

DETERMINING ENERGY REQUIREMENTS: CALORIE CALCULATOR

HOW TO USE: 1. Go to Table A and select pt age and sex. 2. Go to Table B and select stress level. 3. Return to Table A and identify corresponding kcal and goal rate.
(Table A based on 60-65 kg females and 70-75 kg males. Refer to Table C for direction how to adjust for very small – very large wt. Use corrected body wt for obese pts).

Table A

AGE	SEX	STRESS LEVEL	ENERGY (kcal)	GOAL RATE (mL/hr) Isosource HN 1.2 kcal/mL	GOAL RATE (mL/hr) Resource 2 2 kcal/mL
18-25	M	Mild	2150	75	45
		Mod	2300	80	50
		High	2650	90	55
	F	Mild	1700	60	35
		Mod	1580	65	40
		High	2150	75	45
26-35	M	Mild	2050	70	45
		Mod	2200	75	45
		High	2600	90	55
	F	Mild	1650	60	35
		Mod	1800	65	40
		High	2100	70	45
36-50	M	Mild	1950	70	40
		Mod	2100	75	45
		High	2400	85	50
	F	Mild	1600	55	35
		Mod	1700	60	35
		High	2000	70	45
51-70	M	Mild	1800	65	40
		Mod	1950	70	45
		High	2250	80	50
	F	Mild	1450	50	30
		Mod	1550	55	35
		High	1850	65	40
71-90	M	Mild	1650	60	35
		Mod	1800	65	40
		High	2050	70	45
	F	Mild	1400	50	30
		Mod	1500	50	35
		High	1750	60	40

Table B

STRESS LEVEL	EXAMPLES
MILD	<10% burn; mild infection; minor surgery
MOD	10-20% burn; significant surgery
HIGH	20-40% burn; severe infection; major surgery; multiple trauma; severe pancreatitis; severe CHI
SEVERE	Individual assessment

Table C

WT	BODY WT (Kg) Use CBW if obese	ADJUST GOAL ENERGY	ADJUST GOAL FEED RATE
VERY SMALL	F <40 M <55	-250 kcal	↓ Isosource HN 10 mL/hr ↓ Resource 5 mL/hr
SMALL	F 40-50 M 55-65	-125 kcal	↓ Isosource HN 5 mL/hr Resource 2 (same)
LARGE	F 70-80 M 90-100	+125 kcal	↑ Isosource HN 5 mL/hr Resource 2 (same)
VERY LARGE	F >80 M >100	+250 kcal	↑ Isosource HN 10 mL/hr ↑ Resource 5 mL/hr

OBESE PATIENTS:

Use corrected body wt (CBW), not ideal body wt (IBW) or actual body wt (ABW)

How to calculate CBW: (ABW – IBW) x 0.25 + IBW

How to calculate IBW:

Female: Use 100 lb (45 kg) and add 5 lbs (2.5 kg) for every inch (2.54 cm) above 5 ft (152 cm)

Male: Use 106 lb (48 kg) and add 6 lbs (3 kg) for every inch (2.54 cm) above 5 ft (152 cm)

ENTERAL NUTRITION FORMULARY

FORMULA	ISOSOURCE HN	RESOURCE 2	ISOSOURCE VHP	NOVASOURCE RENAL	PEPTAMEN 1.5
kcal/mL	1.2	2.0	1.0	2.0	1.5
PROTEIN (g/1000 kcal)	44	42.5	62	45.5	45
FAT (g/1000 kcal)	35	44	34	50	37
CHO (g/1000 kcal)	126	110	113	92.5	125
H ₂ O (mL/1000 kcal)	670	342	850	358	513
K (mEq/1000 kcal)	38	20	38	12	32
MODIFICATION	Standard feed	Fluid restriction	High Protein	Low K Fluid restriction	Pre-digested