

## HANDY INFORMATION

### Conversion factors

pounds & ounces → kilograms (kg)

(Ounces ÷ 16) + pounds × 0.454 = kilograms

Example: 7 pounds 5 ounces → kilograms

$$(5 \div 16) + 7 \times 0.454 = 3.32 \text{ kg}$$

grams → pounds & ounces

grams ÷ 1000 = kilograms

kilograms × 2.2 = pounds in decimals

Example: 1250 g

$$1250 \text{ g} \div 1000 = 1.25 \text{ kg}$$

$$1.25 \times 2.2 = 2.75 \text{ pounds}$$

$$0.75 \times 16 = 12 \text{ ounces}$$

$$1250 \text{ g} = 2 \text{ pounds } 12 \text{ ounces}$$

inches → centimeters (cm)

Inches with fractions in decimals × 2.54 = centimeters

Example: 17 6/8 inches → centimeters

$$17.75 \times 2.54 = 45.085 \text{ cm}$$

Corrected age (CA) = Chronological age (current age) – number of weeks premature

40 weeks (term) – weeks gestation = weeks premature

Example:

Anna was born at 26 weeks gestation: 40 – 26 = 14 weeks premature (3.5 months)

At 6 months of age Anna is 2.5 months corrected age: 6 months – 3.5 months premature = 2.5 months corrected age (CA)

### Growth of Infants - Birth to One Year (Mean ± 2 SD)

	Weight Gain (g/day)		Length Gain (cm/mo)	
	Females	Males	Females	Males
B-3 mo	26 (17-36)	31 (21-41)	3.0 (2.5-3.5)	3.2 (2.7-3.8)
3-6 mo	17 (12-21)	18 (13-23)	2.0 (1.7-2.4)	2.1 (1.7-2.5)
6-9 mo	12 (10-16)	13 (10-17)	1.6 (1.4-1.8)	1.6 (1.4-1.8)
9-12 mo	10 (8-14)	10 (8-14)	1.3 (1.1-1.5)	1.3 (1.1-1.6)

From Groh-Wargo, S. "Community Follow-Up of Premature Infants" presentation notes April 15, 2002.

## Fluid Needs

<b>Infants</b>	
Healthy, weight <22 lb (10 kg)	80-120 mL/kg
Premature	Use healthy infant fluid needs and consult with specialty care providers for special conditions (BPD, cardiac) in which fluid may be increased or decreased.
<b>Children</b>	
Weight <22 lbs (10 kg)	80-120 mL/kg
Weight ≥22 lbs (10 kg)	1500-3000 mL/m <sup>2</sup> )

### Recommended Amounts of Daily Fluids by Weight of Child

<b>Weight, lb (kg)</b>	<b>Recommendation</b>
7 lb (3.2 kg)	2 cups (16 fl oz, 480 mL)
12 lb (5.5 kg)	3-3.5 cups (24 fl oz, 720 mL)
21 lb (9.5 kg)	5 cups (40 fl oz, 1200 mL)
26 lb (11.8 kg)	6 cups (48 fl oz, 1440 mL)
36 lb (16.4 kg)	7 cups (56 fl oz, 1680 mL)
44 lb (20 kg)	8 cups (64 fl oz, 1920 mL)

Adapted from Lucas B (ed). *Children with Special Health Care Needs – Nutrition Care Handbook*. American Dietetic Association, Chicago, IL 2004.

#### **Estimating fluid in formulas:**

In general:     20 kcal/oz standard infant formula is 90% fluid  
                       30 kcal/oz formula is 85% fluid

Note: If an infant is meeting calorie needs with a 20 or 24 kcal/oz formula, the fluid needs are likely being met, unless calorie needs are lower than is usual.