

Harris Benedict Formula for Basal Energy Expenditure (BEE)

Males

$$BEE = 66.5 + 13.75 \times (\text{Weight in kg}) + 5.003 \times (\text{Height in cm}) - 6.775 \times (\text{Age})$$

Female:

$$BEE = 655.1 + 9.563 \times (\text{Weight in kg}) + 1.850 \times (\text{Height in cm}) - 4.676 \times (\text{Age})$$