

## Mifflin-St. Jeor REE Equations

**MEN:**  $\text{kcal/d} = 10(\text{wt}) + 6.25(\text{ht}) - 5(\text{age}) + 5$

**WOMEN:**  $\text{kcal/d} = 10(\text{wt}) + 6.25(\text{ht}) - 5(\text{age}) - 161$

W = weight in kilograms (kg) [lbs. divided by 2.2]

H = height in centimeters (cm) [inches x 2.54]

**Mifflin MD, et al. *A new predictive equation for resting energy expenditure in healthy individuals.* AJCN 1990;51;241-247.**