

THE PORTLAND HOSPITAL

Quick Feed/Formula Guide for Infants & Children

The following is just a guide to help you choose the most appropriate feeds for patients, when your Dietitian is unavailable. Wherever possible, please contact your Paediatric Dietitian (bleep 65) to assess patients' nutrition requirements and provide feeding plans. Remember 'breast is best', therefore breastfeeding or EBM should always be your first choice.

Formula or Feed (per 100ml)	Nutrition Composition of Feed/Formulas						Feed/Formula of Choice for Various Situations													
	Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Na (mmol)	K (mmol)	Normal Requirement <1 yr	Normal + reflux <1 yr	Normal Requirement 1-10 yr	Normal Requirement 10yr and older	Underweight <1 yr	Underweight 1-10 yr	Underweight 1-10 yr and constipated	Fluid Restricted <1 yr	Premature Infant	Chylothorax	Malabsorption	Lactose Intolerance	Risk of NEC OR Cows Milk Protein Allergy	Renal Impairment
EBM	69	1.3	4.1	7.2	0.65	0.85	✓	✓							✓				✓	✓
EBM + Fortifier	85	2.1	4.4	9.8	1.41	2.18					✓			✓	✓					
SMA First	67	1.5	3.6	7.2	0.69	1.79	✓													✓
Nutriprem 2	75	2.0	4.1	7.5	1.1	1.96									✓					
SMA High Energy	91	2.0	4.9	9.8	0.95	2.20					✓									
Infatrini	100	2.6	5.4	10.3	1.0	2.60					✓		✓							
SMA Lactose Free	67	1.5	3.6	7.2	0.69	1.78												✓		
Peptijunior	67	1.8	3.6	6.9	1.1	1.9											✓		✓	
Monogen	73.5	2.2	1.9	12	1.5	1.6										✓				
Neocate LCP	70	1.95	3.4	7.9	0.79	1.6											✓		✓	
Nutrini Standard	100	2.8	4.4	12.3	2.61	2.82			✓											
Nutrini Energy	150	4.1	6.7	18.5	3.9	4.20						✓								
Fortini Multifibre	150	3.4	18.8	6.8	3.91	4.25							✓							
Tentrini Standard	100	3.3	4.2	12.3	3.5	3.5														✓