

How many calories should person eat

Mifflin-St Jeor Equation:

For men:

$$\text{Calorie intake} = 10W + 6.25H - 5A + 5$$

For women:

$$\text{BMR} = 10W + 6.25H - 5A - 161$$

Revised Harris-Benedict Equation:

For men:

$$\text{Calorie intake} = 13.397W + 4.799H - 5.677A + 88.362$$

For women:

$$\text{Calorie intake} = 9.247W + 3.098H - 4.330A + 447.593$$

Katch-McArdle Formula:

$$\text{Calorie intake} = 370 + 21.6(1 - F)W$$

where:

W is body weight in kg

H is body height in cm

A is age

F is body fat in percentage