

TABLE 1. MACROELEMENTS

Element/Infusion Condition	Parenteral Source (mg/kg/d)	Total Energy (kcal/kg/d)	RDA – Recommended		
			Essential (mg/kg/d)	Non-Essential (g/kg/d)	Fluid (mL/kg/d)
Water	0.6-1.0	20-30	0.5	1	20-30
Electrolyte & nutrient source	1.2-2.0	20-30	1.0	1.5	Minimum to provide adequate concentrations
Minimum Parenteral RDA Requirements (mg/kg/d)	Parenteral Source (g/kg/d)	Total Energy (kcal/kg/d)			
Threonine (non-lyophilized)	1.0-1.5				
Valine	1.0-1.5				
Open solutions	Additional 0.5-2.0 g/L solution				
Acute kidney injury	0.6-1.0				
Chronic kidney replacement therapy	Additional 0.2 g/kg/d and to meet 0.7 g/kg/d				
Chronic kidney injury with maintenance hemodialysis	1.0				
Water balance	1.2-2.0 based on "net" weight and response				
Glucose	2-3.5 (based on 20%)	20-30 (based on 20%)			

RDA = Recommended Adequacy

Threonine & valine source: For lyophilized source during all other non-lyophilized products (this rate recommendation based on 20%)

TABLE 2. ELECTROLYTE AND MINERAL

Element	Estimated Daily Requirement	Factors that increase needs
Calcium ^a	50-120 mg/d	High protein intake
Magnesium	8-20 mg/d	Diuretics, medications, sweating
Phosphorus ^a	20-40 mg/d	High protein intake, sweating
Sodium	0.2 mEq/kg/d ^b	Diuretics, sweating, ill patients, ill wounds
Potassium	0.2 mEq/kg/d ^b	Diuretics, sweating, ill patients, ill wounds, medications, sweating
Chloride	As needed to maintain acid-base balance	Renal insufficiency, metabolic alkalosis, ill wounds or transfusions
Urea	As needed to maintain acid-base balance	Metabolic alkalosis, volume depletion

^aNot needed in preoperative status and preoperative status is complicated

^b1 = Recommended

TABLE 3. DAILY REQUIREMENTS FOR ADULT PARENTERAL SOLUTIONS^a

Element	Estimated Daily Requirement
Threonine (g)	8 mg
Valine (g)	10 mg
Valine (g)	10 mg
Valine (g)	100 mg
Threonine (g)	10 mg
Valine (g)	8 mg
Valine (g)	8 mg
Valine	40 mg
Valine (g)	100 mg
Valine (g)	100 mg
Valine (g)	10 mg
Valine (g)	10 mg
Valine (g)	100 mg

^aEssential amino acids, water, electrolytes to meet oral or parenteral intake, and other amino acids, electrolytes, and other nutrients to meet oral or parenteral intake

TABLE 4. DAILY REQUIREMENTS FOR ADULT PARENTERAL TRACE ELEMENTS^a

Trace Element	Estimated Daily Requirement
Chromium	10 mg
Copper	0.1-0.2 mg
Manganese	10 mg
Selenium	10-100 mg
Zinc	1-5 mg

^aEssential amino acids, water, electrolytes to meet oral or parenteral intake

^bNot: Trace requirements are different for the different elements and are not listed in the table

Aspen Nutrition Guide

**L. Kathleen Mahan, Sylvia Escott-
Stump, Janice L. Raymond, Marie V.
Krause**

Aspen Nutrition Guide:

ADA Pocket Guide to Nutrition Assessment Pamela Charney, Ainsley Malone, 2009

Nutrition in Kidney Disease

Laura D. Byham-Gray, Jerrilynn D. Burrowes, Glenn M. Chertow, 2008-05-15 The Nutrition and Health™ series of books have as an overriding mission to provide health professionals with texts that are considered essential because each includes 1 a synthesis of the state of the science 2 timely in depth reviews by the leading researchers in their respective fields 3 extensive up to date fully annotated reference lists 4 a detailed index 5 relevant tables and figures 6 identification of paradigm shifts and the consequences 7 virtually no overlap of information between chapters but targeted inter chapter referrals 8 suggestions of areas for future research and 9 balanced data driven answers to patient health professional questions that are based upon the totality of evidence rather than the findings of any single study The series volumes are not the outcome of a symposium Rather each editor has the potential to examine a chosen area with a broad perspective both in subject matter as well as in the choice of chapter authors The international perspective especially with regard to public health initiatives is emphasized where appropriate The editors whose trainings are both research and practice oriented have the opportunity to develop a primary objective for their book define the scope and focus and then invite the leading authorities from around the world to be part of their initiative The authors are encouraged to provide an overview of the field discuss their own research and relate the research findings to potential human health consequences

The Essential Pocket Guide for Clinical Nutrition Resized, Fourth Edition Mary Width, Tonia Reinhard, 2025-04-23

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The Clinical Guide to Oncology Nutrition Laura L. Molseed, Paula Davis McCallum, 2006 Representing the most current oncology nutrition research this new edition is the clinician's guide to understanding the nutritional needs and risks of cancer patients and to anticipating and responding with appropriate nutrition care This guide explores the fundamentals from nutrition screening to therapy protocols to pharmacological management with new chapters devoted to ACS survivor guidelines reimbursement guidelines and outcomes research

Krause's Food & the Nutrition Care Process L. Kathleen Mahan, Sylvia Escott-Stump, Janice L. Raymond, Marie V. Krause, 2012-01-01 The most respected nutrition text for more than 50 years Krause's Food the Nutrition Care Process delivers comprehensive and up to date information from respected educators and practitioners in the field The latest recommendations of the Dietary Guidelines for Americans 2010 new and expanded chapters and a large variety of tables boxes and pathophysiology algorithms provide need to know information with ease making this text perfect for use in class or everyday practice Clear logical organization details each step of complete nutritional care from assessment to therapy UNIQUE Pathophysiology algorithms clarify the illness process and to ensure more effective care New Directions boxes reflect the latest research in emerging areas in nutrition therapy Focus On boxes provide additional detail on key chapter concepts Clinical Insight boxes and Clinical Scenarios with detailed Sample Nutrition Diagnosis statements help ensure the most accurate and effective interventions in practice Key terms listed at the beginning of each chapter and bolded within the text provide quick access to important nutrition terminology More than 1 000 self assessment questions on a companion Evolve website reinforce key textbook content Reorganized table of contents reinforces the Nutrition Care Process structure endorsed by the American Dietetic Association ADA New recommendations reflect a comprehensive approach to diet and nutrition that incorporates the Dietary Guidelines for Americans 2010 the MyPyramid food guide and the Eating Well with Canada's Food Guide recommendations MNT for Thyroid Disorders chapter details important nutrition considerations for managing thyroid disorders New calcium and vitamin D Dietary Recommended Intakes DRIs improve monitoring of nutrient intake Expanded Nutrition in Aging chapter includes assessment and nutritional care guidelines for the growing elderly patient population Growth grids for children detail proper patient nutrition during infancy and early childhood Extensively revised MNT for Food Allergies chapter highlights the importance of food allergy management in clinical nutrition therapy Updated appendices enhance assessment accuracy with the latest laboratory findings and normal values

ADA Pocket Guide to Pediatric Nutrition Assessment Beth L. Leonberg, 2008 This evidence based tool is a comprehensive guide to nutrition assessment and nutrient requirements of infants and children from birth to 18 years of age Screening and risk assessment anthropometric assessment health history and development diet and feeding assessment assessment of the family environment and macronutrient and micronutrient requirements are covered Includes

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