

# Estimated Energy Requirements (EER) of Infants

(Based on the 2000 Dietary Reference Intakes)

## Males

Age (mo)	Reference Weight (kg)	Reference Weight (lb)	Reference Length (cm)	Reference Length (in)	Estimated Energy Requirements (kcal/day)
1	4.4	9.7	54.7	21.5	472
2	5.3	11.7	58.1	22.9	567
3	6.0	13.2	60.8	23.9	572
4	6.7	14.8	63.1	24.8	548
5	7.3	16.1	65.2	25.7	596
6	7.9	17.4	67.0	26.4	645
7	8.4	18.5	68.7	27.0	668
8	8.9	19.6	70.2	27.6	710
9	9.3	20.5	71.6	28.2	746
10	9.7	21.4	73.0	28.7	793
11	10.0	22.0	74.3	29.3	817
12	10.3	22.7	75.5	29.7	844

## Females

Age (mo)	Reference Weight (kg)	Reference Weight (lb)	Reference Length (cm)	Reference Length (in)	Estimated Energy Requirements (kcal/day)
1	4.2	9.3	53.5	21.1	438
2	4.9	10.8	56.7	22.3	500
3	5.5	12.1	59.3	23.2	521
4	6.1	13.4	61.5	24.2	508
5	6.7	14.8	63.5	25.0	553
6	7.2	15.9	65.3	25.7	593
7	7.7	17.0	66.9	26.3	608
8	8.1	17.8	68.4	26.9	643
9	8.5	18.7	69.9	27.5	678
10	8.9	19.6	71.3	28.1	717
11	9.2	20.3	72.6	28.6	742
12	9.5	20.9	73.8	29.1	768