

Calorie Calculations and Growth Parameters

Daily Calorie Goals (Kcal/kg)	
DOL	Enteral and Parenteral
1 - 5	60 - 80
6 - 14	80 - 100
> 14	>120 (Enteral) 90 – 100 (Parenteral)

Protein Goals (Reach by DOL 5)		
Birth Weight (gm)	Enteral (gm/kg)	Parenteral (gm/kg)
500 - 1000	4 – 4.5	3 – 3.5
1000 - 1500	4 – 4.5	3 – 3.5
1500 - 2500	3.5 – 4	3 – 3.5
>2500	3 – 3.5	3

Calories from PO Additives		
Name	Kcal/mL	
Medium Chain Triglyceride (MCT) Oil	7.7	-
Vegetable Oil	9.0	-
	Kcal/tsp	
Polycose	7.7	2.0 gms CHO/tsp
Rice Cereal	5.0	-
Corn Starch	10	2.7 gm CHO/tsp

Adequate Growth (>7 days)
Weight - 10-20 gm/day (<27 wks GA) - 20-30 gm/day (27-40 wks GA) - 20 gm/day (Term - 3 month PMA) - 15 gm/day (3-6 month PMA) - 10 gm/day (6-9 month PMA) Length: 0.8 – 1.1 cm/week HC: 0.8-1 cm/week

Calories from Parenteral Nutrition
1. Dextrose – 3.4 Kcal/gm of glucose. 2. Protein – 4 Kcal/gm of protein. 3. Lipids 20% - 11 Kcal/gm (=2 Kcal/mL of lipids)

Calories from Enteral Feeds			
Name	Kcal/oz	Kcal/mL	Gms Prot/100Kcal
Preterm Human Milk	20	0.67	2.2
Term Human Milk	20	0.67	1.5
Similac Spec Care 24HP	24	0.80	3.3
Premature Enfamil 24HP	24	0.80	3.5
Neosure – 22	22	0.73	2.8
Enfacare - 22	22	0.73	2.8
Enfamil HMF Powder	22	0.73	2.1 – 2.6
Enfamil HMF Powder	24	0.80	2.6 - 3.1
Enfamil HMF Powder	26.5	0.88	3.0 – 3.5
Enfamil HMF Liquid	22	0.73	2.6 – 3.1
Enfamil HMF Liquid	24	0.80	3.3 – 3.8
Similac HMF Powder	22	0.73	2.0 - 2.6
Similac HMF Powder	24	0.80	2.5 - 3.0
Similac HMF Powder	26.5	0.88	2.8 – 3.3
Pregestimil	20	0.67	2.8
Elecare	20	0.67	3.0
Neocate	20	0.67	3.1
1 tsp Enfacare + 3 oz BM	24	0.87	1.8

Please Note: No order, protocol or guideline can anticipate every clinical circumstance, nor are they meant to substitute clinical assessment and judgment.