



Comparing the Harris Benedict (HBE) and Mifflin St. Jeor Equations (MSJE)

	Harris Benedict Equation	Mifflin St. Jeor Equation
Publish Date	1919	1990
Measurement	Basal Energy Expenditure (BEE)	Resting Energy Expenditure (REE) REE = BEE + 10%* *accounts for Specific Dynamic Action (SDA)
Subjects-Population	University students	Population-based
Subjects- Male	N=136, normal weight Wt (kg) 64.0 ± 10.3 Age (y) 27 ± 9	N=250, normal and overweight Wt (kg) 87.5 ± 14.4 Age (y) 44 ± 14
Subjects-Female	N=103, normal weight Wt (kg) 56.5 ± 11.5 Age (y) 31 ± 14	N=205, normal and overweight Wt (kg) 70.2 ± 14.1 Age (y) 44 ± 14