	2.93	700	52	114.6	6.32	1510	5.9	1410	56	123.5	6.28	1500	5.75	1375
14	30.9	3.14	750	54	119.0	6.44	1540	5.98	1430	58	127.9	6.42	1535	5.86	1400
15	33.1	3.31	790	56	123.5	6.57	1570	6.05	1445	60	132.3	6.57	1570	5.96	1425
16	35.3	3.43	820	58	127.9	6.69	1600	6.09	1455	62	136.7	6.69	1600	6.05	1445
17	37.5	3.56	850	60	132.3	6.8	1625	6.13	1465	64	141.1	6.84	1635	6.15	1470
18	39.7	3.68	880	62	136.7	6.92	1655	6.23	1490	66	145.5	6.97	1665	6.23	1490
19	41.9	3.81	910	64	141.1	7.05	1685	6.32	1510	68	149.9	7.07	1690	6.32	1510
20	44.1	3.93	940	66	145.5	7.15	1710	6.4	1530	70	154.3	7.18	1715	6.4	1530
22	48.5	4.14	990	68	149.9	7.28	1740	6.46	1545	72	158.7	7.26	1735	6.49	1550
24	52.9	4.35	1040	70	154.3	7.41	1770	6.52	1560	74	163.1	7.34	1755	6.55	1565
26	57.3	4.52	1080							76	167.6	7.43	1775	6.61	1580
28	61.7	4.67	1115							78	172.0	7.49	1790	6.67	1595
30	66.1	4.81	1150							80	176.4	7.55	1805	6.74	1610
										82	180.8	7.59	1815	6.8	1625
										84	185.2	7.66	1830	6.86	1640
										86	189.6	7.7	1840	6.9	1650
										88	194.0	7.74	1850	6.97	1665
										90	198.4	7.78	1860	7.03	1680
										92	202.8	7.82	1870	7.09	1695