

The Harris-Benedict equation (also called the Harris-Benedict principle) is a method used to estimate an individual's basal metabolic rate (BMR).

The estimated BMR value may be multiplied by a number that corresponds to the individual's activity level; the resulting number is the approximate daily kilocalorie intake to maintain current body weight.

The Harris-Benedict equation may be used to assist weight loss — by reducing the kilocalorie intake number below the estimated maintenance intake of the equation.

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Last update: **2024/06/07 02:51**

