

TABLE 66-8 -- Recommended Oral Intake of Minerals and Trace Elements for Preterm Infants

Mineral/Trace Element (per 100 kcal)	AAP[*]	ESPGHAN[†]
Calcium (mg)	67–200	110–130
Chloride (mEq)	2–6.5	1.7–4.6
Magnesium (mg)	5.3–13.6	7.5–13.6
Phosphorus (mg)	40–127	55–80
Potassium (mEq)	1.3–2.7	1.5–4.1
Sodium (mEq)	2–4.6	1.7–2.7
Iron (mg)	1.33–3.64	1.8–2.7
Chromium (µg)	0.07–2.05	0.027–1.12
Copper (µg)	80–136	90–120
Fluoride (µg)		1.4–55
Iodine (µg)	6.7–54.5	10–50
Manganese (µg)	0.5–6.8	6.3–25
Molybdenum (µg)	0.2–0.27	0.27–4.5
Selenium (µg)	0.9–4.1	4.5–9
Zinc (mg)	0.34–2.7	1–1.8

* From American Academy of Pediatrics: *Pediatric nutrition handbook*, Elk Grove Village, Ill, 2009, American Academy of Pediatrics.

† From Agostoni C, Buonocore G, Carnielli VP, et al: Enteral nutrient supply for preterm infants: commentary from the European Society for Paediatric Gastroenterology, Hepatology, and Nutrition Committee on Nutrition, *J Pediatr Gastroenterol Nutr* 50:85–91, 2010.

TABLE 66-7 -- Recommended Oral Intake of Vitamins

Vitamin (per 100 kcal)	AAP[*]	ESPGHAN[†]
Fat Soluble		
Vitamin A (IU)	467–1364	1210–2466
Vitamin D (IU)	100–364	100–350 (800–1000/d)
Vitamin E (IU)	4–10.9	2–10 mg alpha TE
Vitamin K (µg)	5.3–9.1	4–25
Water Soluble		
Vitamin B6 (µg)	100–191	41–330
Vitamin B12 (µg)	0.2–0.27	0.08–0.7
Vitamin C (mg)	12–21.8	10–42
Biotin (µg)	2.4–5.5	1.5–15
Folic acid (µg)	17–45	32–90
Niacin (mg)	2.4–4.4	0.345–5
Pantothenate (mg)	0.8–1.5	0.3–1.9
Riboflavin (µg)	167–327	180–365
Thiamin (µg)	120–218	125–275

from Avery's 9th ch66