

Recommended Intakes for Macro- and Micronutrients

Min–max	Per kg ⁻¹ · day ⁻¹	Per 100 kcal
Fluid, mL	135–200	
Energy, kcal	110–135	
Protein, g <1 kg body weight	4.0–4.5	3.6–4.1
Protein, g 1–1.8 kg body weight	3.5–4.0	3.2–3.6
Lipids, g (of which MCT <40%)	4.8–6.6	4.4–6.0
Linolenic acid, mg*	385–1540	350–1400
α-linolenic acid, mg	>55 (0.9% of fatty acids)	>50
DHA, mg	12–30	11–27
AA, mg [†]	18–42	16–39
Carbohydrate, g	11.6–13.2	10.5–12
Sodium, mg	69–115	63–105
Potassium, mg	66–132	60–120
Chloride, mg	105–177	95–161
Calcium salt, mg	120–140	110–130
Phosphate, mg	60–90	55–80
Magnesium, mg	8–15	7.5–13.6
Iron, mg	2–3	1.8–2.7
Zinc, mg [‡]	1.1–2.0	1.0–1.8
Copper, µg	100–132	90–120
Selenium, µg	5–10	4.5–9
Manganese, µg	≤27.5	6.3–25
Fluoride, µg	1.5–60	1.4–55
Iodine, µg	11–55	10–50
Chromium, ng	30–1230	27–1120
Molybdenum, µg	0.3–5	0.27–4.5
Thiamin, µg	140–300	125–275
Riboflavin, µg	200–400	180–365
Niacin, µg	380–5500	345–5000
Pantothenic acid, mg	0.33–2.1	0.3–1.9
Pyridoxine, µg	45–300	41–273
Cobalamin, µg	0.1–0.77	0.08–0.7
Folic acid, µg	35–100	32–90
L-ascorbic acid, mg	11–46	10–42
Biotin, µg	1.7–16.5	1.5–15
Vitamin A, µg RE, 1 µg~3.33 IU	400–1000	360–740
Vitamin D, IU/day	800–1000	
Vitamin E, mg (α-tocopherol equivalents)	2.2–11	2–10
Vitamin K ₁ , µg	4.4–28	4–25
Nucleotides, mg		≤5
Choline, mg	8–55	7–50
Inositol, mg	4.4–53	4–48

AA=arachidonic acid; DHA-docosahexaenoic acid; IU=international unit; MCT=medium-chain triacylglycerols.

Calculation of the range of nutrients expressed per 100 kcal is based on a minimum energy intake of 110 kcal/kg.

*The linoleic acid to α-linolenic acid ratio is in the range of 5 to 15:1 (wt/wt).

[†]The ratio of AA to DHA should be in the range of 1.0–2.0 to 1 (wt/wt), and eicosapentaenoic acid (20:5n-3) supply should not exceed 30% of DHA supply.

[‡]The zinc to copper molar ratio in infant formulae should not exceed 20.

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