

## **CALCULATING YOUR CHILDS DIETARY NEEDS**

It is my opinion that we can and should become experts in our childrens diets. It is important to remember that our children have Amino Acid Metabolic Disorder; they can not digest Amino Acids and utilize all the protein because of their lack of muscle. Our kids (as stated by Dr. Kelly) have between 10-40% of the muscle mass of regular children and therefore an adjustment must be made for this. When following the AA diet you must not exceed 2 packs of the single amino acid formula and if you do you are not following the diet, period!

Calories: 60-70cal/kg (unaffected children: 70-80cal/kg)  
Fluids: 115-125ml/kg total liquid  
Protein: 1.0-1.5g/kg (unaffected children: about 2.0g/kg)

To convert pounds to kg, divide child's weight by 2.2

**our kids should receive 115-125ccs/kg TOTAL liquid *some* kids can take, safely, 6-8 oz more of clear liquid (if you feel they need it)...but it is very important to check residuals to ensure that your child is digesting properly.**

1 kg = 2.2046 lbs.

So... if your child weighs 45 lbs: 45 divided by 2.2 = 20.5 kg (rounded off)

20.5 kg x 60 to 70 kcal/kg = 1,230 to 1,435 calories per day

It is also important to include the volume for 24 hours worth of water flushes. Take into account that you are suctioning your child through the day and there is large amounts of fluid loss through suctioning because our kids loose their swallow.