

# Houghton Mifflin Go Math Kindergarten Workbook

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the mifflin st jeor equation is a widely used tool to determine the resting metabolic rate rmr which is defined as the number of calories burned while the body is in complete rest

developed by mifflin and st jeor in 1990 this equation calculates your bmr based on weight height age and gender it provides a more accurate estimate compared to earlier formulas and serves as a

7 aug 2025 in this article we ll compare three popular bmr formulas mifflin st jeor harris benedict and katch mcardle defining each exploring their positives and negatives and assessing their

15 apr 2023 in this article you will learn more about this equation and how to apply it in your nutrition appointment what is the mifflin st jeor equation this is a predictive equation for resting energy

let s introduce you to the mifflin st jeor bmr basal metabolic rate calculation formula this isn t some dusty old bmr formula it s the rockstar of bmr formulas

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