

TABLE 5Age-adjusted K_i values (and their 95% CIs) of specific metabolic rates of major organs and tissues¹

Organ/tissue	Elia's K_i value	21–30 y (young)	31–50 y (middle-age)	51–73 y
	$kcal \cdot kg^{-1} \cdot d^{-1}$	$kcal \cdot kg^{-1} \cdot d^{-1}$	$kcal \cdot kg^{-1} \cdot d^{-1}$	$kcal \cdot kg^{-1} \cdot d^{-1}$
Liver	200	202 (199, 205)	199 (197, 202)	194 (191, 197)
Brain	240	242 (238, 245)	239 (236, 242)	233 (229, 236)
Heart	440	443 (437, 450)	438 (432, 444)	426 (420, 433)
Kidneys	440	443 (437, 450)	438 (432, 444)	426 (420, 433)
SM	13	13.1 (12.9, 13.3)	12.9 (12.8, 13.1)	12.6 (12.4, 12.8)
AT	4.5	4.54 (4.47, 4.60)	4.48 (4.42, 4.54)	4.36 (4.29, 4.43)
Res	12	12.1 (11.9, 12.3)	12.0 (11.8, 12.1)	11.6 (11.4, 11.8)

¹ AT, adipose tissue; Res, residual mass; SM, skeletal muscle.