

Intensive Care Nursery House Staff Manual

Formula Analysis* and Feeding Recommendations

Nutrient	AAP-CON 1998 ¹ (per kg/d) Preterm	MBM 24 with HMF ² : 150 ml/kg	PE 24 ³ 150 ml/kg	SSC 24 ⁴ 150 ml/kg	Similac Neosure Advance 150 ml/kg	Term MBM 150 ml/kg	Enfamil Lipil 150 ml/kg	Similac Advance 150 ml/kg	Dietary Reference Intakes ⁵ : Full Term	MVI with iron 1 ml/d	ADEK 1 ml/d
Kcal/kg	90-120	120	121	121	112	102	101	101	80-110/d	--	--
Protein (g)	3.5-4.0	3.1	3.6	3.3	2.9	1.57	2.1	2.1	1.52 g/kg/d	--	--
CHO (g)	10.8-15.6	11	13.4	12.8	11.5	10.7	11.1	11	60/d	--	--
Fat (g)	5.4-7.2	7.2	6.2	6.6	6.1	5.9	5.4	5.5	n/a	--	--
Vitamin A (IU)	90-270	1716	1512	1512	513	338	304	304	1333/d	1500	1500
Vitamin D (IU)	324	222	290	181	78	3	61	61	300/d	400	400
Vitamin E (IU)	>1.3	7.3	7.6	4.8	4	0.6	2	1.5	4/d	5	40
Vitamin K (mcg)	4.8	6.7	9.7	14.5	12.3	0.3	8.1	8.1	2/d	--	100
Thiamine (mcg)	>48	250	242	302	246	32	81	101	200/d	500	500
Riboflavin (mcg)	>72	372	363	750	167	52	142	152	300/d	600	600
Vitamin B6 (mcg)	>42	198	181	302	112	31	61	61	100/d	400	600
Vitamin B12 (mcg)	>0.2	0.3	0.3	0.7	0.45	0.07	0.3	0.25	0.4/d	--	4
Niacin (mg)	>3	4.6	4.8	6	2.2	0.2	1	1.1	2/d	8	6
Folic acid (mcg)	39.6	43.5	48.4	44.8	28	7.1	16.2	15.2	65/d	--	--
Pantothenic acid (mcg)	>360	1330	1452	2298	893	270	507	456	1700/d	--	3
Biotin (mcg)	>1.8	4.6	4.8	44.8	10	0.6	3	4.5	5/d	--	15
Vitamin C (mg)	42	23.5	24.2	44.8	16.7	6.1	12.2	9.1	40/d	35	45
Calcium (mg)	210	172	200	218	117	42	79	79	210/d	--	--
Phosphorus (mg)	110	94	100	121	69	21	54	43	100/d	--	--
Iron (mg)	2-3	2.1	2.2	2.2	2.	0.04	1.8	1.8	0.27/d	10	--
Zinc (mg)	>0.6	1.2	1.8	1.8	1.3	0.2	1	0.8	2/d	--	5
Sodium (mEq)	2.5-3.5	2.1	3	2.3	1.6	1.2	1.2	1	--	--	--
Potassium (mEq)	2.0-3.0	3	3.1	4	4.1	2.1	2.8	2.7	--	--	--

1. American Academy of Pediatrics, Committee on Nutrition 1998; based on recommendations per 100 kcal calculated for 120 kcal/kg/d
2. Term Maternal Breastmilk with Human Milk Fortifier (Mead Johnson), 24 kcal/oz
3. Enfamil Premature Lipil with iron, 24 kcal/oz
4. Similac Special Care with iron, 24 kcal/oz
5. Dietary Reference Intakes/Adequate Intake 1998/2000/2002

*Compiled from Neonova Nutrition Optimizer 4.55, 2002; Ross Products Division, Spring 2003