

Predictions of BMR from fat-free mass in large samples

| Reference | Subject characteristics | n | Regression equation | r ² |
|-----------------------------|-------------------------|------|--|----------------|
| Cunningham, 1980 | M/F; lean, obese | 223 | REE = 502 + 21.6 (FFM) | 0.70 |
| Bernstein et al, 1983 | M/F; obese | 185 | REE = 251 + 22 (FFM) + 6.4 (FFM) - 2.1 age | 0.67 |
| Garrow and Webster, 1985 | F; lean, obese | 104 | REE = 310 + 24.2 (FFM) + 5.8 (% fat) | 0.69 |
| Ravussin and Bogardus, 1989 | M/F; lean, obese | 249 | REE = 392 + 21.8 (FFM) | 0.82 |
| Owen, 1988 | M/F; lean, obese | 104 | REE = 186 + 23.6 (FFM) | 0.71 |
| Kashiwazaki et al, 1988 | M/F; lean, obese | 134 | REE = 304 + 24.5 (FFM) | 0.61 |
| Mifflin et al, 1989 | M/F; lean, obese | 483 | REE = 413 + 19.7 (FFM) | 0.64 |
| Weighted mean equation | | 1482 | REE = 370 + 21.6 (FFM) | |

From Cunningham (1991)

Cunningham Equations

J Elliott



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