Table 5. CALCULATING PRECONCEPTION KILOCALORIE NEEDS

The Institute of Medicine recommends a research-based energy intake calculation using the following estimated energy requirement (EER) formula:

\[ \text{EER} = 354 - (6.91 \times A) + PA \times (9.36 \times Wt + 726 \times Ht) \]

A = age (years)
PA = physical activity coefficient
Wt = weight (kg)
Ht = height (meters)

Physical Activity Coefficients

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>PA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sedentary</td>
<td>(only light physical activity associated with typical day-to-day life)</td>
<td>1.0</td>
</tr>
<tr>
<td>Moderate Active</td>
<td>(lifestyle includes daily 30 minutes of moderate intensity physical activity)</td>
<td>1.12</td>
</tr>
<tr>
<td>Active</td>
<td>(lifestyle includes daily 60 minutes of moderate intensity physical activity)</td>
<td>1.27</td>
</tr>
</tbody>
</table>

Sample calculation for estimated energy requirement (EER)

Reference \textit{normal weight} woman is 55 kg, 165 cm, 20 years old, little or no strenuous activity

\[
\text{EER (kcal)} = 354 - (6.91 \times 20) + 1.0 \times (9.36 \times 55 + 726 \times 1.65) \\
= 354 - 138.2 + 1.0 \times (514.8 + 1197.9) \\
= 216 + 1.0 \times 1713 \\
= 1929 \text{ kcal}
\]

* REMINDER: In any math formula (outside of and within parentheses), all multiplication steps are completed before addition and subtraction.

REFERENCES