

19–50 Years

\[
E_{ER_{\text{fication}}} = \text{adult } E_{ER_{\text{pregnancy}}} + \text{milk energy output} - \text{weight loss}
\]

1st 6 mo  adult EER + 500 – 170
2nd 6 mo  adult EER + 400 – 0

Special Considerations

Method Used to Estimate Weight Maintenance in Overweight and Obese Adults

Since Dietary Reference Intakes are designed to apply to apparently health individuals, the EERs are defined as values appropriate for maintenance of long-term good health. Overweight and obese individuals have greater weight than is consistent with long-term good health, thus EER values given in previous sections are not intended for overweight or obese individuals or for those who desire to lose weight. Instead, weight maintenance TEE values are discussed, along with information on the relationship between reduction in energy intake and change in body composition.

Equations to predict TEE for all adults from age, height, weight, gender, and activity level were generated from the combined DLW database of normal, overweight, and obese individuals (Appendix Tables I-3 and I-7). In addition, the DLW database of overweight and obese individuals (Appendix Table I-7) was used to generate equations to predict TEE in overweight and obese adult men and women (BMI 25 kg/m² and higher) from age, height, weight, and physical activity category using nonlinear regression. PAL categorization was determined using the adults’ observed BEE. Data were not used in the derivation of the TEE equations if the PAL value was less than 1.0 or greater than 2.5.

The coefficients and standard error derived for only overweight and obese men and women are provided in Appendix Table I-10. For the overweight and obese equations, the standard deviations of the residuals ranged from 190 to 331, with the highest value in the very active PAL category. The equations are shown below (see Table I-10 for coefficients used).

Overweight and Obese Men Ages 19 Years and Older

\[
\text{TEE} = 1086 - (10.1 \times \text{age [y]}) + \text{PA} \times (13.7 \times \text{weight [kg]}) + 416 \times \text{height [m]})
\]

Where PA is the physical activity coefficient:

PA = 1.00 if PAL is estimated to be ≥ 1.0 < 1.4 (sedentary)
PA = 1.12 if PAL is estimated to be ≥ 1.4 < 1.6 (low active)