

**TABLE 2. ASSUMED AVERAGE DAILY ACTIVITY AND CALORIE REQUIREMENTS—  
UGANDA REFERENCE MAN AND WOMAN**

Activity	Adult Male : 57½ Kilos			Adult Female : 50 Kilos		
	Hrs/ Day	Cals/ Hr	Cals/ Day	Hrs/ Day	Cals/ Hr	Cals/ Day
Sleeping .....	8	55	440	8	52	416
Fieldwork .....	4	250	1000	4	220	880
Walking .....	2	148	296	3	130	390
Standing .....	2	123	246	2	79	158
Sitting .....	7	74	518	6	57	342
Active Recreation ...	1	220	220	1	200	200
Total .....	24		2720	24		2386
Adjusted for Mean Temperature of 68°F			2585			2270

J.H.Cleave: Food Consumption in Uganda  
East African Journal of Rural Development, 1,70 (1968)