

Table 6.17. Metabolism of a resting person. (Using data from [300])

system	percentage of BMR	met. rate (kcal/min)	organ mass (kg) for a 65 kg man
liver and spleen	27	0.33	–
brain	19	0.23	1.40
skeletal muscle	18	0.22	28.0
kidney	10	0.13	0.30
heart	7	0.08	0.32
remainder	19	0.23	–
		sum = 1.22	