

General Guidelines for SMA Children

Vitamins and Minerals*

	<u>1-3 year old</u>	<u>4-8 year old</u>
Vitamin D	5 mcg	5mcg
Vitamin A	1500 IU	2000IU
Vitamin E	6 mg a-toco	7 mg a-toco
Vitamin C	15 mg	20 mg
Thiamin	0.5 mg	0.6 mg
Riboflavin	0.5 mg	0.6 mg
Niacin	6 mg	8 mg
Vitamin B6	0.5 mg	0.6 mg
Folate	150 mcg	200 mcg
Vitamin B12	0.9 mcg	1.2 mcg
Vitamin K	30 mcg	55 mcg
Calcium	500 mg	800 mg
Iron	7 mg	10 mg

mg = milligram

mcg = microgram

IU = international unit

a-toco = alpha-tocopherol

***These are recommended daily intakes, not tolerable upper limits. It is not known whether or not these recommendations are ideal for SMA subjects, but can provide a guide to appropriate intake. Certain vitamins in excess, such as B6 (pyridoxine), can be toxic to nerves. Niacin in large quantities can cause flushing and stomach upset. Thus, it is wise to be conservative in providing vitamin supplements greatly in excess of RDA requirements.**

Calories

9-11 kcal per centimeter height (conversion is height in inches X 2.54) Ideally, caloric intake should be monitored and adjusted as needed to maintain weight for height ratio around the 10th percentile. This is because SMA subjects have significantly reduced lean mass.

Protein

Range is 1 gram per kilogram body weight (conversion is weight in pounds divided by 2.2) up to 2 grams per kilogram body weight. Protein in excess of 2 grams/kg/day over a long period of time could potentially result in kidney problems and negatively affect bone density.

Fat

Try not to exceed 30% of total calories.

Fiber

Age plus 5 (a 3 year old would need 3 + 5 = 8 grams of fiber a day)

Fluid

115 – 135 ml/kg (conversion is weight in pounds divided by 2.2). Children with fever or excessive fluid loss from sweating may require more in some cases.
