



# NUTRITION SUPPORT CALCULATION TUTORIAL

## Calculating PN Provision based on Stock Solutions

Repeat formulae 100 ml of 20% dextrose, 200 ml of 20% ...  
Calculates total energy and volume

Have grams protein, need to calculate

- Dextrose = 100g
- Lipids = 25g
- Protein = 10g

### SCENARIO

40-year-old male, admitted with acute pancreatitis & pseudocyst

Needs Assessed:  
1500 kcal + 90 g protein

#### Anthropometrics

- Actual weight 75 kg
- Height 67 inches
- Partners advised with values:
  - 80 kcal
  - 10-12g
  - 1000-200



200g dextrose x 1000 / 1000 ml / 75 kg = 2.67

- Lipid Infusion Rate:  
40 g lipid / 75 kg / 24 hrs = 0.222 g/kg/d

## Nutrition Assessment Calculations & Conversions

Pounds to kg – divide by 2.2

## PN Practice Calculation Scenario



<https://nutritionstudysupport.com>

# Nutrition Guide Tutorial

**Ruth E. Browning**



## **Nutrition Guide Tutorial:**

*Food and Nutrition Information Center Microcomputer Software Collection* Natalie Updegrave Partridge, 1993 **Life Cycle Nutrition for Public Health Professionals** Kyle L. Thompson, M. Margaret Barth, Melissa D. Gutschall, 2024-01-20

Life Cycle Nutrition for Public Health Professionals is the first textbook using a public health approach and population focused lens to explore nutrition across each life cycle phase. It provides the basic principles of normal nutrition across each developmental phase in the life course along with the foundational knowledge of key determinants, challenges, and outcomes among communities and populations within each nutrition phase. Using the Public Health 30 framework as a guide, the text illustrates how evidence-based public health nutrition programs can improve individual and population health. This comprehensive text contains chapters spanning every major life cycle phase from preconception and pregnancy through older adulthood. It covers optimal growth and development, health promotion and prevention topics, public health nutrition issues, social determinants of health, and examples of evidence-based public health nutrition programs and policies in the United States and around the globe. Major public health nutrition themes found in life cycle phases are discussed, including food security, life stage issues in vulnerable populations, maternal and child health, childhood obesity, chronic disease prevention, optimal aging, public health nutrition emergency management issues, related to health communication and health education, as well as economic impacts of poor public health nutrition. With a strong emphasis on evidence-based practice and cultural competencies and featuring case studies, discussion questions, and learning activities in each chapter, Life Cycle Nutrition for Public Health Professionals is a unique, engaging, and essential resource.

**Key Features:** Presents life cycle nutrition through a public health and social ecological lens; Emphasizes professional, evidence-based approaches to problem solving in the field with a Public Health 30 focus; Highlights real-world examples of effective public health interventions with engaging case studies; What Works sections and Resources for Further Learning; Integrates the social determinants of health and their impact on racial and ethnic health disparities throughout each chapter.

*ABC of Intensive Care* Graham R. Nimmo, Mervyn Singer, 2011-08-02

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