

XV. Characteristics of "Standard" Adult Persons

characteristic	man	woman
mass (kg)	70	58
surface area (m ²)	1.8	1.6
total body water (% of mass)	60	50
total blood mass (kg)	5.5	4.1
breathing rate, resting (liters/min) (6-8 breaths/min)	7.5	6.0
breathing, light activity (liters/min) (12-14 breaths/min)	20	19
daily air intake (m ³)	22.8	21.1
daily water intake (kg)		
milk	0.30	0.20
drinking water	0.5	0.4
other fluids	1.5	1.1
free water in food	0.70	0.45
from oxidation of food	0.35	0.25
protein intake (kg/day)	0.095	0.066
carbohydrate intake (kg/day)	0.39	0.27
fat intake (kg/day)	0.12	0.08
resting metabolic rate (J/sec-kg)	1.19	1.12
average food energy intake (J/day) (or in terms of cal/day)	11.7×10^6 2.8×10^6	9.20×10^6 2.2×10^6
carbon dioxide exhaled (kg/day)	1.0	0.90