

Table 3: Examples of a comparison of FAO/WHO/UNU and COMA Energy Requirements for Adults.

FAO/WHO/UNU 2004					COMA 1991				
Age	Sex	Kg	PAL	MJ/d	Age	Sex	Kg	PAL	MJ/d
30 - 59.9 years	Male	70	1.6	11.2	30 - 59 years	Male	70	1.6	11.2
30 - 59.9 years	Female	60	1.6	8.9	30 - 59 years	Female	60	1.6	9.2