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### **Recommended energy requirements for infants**

<i>Age (months)</i>	<i>kJ/kg per day (kcal/kg per day)</i>	<i>Age (months)</i>	<i>kJ/kg per day (kcal/kg per day)</i>
0-0.9	520 (124)	6-7	395 (94)
1-2	485 (116)	7-8	395 (94)
2-3	455 (109)	8-9	395 (94)
3-4	430 (103)	9-10	415 (99)
4-5	415 (99)	10-11	420 (100)
5-6	405 (97)	11-12	435 (104)

*Source: Recommended Nutrient Intakes Australian Papers, Truswell, A.S. (ed.), Australian Professional publications, 1990, p. 16.*

### **Recommended energy requirements for children 1-10 years**

<i>Age (years)</i>	<i>Males MJ/day</i>	<i>Females MJ/day</i>
1-2	5.0	4.8
2-3	5.9	5.5
3-4	6.5	6.0
4-5	7.1	6.4
5-6	7.6	6.8
6-7	7.9	7.1
7-8	8.3	7.4
8-9	8.7	7.7
9-10	9.0	7.9

*Source: Recommended Nutrient Intakes Australian Papers, Truswell, A.S. (ed.), Australian Professional publications, 1990, p. 16.*

### **Recommended energy requirements for adolescents 10-18 years**

<i>Age (years)</i>	<i>Males MJ/day</i>	<i>Females MJ/day</i>
10-11	8.1-9.1	7.3-8.2
11-12	8.7-9.8	7.7-8.7
12-13	9.2-10.3	8.1-9.1
13-14	9.8-11.0	8.4-9.5
14-15	10.5-11.8	8.6-9.8
15-16	11.1-12.5	8.7-9.9
16-17	11.7-13.2	8.8-10.0
17-18	12.0-13.5	8.8-10.0

*Source: Recommended Nutrient Intakes Australian Papers, Truswell, A.S. (ed.), Australian Professional publications, 1990, p. 16.*

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