Energy Assignment

.1 Calculate TER for a male knowing: wt: 80 kg Ht: 170 cm Age: 20 y/o knowing that he is a secretary with no much physical activity (using Harris Benedict (

.2 Calculate TER for a female knowing: wt: 77 kg Ht: 176cm Age: 40 y/o, using RDA

.3 Calculate TER for a female knowing: wt: 50kg Ht: 156cm Age: 21 y/o, she swims daily for 40 min. Using institute of medicine equation

1- male , wt=80kg ,ht =170cm ,age =20y/o
TER= BEE+PA
BEE = 66.47 + (13.75 X wt) + (5 X ht) - (6.76 X age)
=66.47 +(13.75 X 80)+(5 X 170) -(6.76 X 20)
=66.47+1100+850-135.2
=1881.27 kcal
Secretary PA = 1.8
PAL =1.1 + 1.8= 2.9

2- female , wt =77kg ,ht= 176cm , age=40
RDA= wt X average energy allowance
= 77 X 36 = 2772 kcal

3- female , wt =50kg , ht =156cm , age=21
PA=0.0228 + 1.1 =1.328
TER=387-7.31Xage+PAX(10.9 X wt + 660.7 X ht)
=387-7.31 X 21 +1.328 X (10.9 X 50 + 660.7 X 1.56)
=233.49 +1.328 X(545 + 1030.7)
=233.49 +1.328 X 1575.7
=233.49 + 2092.5
=2325.99 kcal/day