



Meeting Recommended Protein Goals with Enteral Nutrition Therapy

Recommendations for Adult Patients ¹ by condition	AMOUNT	SCCM/A.S.P.E.N. GUIDELINE
ARF, AKI	1.2–2.0 g/kg ABW/day	J1
BMI <30	1.2–2.0 g/kg ABW/day	C4
BMI Obesity 30-40	≥2.0 g/kg IBW/day	Q5
BMI Obesity ≥40	Up to 2.5 g/kg IBW/day	Q5
Burns	1.5–2.0 g/kg ABW/day	M4c
Chronically Critically Ill	“Aggressive high protein”	P1
CRRT/Frequent HD	Up to 2.5 g/kg ABW/day	J2
Liver Failure	1.2–2.0 g/kg dry wt or usual wt/day	K1/C4
Multi Trauma	≥1.2–2.0 g/kg ABW/day	C4
Open Abdomen	Baseline + 15-30g/L lost exudate	M3b
PN in High Risk	≥1.2 g/kg ABW/day for first week	H2
Sepsis	1.2–2.0 g/kg ABW/day	N4

2017 Pediatric Critical Care Guidelines for Protein²

3A Recommend minimum protein intake of 1.5 g/kg/d. Protein intake higher than this threshold has been shown to prevent cumulative negative protein balance. In critically ill infants and young children, the optimal protein intake may be much higher than this minimum threshold.

3B Suggest provision of protein early in the course of critical illness; delivery of a higher proportion of the protein goal has been associated with positive clinical outcomes.

Recommendations for Pediatric Patients ³ by age	2009 A.S.P.E.N. RECOMMENDATIONS FOR PROTEIN
0-2 years	2-3g/kg/day
2-13 years	1.5-2g/kg/day
13-18 years	1.5g/kg/day

1. McClave S, et al. *JPEN* 2016;40:159-211.

2. Mehta NM, et al. *JPEN* 2017; (41)5: 706-742.

3. Mehta NM, et al. *JPEN* 2009;33:260-276.

ABW = Actual Body Weight IBW = Ideal Body Weight

Formulas Available to Assist in Adequate Protein Delivery in the ICU



Peptide-based high protein formula for surgical and trauma ICU patients



Peptide-based very high protein formula for medical ICU patients



High protein peptide-based formula for pediatric patients (ages 1-13)

PRODUCT	IMPACT® PEPTIDE 1.5	PEPTAMEN® INTENSE VHP	PEPTAMEN JUNIOR® HP
Calories per mL	1.5	1.0	1.2
Calories (kcal per L)	1500	1000	1200
Protein (g/L)	94	92	48
Protein (% of kcal)	25%	37%	16%
Protein Source	Hydrolyzed Casein (Milk), L-arginine	Enzymatically Hydrolyzed Whey Protein (from Milk)	Enzymatically Hydrolyzed Whey Protein (from Milk)
Carbohydrate (g/L kcal)	140 (37%)	76 (30%)	152 (50%)
Carbohydrate Source	Maltodextrin, Corn Starch	Maltodextrin, Corn Starch	Maltodextrin, Sugar, Corn Starch
Fat g (g/L kcal)	63.6 (38%)	38 (33%)	48 (34%)
Fat Source	MCT, Refined Fish Oil (Anchovy & Sardine), Soybean Oil	MCT, Refined Fish Oil (Anchovy & Sardine), High Linoleic Safflower Oil, Soybean Oil	MCT, Soybean Oil, Canola Oil
Osmolality (mOsm/kg)	510	345	440
Meets or exceeds 100% RDI/DRI (mL)	1000	1500	1000 (1-8 years) 1250 (9-13 years)

The inclusion of product name does not constitute an endorsement of any Nestlé HealthCare Nutrition product by SCCM or A.S.P.E.N.

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