

Estimating Calorie and Protein Needs

Oral/Enteral Calorie Needs:

	Premature	Infant	Infant	Child	Child	Child	Female	Female	Male	Male
	<37 wga	0-6 mo	7-12 mo	1-3 yr	4-6 yr	7-10 yr	11-14 yr	15-24 yr	11-18 yr	19-24 yr
Calorie Goal (kcal/kg/day)	110-135	90-100	90-100	80-90	65-75	55-65	40-50	35-40	40-50	35-40

Note: These are only starting goals for patients based on low activity levels without existing complex medical conditions.

- If a patient is not growing according to weight gain goals increase calories by 5-10% from what they are currently receiving.
- If a patient is gaining more than their weight gain goals decrease calories by 5-10% from what they are currently receiving.

Catch Up Growth Calorie Needs:

For catch up growth calorie needs start at 10-15% above the child's needs.

Parenteral Calorie Needs:

Parenteral calorie needs are 12-15% less than enteral calorie needs. This takes into account the thermic effect of food which is absent when TPN is provided.

Oral/Enteral Protein Needs:

	Premature*	0-6 mo*	7-12 mo*	1-3 yr	4-13 yr	14-18 yr	>18 yr
Protein Goal (g/kg/day)	3-4.5	≥1.5	≥1.2	≥1.05	≥0.95	≥0.85	≥0.8

Parenteral Protein Needs (10-25% of Calorie Needs):

	Premature*	0-12 mo*	1-3 yr	4-6 yr	7-10 yr	11-18 yr	>18 yr
Protein Goal (g/kg/day)	3-4.5	2-3	1.5-3	1.5-3	1.5-3	0.8-2.5	0.8-1.6

*Note: For patients less than 1 year of age 4 g/kg/day is max protein load.