

### Method 1: RDAs

- Use for ages < 6; overestimates in older children
- For ages >6, need to compare values with method 2 (BMR table), please consult Dietary

### RDA Table

AGE	KCAL/KG	PROTEIN (GM/KG)
0 - 0.5	108	2.2
0.5 - 1	98	1.6
1 - 3	102	1.2
4 - 6	90	1.1
7 - 10	70	1
11 - 14 males	55	1
females	47	1
15 - 18 males	50	0.9
females	45	0.8

Breakdown of RDA (BMR = 50%; Activity = 25%; SDA = 5%; Growth = 12%; Fecal loss = 8%)