

Annex III: Recommended Energy Allowances (REA)¹

Table 1: REA for Light to Moderate Activity Levels

Category	Age (years) or Condition	Weight		Height		Kcal per kg	Total kcal/day ²
		(kg)	(lb)	(cm)	(in)		
Infants	0.0-0.5	6	13	60	24	108	650
	0.5-1.0	9	20	71	28	98	850
Children	1-3	13	29	90	35	102	1300
	4-6	20	44	112	44	90	1800
	7-10	28	62	132	52	70	2000
Females	11-14	46	101	157	62	47	2200
	15-18	55	120	163	64	40	2200
	19-24	58	128	164	65	38	2200
	25-50	63	138	163	64	36	2200
	51+	65	143	160	63	30	1900
Males	11-14	45	99	157	62	55	2500
	15-18	66	145	176	69	45	3000
	19-24	72	160	177	70	40	2900
	25-50	79	174	176	70	37	2900
	51+	77	170	173	68	30	2300
Pregnant	1 st trimester						+0
	2 nd trimester						+300
	3 rd trimester						+300
Lactating	1 st 6 mo						+500
	2 nd 6 mo						+500

Adapted from Table 3-5 in *Recommended Dietary Allowances*, National Research Council, National Academy Press, Washington, D.C. 1989

¹ REA expressed in kcal/day

² In the range of light to moderate activity, the coefficient of variation is about 20%. Figures are rounded.

Table 2: REA for Breastfeeding Children 6 Months to 5 Years

Age in Months	Daily Energy Requirement ¹	Kilocalories needed from complementary foods per level of Breastmilk (BM) intake ²		
		High BM intake	Average BM intake	Low BM intake
6-8	680 kcal	75	270	465
9-11	830 kcal	230	450	675
12-23	1090 kcal	490	750	1000

Adapted from Table 1 in *Recommended Feeding and Dietary Practices to Improve Infant and Maternal Nutrition*, 1999, by the Linkages Project

¹ Figures are rounded.

² Estimates of average breastmilk intake are: 410 kcal for 6-8 mo old and 340 kcal for a 12-23 mo old. These estimates should be adjusted for the size of the infant.

Annex III, Table 3: REA, Heavy Activity Level–Adults
Based on multiples of Resting Energy Expended (REE)

Category	Age (years) or Condition	Weight		Height		REE ¹	Multiple of REE ²	Total kcal/day ³
		(kg)	(lb)	(cm)	(in)			
Females	11-14	46	101	157	62	1310	1.82	2400
	15-18	55	120	163	64	1370	1.82	2500
	19-24	58	128	164	65	1350	1.82	2500
	25-50	63	138	163	64	1380	1.82	2500
	51+	65	143	160	63	1280	1.82	2300
Males	11-14	45	99	157	62	1440	2.10	3000
	15-18	66	145	176	69	1760	2.10	3700
	19-24	72	160	177	70	1780	2.10	3700
	25-50	79	174	176	70	1800	2.10	3800
	51+	77	170	173	68	1530	2.10	3200
Pregnant	1 st trimester							+0
	2 nd trimester							+300
	3 rd trimester							+300
Lactating	1 st 6 mo							+500
	2 nd 6 mo							+500

Adapted from Table 3-5 *Recommended Dietary Allowances*, National Research Council, National Academy Press, Washington, D.C. 1989 and WHO, 1985, *Energy and Protein Requirements Report of a Joint FAO/WHO/UNU Expert Consultation*, World Health Organization in Geneva, p.78.

¹ Calculation based on WHO (1985) equations. These equations are derived from basal metabolic rate (bmr) data. Figures are rounded.

² These REE multiples are for heavy activity levels only and are based on WHO (1985) equations.

³ Figures are rounded.