

Calculating Children's Needs

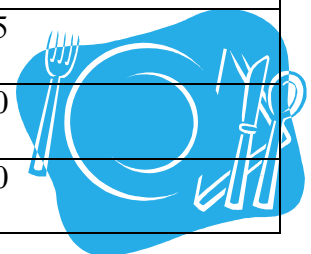


The Basics:

- Different children are going to need different amounts of food based on their age, weight, height, and activity level.
- This handout is designed to help you as the parent or caregiver best determine your child's nutritional needs.
- Research has allowed us to adapt a simple table that discusses the proper amount of calories, protein and fluid based on a child's age.
 - You will find that these numbers do not apply exactly to every child; however, they will provide you with a basic understanding of what a "typical" child would need on an average day.
 - Children tend to fluctuate in their daily intake, eating excessively for a day or two and then very little for several days following. This is because children have the wonderful ability to eat when they are hungry and not when they are bored, tired, happy, or upset like many adults.
 - The best lesson you can teach your child is to continue to allow them to follow their sense of hunger when it comes to eating rather than relying on the external clock that says it is breakfast, lunch or dinner time.
 - Never encourage your child to clear their plate.
- If your child is overweight, you may use the weight that is at the 50th percentile for their height as a basis to determine the child's calorie needs. Your pediatrician or nurse can assist you with calculating an ideal body weight by using the growth chart.



AGE	CALORIES (calories/kilogram* body wt)	PROTEIN (grams/kilogram* body wt)	FLUID (ml/kilogram* of body wt)
0-6 months	108	2.2	120-150
6 mo-1 yr	98	1.6	125-145
1-3 yrs	102	1.2	114-115
4-6 yrs	90	1.1	90-110
7-10 yrs	70	1.0	70-85
11-14 yrs (boy)	55	1.0	70-85
11-14 yrs (girl)	47	1.0	70-85
15-18 yrs (boy)	45	.9	50-60
15-18 yrs (girl)	40	.8	50-60



*To calculate kilograms, take body weight in pounds and divide by 2.2
 Example: 35 pounds = 35/2.2= 15.9 kg