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Mifflin St. Jeor Equation versus Indirect Calorimeter: What is the accuracy of the Mifflin St. Jeor Calculation?

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There are many ways to calculate resting metabolic rate (RMR) and indirect calorimetry is considered the “gold standard” in calculating caloric needs. However, when indirect calorimetry is unavailable, dietitians and healthcare professionals need to rely on calculations to estimate caloric needs. When it comes to obese female patients, estimating caloric needs becomes increasingly complicated due to the metabolic activity of muscle mass versus fat free mass and fat distribution. This research examines the literature on the accuracy of the Mifflin St. Jeor equation as it compares to indirect calorimetry focusing on obese females. The goal of this research is that dietitians and health professionals can make the best clinical judgment when recommending caloric needs.

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