

## REFERENCE MAN: SUMMARY OF PHYSIOLOGICAL DATA

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Carbon dioxide exhaled	1000 g/day	340
Dietary intake (nutrients)		
Protein	95 g/day	351
Carbohydrates	390 g/day	351
Fat	120 g/day	351
Dietary intake (major elements)		
Carbon	300 g/day	352
Hydrogen	350 g/day	352
Nitrogen	16 g/day	352
Oxygen	2600 g/day	352
Sulfur	1 g/day	352
Elements (summary of model values for daily balance)	See section O	
Energy expenditure	3000 kcal/day	338
Feces, weight of	135 g/day	353
Feces, components of		
Water	105 g/day	353
Solids	30 g/day	353
Ash	17 g/day	353
Fats	5 g/day	353
Nitrogen	1.5 g/day	353
Other substances	6.5 g/day	353
Feces, major elements in		
Carbon	7 g/day	353
Hydrogen	13 g/day	353
Nitrogen	1.5 g/day	353
Oxygen	100 g/day	353
Human milk, composition of	See Table 128	361
Intake of milk	300 ml/day	357
Lung capacities		
Total capacity	5.6 l	345
Functional residual capacity	2.2 l	345
Vital capacity	4.3 l	345
Dead space	160 ml	345
Lung volume and respiration		
Minute volume, resting	7.5 l/min	346
Minute volume, light activity	20 l/min	346
Air breathed, 8 h light work activity	9600 l	346
Air breathed, 8 h nonoccupational activity	9600 l	346
Air breathed, 8 h resting	3600 l	346
Metabolic rate	17 cal/min-kg W	341
Nasal secretion, composition of (major elements)		
Water	95-97 g/100 ml	365
Calcium	11 g/100 ml	365
Chlorine	495 g/100 ml	365
Potassium	69 g/100 ml	365
Sodium	295 g/100 ml	365

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Oxygen Inhaled	920 g/day	340
Saliva, composition of	See Table 130	364
Sweat, composition of	See Table 129	362
Urine values		
Volume	1400 ml/day	354
Specific gravity	1.02	354
pH	6.2	354
Solids	60 g/day	354
Urea	22 g/day	354
“Sugars”	1 g/day	354
Bicarbonates	0.14 g/day	354
Urinary loss of major elements		
Nitrogen	15 g/day	354
Hydrogen	160 g/day	354
Oxygen	1300 g/day	354
Carbon	5 g/day	354
Water balance (gains)		
Total fluid intake	1950 ml/day	360
Milk	300 ml/day	360
Tap water	150 ml/day	360
Other	1500 ml/day	360
In food	700 ml/day	360
By oxidation of food	350 ml/day	360
Total	3000 ml/day	360
Water balance (losses)		
In urine	1400 ml/day	360
In feces	100 ml/day	360
Insensible loss	850 ml/day	360
In sweat	650 ml/day	360
Total	3000 ml/day	360