



**Paper for Discussion:**

**Agenda Item: 7**

Draft outline of the Energy Working Requirements report

**For discussion****Very rough plan for energy report**

Membership of the Scientific Advisory Committee on Nutrition: Energy requirements working group

Membership of the Scientific Advisory Committee on Nutrition

**1. Introduction**

- 1.1 Background
- 1.2 Terms of reference
- 1.3 Interpretation of the terms of reference
- 1.4 Definitions
- 1.5 Components of energy requirements
- 1.6 Calculation of energy requirements
- 1.7 Previous energy requirements

**2. Energy requirements of children aged 0-3 years**

- 2.1 Introduction
- 2.2 Energy expenditure
- 2.3 Observed dietary intake
- 2.4 Energy needs for growth
- 2.5 Basis of estimation of requirements
- 2.6 Estimated average requirements
- 2.7 Comparison to previous energy requirement

**3. Energy requirements of children aged 3-10 years**

- 3.1 Introduction
- 3.2 Energy needs for growth
- 3.3 Basis of estimation of requirements
- 3.4 Estimated average requirements
- 3.5 Comparison to previous energy requirement

**4. Energy requirements for children and adolescents aged 10-18 years**

- 4.1 Introduction
- 4.2 Basal metabolic rate
- 4.3 Physical activity level
- 4.4 Energy needs for growth
- 4.5 Estimating the daily energy expenditure of individuals
- 4.6 Estimated average requirement
- 4.7 Comparison to previous energy requirement

**5. Energy requirements for adults aged 19-59 years**

- 5.1 Introduction
- 5.2 Basal metabolic rate
- 5.3 Physical activity level
- 5.4 Estimated average requirements
- 5.5 Comparison to previous energy requirement

**6. Energy requirements for adults aged 60 years and over**

- 6.1 Introduction
- 6.2 Basal metabolic rate
- 6.3 Physical activity level
- 6.4 Estimated average requirements
- 6.5 Comparison to previous energy requirement

**7. Energy requirements for pregnancy**

- 7.1 Determinants of energy cost of pregnancy
- 7.2 Calculation of energy requirement for pregnancy
- 7.3 Comparison to previous energy requirement
- 8. Energy requirements for lactation**
- 8.1 Determinants of energy cost of lactation
- 8.2 Calculation of energy requirement for pregnancy
- 8.3 Comparison to previous energy requirement
- 9. Research recommendations**
- 10. Conclusions**
- 11. References**
- 12. Annexes**