RMR Formulas in Action

Following are sample calculations for a 48-year-old man who is 180 cm (5'8") and weighs 80 kg (176 lb) using several popular RMR equations.

* **Equations** (calories/day):
Male: (88.4 + 13.4 x weight) + (4.8 x height) – (5.68 x age)
Female: (447.6 + 9.25 x weight) + (3.10 x height) – (4.33 x age)
weight in kilograms, height in centimeters, age in years
Sample: 88.4 + 1072 + 864 – 272.6 = **1,751**

* **Mifflin-St Jeor Equation** (calories/day):

Male: 9.99 x weight + 6.25 x height – 4.92 x age + 5
Female: 9.99 x weight + 6.25 x height – 4.92 x age – 161
weight in kilograms, height in centimeters, age in years
Sample: 800 + 1125 – 236 + 5 = **1,694**