

CALCULATE THE RECOMMENDED ENERGY INTAKE BELOW FOR THE FOLLOWING INDIVIDUAL: A 20-YEAR OLD FEMALE WEIGHING

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UNDERSTANDING THE APPROPRIATE ENERGY INTAKE FOR A YOUNG ADULT FEMALE IS ESSENTIAL FOR MAINTAINING GOOD HEALTH, SUPPORTING DAILY ACTIVITIES, AND ACHIEVING PERSONAL FITNESS GOALS. IN THIS GUIDE, WE WILL EXPLORE HOW TO ACCURATELY CALCULATE THE RECOMMENDED ENERGY INTAKE FOR A 20-YEAR-OLD FEMALE, CONSIDERING VARIOUS FACTORS SUCH AS WEIGHT, HEIGHT, ACTIVITY LEVEL, AND OVERALL HEALTH. BY UNDERSTANDING THESE COMPONENTS, INDIVIDUALS CAN MAKE INFORMED DECISIONS ABOUT THEIR DIET AND ENSURE THEY MEET THEIR NUTRITIONAL NEEDS EFFECTIVELY.

UNDERSTANDING ENERGY REQUIREMENTS AND THEIR IMPORTANCE

ENERGY REQUIREMENTS REFER TO THE AMOUNT OF CALORIES A PERSON NEEDS TO MAINTAIN BASIC BODILY FUNCTIONS AND SUPPORT DAILY ACTIVITIES. THESE REQUIREMENTS CAN VARY WIDELY BASED ON AGE, GENDER, BODY COMPOSITION, ACTIVITY LEVEL, AND METABOLIC HEALTH. FOR YOUNG WOMEN, ESPECIALLY THOSE IN THEIR EARLY TWENTIES, ENERGY NEEDS ARE GENERALLY HIGHER DUE TO ACTIVE LIFESTYLES AND ONGOING DEVELOPMENT.

PROPERLY CALCULATING ENERGY INTAKE HELPS:

- MAINTAIN A HEALTHY WEIGHT
- SUPPORT PHYSICAL ACTIVITY AND EXERCISE
- PROMOTE OPTIMAL GROWTH AND DEVELOPMENT
- PREVENT NUTRITIONAL DEFICIENCIES
- REDUCE THE RISK OF CHRONIC DISEASES SUCH AS DIABETES AND CARDIOVASCULAR ISSUES

KEY FACTORS INFLUENCING ENERGY NEEDS

SEVERAL FACTORS INFLUENCE HOW MANY CALORIES A 20-YEAR-OLD FEMALE SHOULD CONSUME DAILY:

1. BASAL METABOLIC RATE (BMR)

- THE ENERGY REQUIRED AT REST TO MAINTAIN ESSENTIAL BODILY FUNCTIONS SUCH AS BREATHING, CIRCULATION, AND CELL PRODUCTION.
- BMR ACCOUNTS FOR APPROXIMATELY 60-75% OF TOTAL DAILY ENERGY EXPENDITURE.

2. PHYSICAL ACTIVITY LEVEL (PAL)

- THE AMOUNT OF ENERGY EXPENDED THROUGH MOVEMENT AND EXERCISE.
- VARIES FROM SEDENTARY TO HIGHLY ACTIVE LIFESTYLES.

3. BODY COMPOSITION AND WEIGHT

- LEAN MUSCLE MASS INCREASES CALORIC NEEDS.
- EXCESS BODY WEIGHT MAY INFLUENCE ENERGY REQUIREMENTS DIFFERENTLY.

4. HEIGHT AND BODY SIZE

- TALLER INDIVIDUALS GENERALLY REQUIRE MORE CALORIES.

5. OVERALL HEALTH AND METABOLIC FACTORS

- CONDITIONS SUCH AS THYROID DISORDERS CAN AFFECT METABOLISM.
- DURING ILLNESS OR RECOVERY, ENERGY NEEDS MAY CHANGE.

CALCULATING THE BASAL METABOLIC RATE (BMR)

THE FIRST STEP IN ESTIMATING TOTAL ENERGY NEEDS IS CALCULATING THE BMR. ONE OF THE MOST WIDELY USED FORMULAS IS THE MIFFLIN-ST JEOR EQUATION, WHICH IS CONSIDERED ACCURATE FOR MOST POPULATIONS.

FORMULAS FOR WOMEN:

- MIFFLIN-ST JEOR EQUATION: $BMR = (10 \times \text{WEIGHT IN KG}) + (6.25 \times \text{HEIGHT IN CM}) - (5 \times \text{AGE IN YEARS}) - 161$

EXAMPLE CALCULATION

SUPPOSE THE INDIVIDUAL'S DETAILS ARE:

- AGE: 20 YEARS
- WEIGHT: 60 KG
- HEIGHT: 165 CM

APPLYING THE FORMULA:

- $BMR = (10 \times 60) + (6.25 \times 165) - (5 \times 20) - 161$
- $BMR = 600 + 1031.25 - 100 - 161$
- $BMR = 1370.25 \text{ KCAL/DAY}$

THIS IS THE ESTIMATED NUMBER OF CALORIES NEEDED DAILY TO SUSTAIN BASIC PHYSIOLOGICAL FUNCTIONS AT REST.

ESTIMATING TOTAL DAILY ENERGY EXPENDITURE (TDEE)

TO DETERMINE TOTAL ENERGY REQUIREMENTS, BMR MUST BE MULTIPLIED BY AN ACTIVITY FACTOR THAT REFLECTS THE INDIVIDUAL'S LIFESTYLE.

ACTIVITY LEVEL MULTIPLIERS:

1. SEDENTARY (LITTLE OR NO EXERCISE): $BMR \times 1.2$
2. LIGHTLY ACTIVE (LIGHT EXERCISE/SPORTS 1-3 DAYS/WEEK): $BMR \times 1.375$
3. MODERATELY ACTIVE (MODERATE EXERCISE/SPORTS 3-5 DAYS/WEEK): $BMR \times 1.55$
4. VERY ACTIVE (HARD EXERCISE/SPORTS 6-7 DAYS/WEEK): $BMR \times 1.725$

5. EXTRA ACTIVE (VERY INTENSE PHYSICAL ACTIVITY OR PHYSICAL JOB): $BMR \times 1.9$

SUPPOSE THE INDIVIDUAL IS MODERATELY ACTIVE:

- $TDEE = 1370.25 \times 1.55 \approx 2123.89 \text{ kcal/day}$

THIS FIGURE REPRESENTS THE ESTIMATED DAILY CALORIE INTAKE REQUIRED TO MAINTAIN HER CURRENT WEIGHT WITH HER CURRENT ACTIVITY LEVEL.

ADJUSTING ENERGY INTAKE FOR GOALS

DEPENDING ON PERSONAL GOALS, THE RECOMMENDED ENERGY INTAKE CAN BE ADJUSTED:

1. TO MAINTAIN WEIGHT

- CONSUME APPROXIMATELY THE TDEE CALCULATED ABOVE.

2. TO LOSE WEIGHT

- CREATE A CALORIE DEFICIT OF 500–1000 kcal/day FOR GRADUAL WEIGHT LOSS (~0.5–1 kg per week).
- EXAMPLE: $2124 \text{ kcal} - 500 \text{ kcal} = \text{APPROXIMATELY } 1624 \text{ kcal/day}$.

3. TO GAIN WEIGHT

- INCREASE DAILY CALORIE INTAKE BY 500 kcal OR MORE, DEPENDING ON THE GOAL.
- EXAMPLE: $2124 \text{ kcal} + 500 \text{ kcal} = \text{APPROXIMATELY } 2624 \text{ kcal/day}$.

PRACTICAL TIPS FOR MEETING CALORIE AND NUTRITIONAL NEEDS

ACHIEVING THE RECOMMENDED ENERGY INTAKE INVOLVES MORE THAN JUST COUNTING CALORIES; IT'S ABOUT BALANCED NUTRITION:

1. FOCUS ON NUTRIENT-DENSE FOODS

- INCORPORATE FRUITS, VEGETABLES, LEAN PROTEINS, WHOLE GRAINS, AND HEALTHY FATS.
- LIMIT PROCESSED FOODS HIGH IN ADDED SUGARS AND SATURATED FATS.

2. REGULAR MEAL PATTERNS

- EAT THREE BALANCED MEALS AND HEALTHY SNACKS TO MAINTAIN ENERGY LEVELS.
- AVOID SKIPPING MEALS TO PREVENT OVEREATING LATER.

3. HYDRATION

- DRINK PLENTY OF WATER THROUGHOUT THE DAY.
- HYDRATION SUPPORTS METABOLISM AND OVERALL HEALTH.

4. PHYSICAL ACTIVITY

- COMBINE DIETARY EFFORTS WITH REGULAR EXERCISE TO OPTIMIZE ENERGY EXPENDITURE AND BODY COMPOSITION.
- INCLUDE STRENGTH TRAINING TO SUPPORT MUSCLE MASS.

MONITORING AND ADJUSTING YOUR INTAKE

IT'S IMPORTANT TO REGULARLY MONITOR WEIGHT, BODY COMPOSITION, AND OVERALL WELL-BEING TO ENSURE YOUR ENERGY INTAKE ALIGNS WITH YOUR GOALS:

- USE A FOOD DIARY OR MOBILE APP TO TRACK DAILY INTAKE.
- WEIGH YOURSELF WEEKLY TO OBSERVE TRENDS.
- ADJUST CALORIE INTAKE BASED ON CHANGES IN WEIGHT, ACTIVITY LEVEL, OR HEALTH STATUS.
- CONSULT WITH HEALTHCARE PROFESSIONALS OR REGISTERED DIETITIANS FOR PERSONALIZED ADVICE.

CONCLUSION

CALCULATING THE RECOMMENDED ENERGY INTAKE FOR A 20-YEAR-OLD FEMALE INVOLVES UNDERSTANDING HER BASAL METABOLIC RATE, ACTIVITY LEVEL, AND PERSONAL GOALS. USING TOOLS LIKE THE MIFFLIN-ST JEOR EQUATION PROVIDES AN ACCURATE STARTING POINT. FROM THERE, ADJUSTING FOR ACTIVITY LEVEL AND PERSONAL OBJECTIVES HELPS SET A TAILORED CALORIC TARGET. REMEMBER, QUALITY OF FOOD, BALANCE, AND LIFESTYLE CHOICES ARE EQUALLY IMPORTANT FOR OVERALL HEALTH AND WELLNESS. REGULAR ASSESSMENT AND CONSULTATION WITH HEALTH PROFESSIONALS ENSURE THAT YOUR DIETARY PLAN REMAINS EFFECTIVE AND SUSTAINABLE.

BY FOLLOWING THESE GUIDELINES, YOUNG WOMEN CAN CONFIDENTLY DETERMINE THEIR ENERGY NEEDS AND MAKE INFORMED DECISIONS THAT SUPPORT THEIR HEALTH, VITALITY, AND PERSONAL GOALS.

FREQUENTLY ASKED QUESTIONS

WHAT IS THE RECOMMENDED DAILY ENERGY INTAKE FOR A 20-YEAR-OLD FEMALE WEIGHING 60 KG?

THE ESTIMATED DAILY ENERGY REQUIREMENT FOR A 20-YEAR-OLD FEMALE WEIGHING 60 KG IS APPROXIMATELY 1,800 TO 2,200 CALORIES, DEPENDING ON HER ACTIVITY LEVEL.

HOW DOES ACTIVITY LEVEL INFLUENCE THE RECOMMENDED ENERGY INTAKE FOR A 20-YEAR-OLD FEMALE?

HIGHER ACTIVITY LEVELS INCREASE ENERGY NEEDS; FOR EXAMPLE, A SEDENTARY 20-YEAR-OLD FEMALE MAY NEED AROUND 1,800 CALORIES, WHILE AN ACTIVE INDIVIDUAL MAY REQUIRE UP TO 2,200 CALORIES DAILY.

WHAT FACTORS SHOULD BE CONSIDERED WHEN CALCULATING THE ENERGY INTAKE FOR A 20-YEAR-OLD FEMALE?

FACTORS INCLUDE HER AGE, WEIGHT, HEIGHT, ACTIVITY LEVEL, METABOLIC RATE, AND OVERALL HEALTH STATUS TO DETERMINE AN ACCURATE ENERGY REQUIREMENT.

IS IT NECESSARY TO ADJUST THE RECOMMENDED ENERGY INTAKE BASED ON WEIGHT CHANGES IN A 20-YEAR-OLD FEMALE?

YES, SIGNIFICANT WEIGHT CHANGES MAY NECESSITATE ADJUSTMENTS TO HER CALORIC INTAKE TO MAINTAIN OR ACHIEVE HER DESIRED HEALTH AND WEIGHT GOALS.

WHAT ARE THE POTENTIAL HEALTH RISKS OF CONSUMING TOO MUCH OR TOO LITTLE ENERGY AS A 20-YEAR-OLD FEMALE?

CONSUMING TOO LITTLE ENERGY CAN LEAD TO NUTRITIONAL DEFICIENCIES AND FATIGUE, WHILE EXCESS INTAKE CAN RESULT IN WEIGHT GAIN AND INCREASED RISK OF CHRONIC DISEASES LIKE OBESITY AND DIABETES.

ADDITIONAL RESOURCES

CALCULATE THE RECOMMENDED ENERGY INTAKE BELOW FOR THE FOLLOWING INDIVIDUAL: A 20-YEAR OLD FEMALE WEIGHING

UNDERSTANDING THE APPROPRIATE CALORIC INTAKE FOR INDIVIDUALS IS FUNDAMENTAL FOR MAINTAINING OPTIMAL HEALTH, SUPPORTING PHYSICAL ACTIVITY, AND PREVENTING NUTRITIONAL DEFICIENCIES OR EXCESSES. FOR A 20-YEAR-OLD FEMALE, DETERMINING THE RECOMMENDED ENERGY INTAKE REQUIRES A NUANCED ANALYSIS THAT CONSIDERS VARIOUS FACTORS SUCH AS AGE, WEIGHT, HEIGHT, ACTIVITY LEVEL, AND OVERALL HEALTH STATUS. THIS COMPREHENSIVE REVIEW AIMS TO EXPLORE THE METHODOLOGIES FOR CALCULATING CALORIC NEEDS, THE FACTORS INFLUENCING THESE CALCULATIONS, AND PRACTICAL APPLICATIONS FOR HEALTH PROFESSIONALS AND INDIVIDUALS ALIKE.

INTRODUCTION

THE PROCESS OF ESTIMATING AN INDIVIDUAL'S DAILY ENERGY REQUIREMENTS IS CENTRAL TO NUTRITIONAL SCIENCE AND PUBLIC HEALTH. PROPER CALORIC INTAKE ENSURES THAT BODILY FUNCTIONS ARE SUSTAINED, PHYSICAL ACTIVITY IS SUPPORTED, AND THE RISK OF CHRONIC DISEASES IS MINIMIZED. FOR YOUNG WOMEN, PARTICULARLY THOSE IN THEIR EARLY TWENTIES, ENERGY NEEDS ARE INFLUENCED BY A COMBINATION OF BIOLOGICAL, PHYSIOLOGICAL, AND LIFESTYLE FACTORS.

IN THIS CONTEXT, THE FOCUS IS A 20-YEAR-OLD FEMALE WHOSE WEIGHT IS KNOWN, BUT OTHER PARAMETERS SUCH AS HEIGHT, ACTIVITY LEVEL, AND HEALTH STATUS ARE NOT SPECIFIED. THIS SCENARIO UNDERSCORES THE IMPORTANCE OF APPLYING STANDARDIZED METHODS AND ADJUSTING FOR INDIVIDUAL VARIABILITY TO ARRIVE AT AN ACCURATE RECOMMENDATION.

FUNDAMENTALS OF ENERGY NEEDS

BASAL METABOLIC RATE (BMR)

THE BASAL METABOLIC RATE (BMR) REPRESENTS THE ENERGY EXPENDED BY THE BODY AT REST TO MAINTAIN VITAL FUNCTIONS SUCH AS BREATHING, CIRCULATION, CELLULAR PRODUCTION, AND TEMPERATURE REGULATION. BMR ACCOUNTS FOR APPROXIMATELY 60-75% OF TOTAL DAILY ENERGY EXPENDITURE (TDEE) IN MOST INDIVIDUALS.

SEVERAL PREDICTIVE EQUATIONS ESTIMATE BMR, WITH THE HARRIS-BENEDICT AND MIFFLIN-ST JEOR EQUATIONS BEING THE MOST WIDELY USED:

- HARRIS-BENEDICT EQUATION (REVISED):

FOR WOMEN:

$$\text{BMR} = 655 + (9.6 \times \text{WEIGHT IN KG}) + (1.8 \times \text{HEIGHT IN CM}) - (4.7 \times \text{AGE IN YEARS})$$

- MIFFLIN-ST JEOR EQUATION:

FOR WOMEN:

$$\text{BMR} = (10 \times \text{WEIGHT IN KG}) + (6.25 \times \text{HEIGHT IN CM}) - (5 \times \text{AGE IN YEARS}) - 161$$

GIVEN THE LACK OF HEIGHT DATA, THE CALCULATIONS WILL INCLUDE A TYPICAL HEIGHT ASSUMPTION OR DEMONSTRATE THE PROCESS ON A RANGE.

PHYSICAL ACTIVITY LEVEL (PAL) AND TOTAL DAILY ENERGY EXPENDITURE (TDEE)

BMR IS MULTIPLIED BY A PHYSICAL ACTIVITY LEVEL (PAL) FACTOR TO ESTIMATE TDEE, WHICH ACCOUNTS FOR ENERGY USED DURING PHYSICAL ACTIVITY AND THERMIC EFFECT OF FOOD:

ACTIVITY LEVEL	DESCRIPTION	PAL FACTOR
SEDENTARY	MINIMAL MOVEMENT, DESK JOB, LITTLE EXERCISE	1.2
LIGHTLY ACTIVE	LIGHT EXERCISE/SPORTS 1-3 DAYS/WEEK	1.375
MODERATELY ACTIVE	MODERATE EXERCISE/SPORTS 3-5 DAYS/WEEK	1.55
VERY ACTIVE	HARD EXERCISE/SPORTS 6-7 DAYS/WEEK	1.725
EXTRA ACTIVE	VERY INTENSE DAILY EXERCISE OR PHYSICAL JOB	1.9

CALCULATING THE ENERGY REQUIREMENTS FOR A 20-YEAR-OLD FEMALE

TO ILLUSTRATE THE CALCULATION PROCESS, ASSUME THE FOLLOWING TYPICAL PARAMETERS AND VARIATIONS:

- SCENARIO 1: WEIGHT = 60 KG, HEIGHT = 165 CM, ACTIVITY LEVEL = MODERATELY ACTIVE
- SCENARIO 2: WEIGHT = 70 KG, HEIGHT = 165 CM, ACTIVITY LEVEL = LIGHTLY ACTIVE

NOTE: FOR PRECISE CALCULATIONS, ACTUAL MEASUREMENTS SHOULD BE USED.

STEP 1: CALCULATE BMR

USING THE MIFFLIN-ST JEOR EQUATION:

SCENARIO 1:

$$\text{BMR} = (10 \times 60) + (6.25 \times 165) - (5 \times 20) - 161$$

$$= 600 + 1031.25 - 100 - 161$$

$$= 1370.25 \text{ KCAL/DAY}$$

SCENARIO 2:

$$\begin{aligned}\text{BMR} &= (10 \times 70) + (6.25 \times 165) - (5 \times 20) - 161 \\ &= 700 + 1031.25 - 100 - 161 \\ &= 1470.25 \text{ kcal/day} \\ &\text{---}\end{aligned}$$

STEP 2: ADJUST FOR ACTIVITY LEVEL

APPLYING THE PAL FACTORS:

SCENARIO 1 (MODERATELY ACTIVE, PAL=1.55):

$$\text{TDEE} = 1470.25 \times 1.55 \approx 2123 \text{ kcal/day}$$

SCENARIO 2 (LIGHTLY ACTIVE, PAL=1.375):

$$\text{TDEE} = 1470.25 \times 1.375 \approx 2022 \text{ kcal/day}$$

FACTORS INFLUENCING ENERGY REQUIREMENTS

WHILE THE ABOVE CALCULATIONS PROVIDE AN ESTIMATE, SEVERAL INDIVIDUAL FACTORS CAN MODIFY CALORIC NEEDS:

BODY COMPOSITION

MUSCLE TISSUE CONSUMES MORE ENERGY THAN FAT TISSUE; THUS, INDIVIDUALS WITH HIGHER LEAN MASS HAVE HIGHER BMRs.

GENETIC FACTORS

GENETIC PREDISPOSITIONS CAN AFFECT METABOLIC RATE, INFLUENCING HOW EFFICIENTLY THE BODY USES ENERGY.

PHYSIOLOGICAL STATES

STATES SUCH AS PREGNANCY, LACTATION, ILLNESS, OR RECOVERY FROM INJURY CAN SIGNIFICANTLY ALTER ENERGY NEEDS.

ENVIRONMENTAL FACTORS

CLIMATE CAN INFLUENCE METABOLIC RATE—COLD ENVIRONMENTS MAY INCREASE ENERGY EXPENDITURE TO MAINTAIN BODY TEMPERATURE.

LIFESTYLE AND ACTIVITY VARIABILITY

ACTUAL ACTIVITY LEVELS OFTEN FLUCTUATE, AND OVER- OR UNDER-ESTIMATION CAN LEAD TO INACCURATE RECOMMENDATIONS.

PRACTICAL APPLICATIONS AND RECOMMENDATIONS

USING THE ESTIMATED VALUES IN PRACTICE

HEALTH PROFESSIONALS SHOULD TAILOR CALORIC RECOMMENDATIONS BASED ON PRECISE MEASUREMENTS AND INDIVIDUAL CIRCUMSTANCES. THE ESTIMATES SERVE AS A STARTING POINT AND SHOULD BE ADJUSTED CONSIDERING:

- CHANGES IN ACTIVITY LEVELS
- BODY COMPOSITION GOALS (E.G., WEIGHT LOSS, MAINTENANCE, GAIN)
- SPECIAL PHYSIOLOGICAL CONDITIONS

GUIDELINES FOR MAINTAINING, LOSING, OR GAINING WEIGHT

- MAINTENANCE: CONSUME CALORIES APPROXIMATELY EQUAL TO TDEE.
- WEIGHT LOSS: CREATE A CALORIC DEFICIT OF 500-1000 KCAL/DAY FOR GRADUAL WEIGHT LOSS (~0.5 KG/WEEK).
- WEIGHT GAIN: INCREASE CALORIC INTAKE BY 300-500 KCAL/DAY ABOVE TDEE.

MONITORING AND ADJUSTMENTS

REGULAR MONITORING OF WEIGHT, BODY COMPOSITION, AND PHYSICAL PERFORMANCE CAN INFORM NECESSARY ADJUSTMENTS TO CALORIC INTAKE.

CONCLUSION

ACCURATELY CALCULATING THE RECOMMENDED ENERGY INTAKE FOR A 20-YEAR-OLD FEMALE INVOLVES INTEGRATING MULTIPLE DATA POINTS AND UNDERSTANDING THE UNDERLYING PRINCIPLES OF ENERGY EXPENDITURE. USING PREDICTIVE EQUATIONS LIKE MIFFLIN-ST JEOR AND APPLYING APPROPRIATE ACTIVITY MULTIPLIERS PROVIDES A SOLID FOUNDATION, BUT PERSONALIZED ASSESSMENTS ARE IDEAL FOR PRECISE RECOMMENDATIONS.

FOR THE INDIVIDUAL SCENARIOS PRESENTED, CALORIC NEEDS RANGE APPROXIMATELY BETWEEN 2000 AND 2200 KCAL/DAY, TAILORED BY ACTIVITY LEVEL AND BODY COMPOSITION. HEALTH PROFESSIONALS SHOULD CONSIDER THESE ESTIMATES AS FLEXIBLE GUIDES, ADJUSTING FOR INDIVIDUAL VARIABILITY AND ONGOING HEALTH GOALS.

IN ESSENCE, A COMPREHENSIVE APPROACH COMBINING STANDARDIZED CALCULATIONS WITH PERSONALIZED HEALTH ASSESSMENTS ENSURES THAT YOUNG WOMEN CAN MAINTAIN OPTIMAL HEALTH, SUPPORT THEIR LIFESTYLES, AND ACHIEVE THEIR NUTRITIONAL OBJECTIVES EFFECTIVELY.

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NOTE: FOR PERSONALIZED RECOMMENDATIONS, CONSULT WITH A QUALIFIED NUTRITIONIST OR HEALTHCARE PROVIDER, ESPECIALLY IF THERE ARE UNDERLYING HEALTH CONDITIONS OR SPECIFIC DIETARY GOALS.

Calculate The Recommended Energy Intake Below For The Following Individual A 20 Year Old Female Weighing

Calculate The Recommended Energy Intake Below For The Following Individual A 20 Year Old Female Weighing

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