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Table 2: Mean daily energy intake, daily energy expenditure, resting metabolism, activity energy expenditure and physical activity level.

	Total Sample (n = 242)		Men (n = 114)		Women (n = 128)	
	Mean ± SD	Range (min-max)	Mean ± SD	Range (min-max)	Mean ± SD	Range (min-max)
Mean daily energy intake, kJ/d	9761 ± 2623	5018 - 19008	11216 ± 2673	5531 - 19008	8467 ± 1765	5018 - 13455
Mean daily energy expenditure, kJ/d	11011 ± 3263	5599 - 23095	13139 ± 3126	7515 - 23095	9118 ± 1959	5599 - 15096
Resting metabolic rate, kJ/d	6497 ± 1245	4261 - 10998	7384 ± 1104	4795 - 10998	5708 ± 724	4261 - 8014
Activity energy expenditure, kJ/d	4514 ± 2693	849.7 - 16751	5755 ± 2974	946 - 16751	3410 ± 1813	850 - 9539
PAL	1.69 ± 0.40	1.15 - 3.64	1.79 ± 0.45	1.19 - 3.64	1.60 ± 0.33	1.15 - 2.78

Activity energy expenditure = total daily energy expenditure minus resting metabolic rate. PAL, physical activity level (total daily energy expenditure/ resting metabolic rate).