

Supplementary Materials: Inadequacy of Body Weight-Based Recommendations for Individual Protein Intake—Lessons from Body Composition Analysis

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Table S1. Measured (by indirect calorimetry) and calculated (according to Harris and Benedict [1]) resting energy expenditure (REE) in kcal per day in healthy subjects ($n = 574$) and cirrhotic patients ($n = 403$)¹.

REE (kcal/day)	Healthy Subjects		Cirrhotic Patients	
	Measured	Calculated	Measured	Calculated
All	1671.9 ± 325.2 *	2062.7 ± 471.7	1697.1 ± 206.4 *	1488.8 ± 244.2
Females	1521.9 ± 261.2 *	1965.9 ± 499.9	1560.4 ± 109.7 *	1311.9 ± 122.5
Males	1864.2 ± 297.1 *	2186.8 ± 400.9	1822.6 ± 194.5 *	1651.3 ± 213.4
Non Sarcopenic	1687.9 ± 332.4 *	2065.6 ± 482.0	1754.9 ± 125.4 *	1530.9 ± 250.5
Sarcopenic	1600.1 ± 281.4 *	2049.8 ± 424.6	1557.4 ± 194.7 *	1387.2 ± 194.7

¹ Data are presented means ± SD; * significant differences between measured and calculated resting energy expenditure (paired *t*-test): $p < 0.05$; REE: resting energy expenditure.

Reference

1. Harris, J.A.; Benedict, F.G. *A Biometric Study of Basal Metabolism in Man*; Carnegie Institution of Washington: Washington, DC, USA, 1919.