

# Energy Chart

## ESTIMATED ENERGY REQUIREMENT

MALE	AGE	FEMALE
6400kj (1530 Cal)	8	5900kj (1400 Cal)
6700kj (1600 Cal)	9	6300kj (1500 Cal)
7100kj (1700 Cal)	10	6700kj (1600 Cal)
7600kj (1800 Cal)	11	7000kj (1670 Cal)
8100kj (1930 Cal)	12	7300kj (1740 Cal)
8700kj (2070 Cal)	13	7700kj (1830 Cal)
9100kj (2170 Cal)	14	8000kj (1900 Cal)
10300kj (2460 Cal)	15-16	8700kj (2070 Cal)
11200kj (2670 Cal)	17-18	9000kj (2150 Cal)
10800kj (2580 Cal)	19-30	8200kj (1960 Cal)
10200kj (2430 Cal)	31-60	7900kj (1890 Cal)
8700kj (2070 Cal)	60+	7100kj (1700 Cal)

Your **ESTIMATED ENERGY REQUIREMENT (EER)** is the total amount of energy you will need each day to keep your active body humming.

**EER** is calculated by multiplying your **BASAL METABOLIC RATE (BMR)** (see over) by your **PERSONAL ACTIVITY LEVEL (PAL)**, which is a scale of how active you are.

**EER** values are derived using a **PAL** of 1.4 x **BMR**. This **PAL** classification assumes the person is in good health with minimal physical activity.

## PERSONAL ACTIVITY LEVEL

DESCRIPTION	MALE STRESS FACTOR	FEMALE STRESS FACTOR
<b>Sedentary:</b> Little or no exercise. Inactive in both work and leisure activities.	1.3	1.3
<b>Light:</b> Intense exercise for at least 30 minutes twice per week or daily routine includes at least 1 hour walking.	1.6	1.5
<b>Moderate:</b> Intense exercise for at least 30 to 45 minutes 4 times per week or work involving constant walking.	1.7	1.6
<b>Active:</b> Intense exercise for at least 1 hour 5 - 7 days per week.	2.1	1.9
<b>Extreme:</b> Elite athlete with a relentless training schedule. Physically demanding work.	2.4	2.2



# Energy Chart

## BASAL METABOLIC RATE

MALE	AGE	FEMALE
4600kj (1100 Cal)	8	4200kj (1000 Cal)
4800kj (1150 Cal)	9	4500kj (1070 Cal)
5100kj (1220 Cal)	10	4800kj (1150 Cal)
5400kj (1290 Cal)	11	5000kj (1190 Cal)
5800kj (1380 Cal)	12	5200kj (1240 Cal)
6200kj (1480 Cal)	13	5500kj (1300 Cal)
6500kj (1550 Cal)	14	5700kj (1360 Cal)
7400kj (1760 Cal)	15-16	6200kj (1480 Cal)
8000kj (1900 Cal)	17-18	6400kj (1530 Cal)
7700kj (1840 Cal)	19-30	5900kj (1400 Cal)
7300kj (1740 Cal)	31-60	5600kj (1340 Cal)
6200kj (1480 Cal)	60+	5100kj (1220 Cal)

Your **BASAL METABOLIC RATE (BMR)** is the minimum amount of energy required to support your essential body processes.

**BMR** is different for everyone and changes with age, gender, height, weight, fitness and health status.

On average, your essential body processes (**BMR**) will burn around 70% of your total daily energy intake (**EER**).

**CLINICAL NOTES:** 1 Calorie (Cal) = 4.2 kilojoules (kj)

**BMR** values for children and adolescents are based on the average heights and weights calculated from the 2000 CDC Growth Charts (Centers for Disease Control and Prevention, USA).

**BMR** values for adults have been calculated using the Schofield Equation based on standardized weights derived from applying the Hamwi Method to average heights for Australian men and women\*. (i.e. 176cm:76kg for men and 162cm:62kg for women). \*Australian Bureau of Statistics

### DISCLAIMER

**EER** and **BMR** values are approximate and provided for information only. They should not be relied upon for dietary or medical advice.

