![GenQuest ST JEOR NUTRITION SOLUTIONS logo]

Resting Energy Expenditure Equation

MALE   **10 + wt (kg) + 6.25 x ht (cm) – 5 x age (y) + 5**

FEMALE   **10 + wt (kg) + 6.25 x ht (cm) – 5 x age (y) - 161**

Sample Calculations:

How to Apply the Mifflin St. Jeor Equation to Find Resting Energy Expenditure (REE)

Find the REE of a **50-year-old man** who weighs **200 pounds** and is **5'9" tall**

10× **(200 lb/2.2kg)**	+	6.25 × **(69 in × 2.54 cm)**	-	5 × **50 yr**	+	5
↓		↓		↓		
909	+	1095	-	250	+	5
			=	**1,759 kcal**		

Find the REE of a **50-year-old female** who weighs **120 pounds** and is **5'0" tall**

10× **(120 lb/2.2kg)**	+	6.25 × **(60 in × 2.54 cm)**	-	5 × **50 yr**	-	161
↓		↓		↓		
545	+	952	-	250	-	161
			=	**1,086 kcal**		