

Table 2: Comparison of FAO/WHO/UNU and COMA Energy Requirements for Children.

FAO/WHO/UNU 2004			COMA 1991		
Age	Daily Energy Requirement MJ/d		Age	EAR MJ/d	
	Male	Female		Male	Female
1 - 2 years	3.96	3.62	1 - 3 years	5.15	4.86
2 - 3 years	4.72	4.38	4 - 6 years	7.16	6.46
3 - 4 years	5.24	4.84	7 - 10 years	8.24	7.28
4 - 5 years	5.69	5.19	11 - 14 years	9.27	7.72
5 - 6 years	6.14	5.56	15 - 18 years	11.51	8.83
6 - 7 years	6.58	5.97			
7 - 8 years	7.08	6.50			
8 - 9 years	7.66	7.10			
9 - 10 years	8.28	7.76			
10 - 11 years	8.99	8.39			
11 - 12 years	9.80	8.99			
12 - 13 years	10.66	9.52			
13 - 14 years	11.59	9.95			
14 - 15 years	12.51	10.25			
15 - 16 years	13.30	10.42			
16 - 17 years	13.90	10.47			
17 - 18 years	14.27	10.47			