

TABLE: ESTIMATED ENERGY REQUIREMENTS OF ADULTS USING PREDICTED BMR X PAL

Age yr	BMI = 22.0 ^a		BMR	Physical activity level (PAL) ^b						BMR	Physical activity level (PAL) ^b					
	Ht (m)	Wt (kg)	MJ/d	Males MJ/day						MJ/d	Females MJ/day					
				Male	1.2	1.4	1.6	1.8	2.0		2.2	Female	1.2	1.4	1.6	1.8
19-30	1.5	49.5	—	—	—	—	—	—	—	5.2	6.1	7.1	8.2	9.2	10.2	11.2
	1.6	56.3	6.4	7.7	9.0	10.3	11.6	12.9	14.2	5.6	6.6	7.7	8.8	9.9	11.1	12.2
	1.7	63.6	6.9	8.3	9.7	11.0	12.4	13.8	15.2	6.0	7.2	8.4	9.6	10.8	12.0	13.2
	1.8	71.3	7.4	8.9	10.3	11.8	13.3	14.8	16.3	6.5	7.7	9.0	10.3	11.6	12.9	14.2
	1.9	79.4	7.9	9.5	11.1	12.6	14.2	15.8	17.4	7.0	8.4	9.7	11.1	12.5	13.9	15.3
	2.0	88.0	8.4	10.1	11.8	13.5	15.2	16.9	18.6	—	—	—	—	—	—	—
31-50	1.5	49.5	—	—	—	—	—	—	—	5.2	6.3	7.3	8.4	9.4	10.4	11.5
	1.6	56.3	6.4	7.6	8.9	10.2	11.4	12.7	14.0	5.5	6.5	7.6	8.7	9.8	10.9	12.0
	1.7	63.6	6.7	8.0	9.4	10.7	12.1	13.4	14.8	5.7	6.8	8.0	9.1	10.3	11.4	12.5
	1.8	71.3	7.1	8.5	9.9	11.3	12.7	14.2	15.6	6.0	7.2	8.3	9.5	10.7	11.9	13.1
	1.9	79.4	7.5	9.0	10.4	11.9	13.4	14.9	16.4	6.2	7.5	8.7	10.0	11.2	12.5	13.7
	2.0	88.0	7.9	9.5	11.0	12.6	14.2	15.8	17.3	—	—	—	—	—	—	—
51-70	1.5	49.5	—	—	—	—	—	—	—	4.9	6.0	6.9	7.9	8.9	9.8	10.9
	1.6	56.3	5.8	7.0	8.2	9.3	10.4	11.5	12.7	5.2	6.2	7.3	8.3	9.3	10.4	11.4
	1.7	63.6	6.1	7.3	8.6	9.8	11.1	12.3	13.6	5.4	6.5	7.6	8.7	9.8	10.7	12.0
	1.8	71.3	6.5	7.8	9.1	10.4	11.7	13.1	14.4	5.7	6.9	8.0	9.1	10.3	11.4	12.6
	1.9	79.4	6.9	8.3	9.6	11.1	12.4	13.8	15.2	6.0	7.2	8.4	9.6	10.8	12.0	13.2
	2.0	88.0	7.3	8.8	10.2	11.7	13.2	14.7	16.1	—	—	—	—	—	—	—
>70	1.5	49.5	—	—	—	—	—	—	—	4.6	5.6	6.5	7.4	8.3	9.3	10.2
	1.6	56.3	5.2	6.3	7.3	8.3	9.4	10.4	11.5	4.9	5.9	6.9	7.8	8.8	9.8	10.8
	1.7	63.6	5.6	6.7	7.8	8.9	10.0	11.2	12.3	5.2	6.2	7.2	8.3	9.3	10.3	11.4
	1.8	71.3	6.0	7.1	8.3	9.5	10.7	11.9	13.1	5.5	6.6	7.7	8.7	9.8	10.9	12.0
	1.9	79.4	6.4	7.6	8.9	10.2	11.4	12.7	14.0	5.8	6.9	8.1	9.2	10.4	11.5	12.7
	2.0	88.0	6.8	8.1	9.5	10.8	12.2	13.5	14.9	—	—	—	—	—	—	—

^a A BMI of 22.0 is approximately the mid point of the WHO (1998) healthy weight range (BMI 18.5–24.9)

^b Physical activity level (PAL) of 1.2 (bed rest) to 2.2 (very active or heavy occupational work).

PALs of 1.75 and above are consistent with good health. PALs below 1.4 are not compatible with moving around freely or earning a living. PALs above 2.5 are difficult to maintain for long periods.

Note: the original Schofield equations from which these tables were derived (Schofield 1985) used 60+ years as the upper age category. For people aged 51–70 years, the estimates were derived by averaging those for the adults (31–50 years) and older (>70 years) adults.

Source: Nutrient Reference Values for Australia and New Zealand, NHMRC, 2006. National Health and Medical Research Council (Australia)