Recommended Nutrient Intake Levels for Stable, Fully Enterally Fed Very Low Birth Weight Infants


**Abstract**

Ranges of advisable nutrient intakes are presented for populations of fully enterally fed very low birth weight infants, based on current evidence and an intensive discussion with experts in July 2013. Recommended ranges of adequate nutrient intakes are expressed as amounts per kilogram body weight per day and also per 100 kcal energy intake. For many nutrients only limited evidence exists at present to precisely define quantitative ranges of adequate intakes. Future research may lead to better knowledge and modification of recommended intake values.