Energy expenditure formulas:

**EER for Boys 3 Through 8 years**

EER = 88.5 − (61.9 × age [y]) + PA × (26.7 × weight [kg] + 903 × height [m]) + 20 kcal

**EER for Girls 3 Through 8 Years**

EER = 135.3 − (30.8 × age [y]) + PA × (10.0 × weight [kg] + 934 × height [m]) + 20 kcal

PA = 1.00 if PAL is estimated to be ≥ 1.0 < 1.4 (sedentary)

PA = 1.13 if PAL is estimated to be ≥ 1.4 < 1.6 (low active)

PA = 1.26 if PAL is estimated to be ≥ 1.6 < 1.9 (active)

PA = 1.42 if PAL is estimated to be ≥ 1.9 < 2.5 (very active)

**EER for Boys 9 Through 18 Years**

EER = 88.5 – (61.9 × age [y]) + PA × (26.7 × weight [kg] + 903 × height [m]) + 25 kcal

**EER for Girls 9 Through 18 Years**

EER = 135.3 – (30.8 × age [y]) + PA × (10.0 × weight [kg] + 934 × height [m]) + 25 kcal

PA = 1.00 if PAL is estimated to be ≥ 1.0 < 1.4 (sedentary)\*

PA = 1.13 if PAL is estimated to be ≥ 1.4 < 1.6 (low active)

PA = 1.26 if PAL is estimated to be ≥ 1.6 < 1.9 (active)

PA = 1.42 if PAL is estimated to be ≥ 1.9 < 2.5 (very active)