



# NUTRITION SUPPORT CALCULATION TUTORIAL

## Calculating PN Provision based on Stock Solutions

Repeat to determine 500 ml of 20% dextrose, 250 ml of 20% amino acids, and 250 ml of 20% lipids. Calculate total energy and volume required.

Have grams protein, need to calculate:

- Dextrose = kcal/g = 1
- Lipids = 250 kcal/g lipid
- Protein = 1

### SCENARIO

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

Severely Asymptomatic  
1800 kcal = 50 g protein

#### Anticipations:

- Actual weight 75 kg
- Height 6'1 inches
- Patient's current lab values
- BUN 144
- Cr 1.2
- GFR 200

$$\begin{aligned} \text{Dextrose} &= \frac{1800 \text{ kcal}}{1 \text{ kcal/g}} = 1800 \text{ g} \\ \text{Lipids} &= \frac{1800 \text{ kcal}}{250 \text{ kcal/g}} = 7.2 \text{ g} \\ \text{Protein} &= \frac{50 \text{ g}}{1 \text{ g/g}} = 50 \text{ g} \end{aligned}$$

(200g dextrose x 1000) / 1440 ml = 139 g/kg

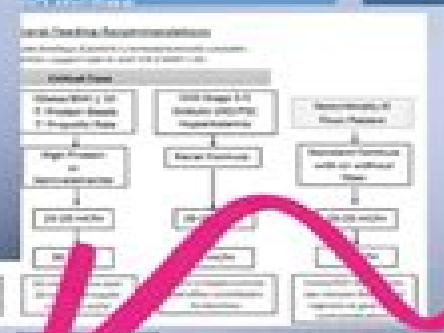
#### Lipid Infusion Rate:

40 g lipid / 75 kg / 24 hrs = 0.208 g/kg/hr

## Nutrition Assessment Calculations & Conversions

Pounds to kg – divide by 2.2

## PN Practice Calculation Scenario



<https://nutritionstudysupport.com>

# Nutrition Guide Tutorial

**Xiaolong Qi**



## Nutrition Guide Tutorial:

**Handbook of Nutrition and Food** Carolyn D. Berdanier, Johanna T. Dwyer, David Heber, 2016-04-19 The new edition of the Handbook of Nutrition and Food follows the format of the bestselling earlier editions providing a reference guide for many of the issues on health and well being that are affected by nutrition Completely revised the third edition contains 20 new chapters 50 percent new figures A comprehensive resource this book is a reference guide for many of the issues on health and well being that are affected by nutrition Divided into five parts the sections cover food including its composition constituents labeling and analysis nutrition as a science covering basic terminology nutritional biochemistry nutrition and genetics food intake regulation and micronutrients nutrient needs throughout the human life cycle assessment of nutrient intake adequacy and clinical nutrition from assessments to a wide variety of disease and health topics *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 3 0 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 3 0 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 This new and updated edition is a practical guide to intensive care for the non specialist providing the core knowledge and principles of intensive care patient management From general principles through to

critical care outreach and end of life care it covers best practice management in the intensive care unit It includes the key organ system support as well as monitoring sepsis brain stem death and nutrition in intensive care There is also full coverage of organ donation This invaluable resource is highly illustrated in colour throughout with new images references to key evidence and further reading and resources in each chapter It is ideal for junior doctors medical students and specialist nurses working in an acute hospital setting and the ICU and neonatal ICU and for anyone involved in the management and care of intensive care patients Endorsed by the Intensive Care Society UK and the Scottish Intensive Care Society This title is also available as a mobile App from MedHand Mobile Libraries Buy it now from Google Play or the MedHand Store

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**Directory of Food and Nutrition Information for Professionals and Consumers** Robyn C. Frank,Holly Berry Irving,1992 Emphasizes nutrition education food science food service management and related aspects of applied nutrition Part I has chapters on organizations that provide information services and or resources on food and nutrition academic programs software and databases Part II is composed of annotated bibliographic entries and lists of organizations Intended to assist nutritionists dietitians health professionals educators librarians and consumers in identifying sources of food and nutrition information

**Directory of Food and Nutrition Information Services and Resources** Robyn C. Frank,1984 Directory intended to assist nutritionists and other interested professionals as to sources of food and nutrition information Emphasis is on management education food science and related aspects of applied nutrition Arranged under nine chapters dealing with such topics as databases reference materials and organization and agencies Each entry gives discription Subject geographical organization and program indexes

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[Nutrition Education Resources & Bibliography](#) ,1994

**Conference on Guidelines for Nutritional Education in Medical Schools and Postdoctoral Programs** Philip Louis White,L. Kathleen Mahan,Maggie E. Moore,1972 [Microcomputers in Education](#) ,1984

*Computers in the Home Economics Classroom* Ruth E. Browning,1985 [Elementary Teachers Guide to Free Curriculum Materials](#) 2005-06 Educators Progress Service,2005-05

*Diet and Nutrition Sourcebook* Dan R. Harris,1996

Healthy nutrition has become a subject of growing concern and reappraisal According to recent research one third of the adult U S population is obese At the same time one third of American men and one half of American women are trying to diet

Currently the typical household eats one meal out of five outside of the home four out of seven of these in fast food restaurants The Diet and Nutrition Sourcebook provides the layperson with the latest research and recommendations regarding proper dietary practices     Journal of the American Dietetic Association ,2000     **British universities' guide to graduate study** Association of Commonwealth Universities,1985     *The Library World* ,1915     *Library World* ,1915

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