

Harris Benedict Formula for Basal Energy Expenditure (BEE)

For Men:

$$\text{BEE} = 66.5 + 13.75 \times (\text{wt in kg}) + 5.003 \times (\text{ht in cm}) - 6.775 \times (\text{age})$$

For Women

$$\text{BEE} = 655.1 + 9.563 \times (\text{wt in kg}) + 1.850 \times (\text{ht in cm}) - 4.676 * (\text{age})$$