

$$I_z = \iiint_E \rho(x, y, z) (x^2 + y^2) dx dy dz,$$

$$I_y = \iiint_E \rho(x, y, z) (z^2 + x^2) dx dy dz,$$

$$I_x = \iiint_E \rho(x, y, z) (y^2 + z^2) dx dy dz.$$