**How many calories should person eat**

**Mifflin-St Jeor Equation:**

For men:

Calorie intake = 10W + 6.25H - 5A + 5

For women:

BMR = 10W + 6.25H - 5A - 161

**Revised Harris-Benedict Equation:**

For men:

Calorie intake = 13.397W + 4.799H - 5.677A + 88.362

For women:

Calorie intake = 9.247W + 3.098H - 4.330A + 447.593

**Katch-McArdle Formula:**

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