**SUPPLEMENTARY MATERIAL 1**

Schofield Equations:

|  |  |  |
| --- | --- | --- |
| *Age* | *Male* | *Female* |
| 10-18 | ((0.074 x W) + 2.754) x PAL | ((0.056 x W) + 2.898) x PAL |
| 18-30 | ((0.063 x W) + 2.896) x PAL | ((0.062 x W) + 2.036) x PAL |
| 30-60 | ((0.048 x W) + 3.653) x PAL | ((0.034 x W) + 3.538) x PAL |
| >60 | ((0.049 x W) + 2.459) x PAL | ((0.038 x W) + 2.755) x PAL |

W = weight (kg), PAL = physical activity level

\* no injury factor was included in these analyses

Example of estimated energy requirement:

Miss A

25yo

Height = 172cm

Weight = 94.1kg

Adjusted ideal body weight (AIBW) = 74kg

Physical Activity Level = sedentary

Schofield equation for 25yo female;

(0.062 x Weight or AIBW) + 2.036 x PAL

((0.062 x 74) + 2.036) x 1.4 = **9,274kJ/day**