

**TABLE 21-2**

Age	Boys EER (kcal/kg/day)			Girls EER (kcal/kg/day)		
0–2 mo	107			104		
3 mo	95			95		
4–35 mo	82			82		
	Boys			Girls		
	Median Weight, Boys (kg)	Sedentary † (kcal/kg/d)	Active † (kcal/kg/d)	Median Weight, Girls (kg)	Sedentary † (kcal/kg/d)	Active † (kcal/kg/d)
3 yr	14.3	80	104	13.9	76	100
4 yr	16.2	74	97	15.8	70	93
5 yr	18.4	68	90	17.9	65	87
6 yr	20.7	63	84	20.2	61	81
7 yr	23.1	59	80	22.8	56	75
8 yr	25.6	56	75	25.6	52	71
9 yr	28.6	53	71	29.0	48	65
10 yr	31.9	49	67	32.9	44	60
11 yr	35.9	46	63	37.2	41	56
12 yr	40.5	44	60	41.6	38	52
13 yr	45.6	42	57	45.8	36	50
14 yr	51.0	40	55	49.4	34	47
15 yr	56.3	39	54	52.0	33	45
16 yr	60.9	38	52	53.9	32	44
17 yr	64.6	36	50	55.1	31	43
18 yr	67.2	35	49	56.2	30	42

SAMPLE ESTIMATED ENERGY REQUIREMENTS FOR HEALTHY BOYS AND GIRLS OF MEDIAN WEIGHT AND HEIGHT.\*

EER, Estimated energy requirements.

\* Weight and height for age at 50th percentile.

† See definition of sedentary and active PAL for further information.

From Otten JJ, Hellwig JP, Meyers LD, eds. *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*. Washington, DC: National Academies Press, 2006.