

Catch Up Calorie Needs

Name:

Date:

Gender:

Age:

Does this child need catch-up growth?

No

Yes

Calories needed per day (refer to Table A below):

Catch-up calories needed per day (Multiply calories needed per day by 1.2)^{1,2}:

	Calories Consumed	Caloric Deficit
Day 1		
Day 2		
Day 3		
Average		

Notes:

Table A: Needed Calories Per Day*

Age	Gender/ Activity Level	
	Boys - Average (Range, Sedentary to Active, if available)	Girls - Average (Range, Sedentary to Active, if available)
2	1000	1000
3	1400 (1200 - 1400)	1200 (1000 - 1400)
4	1400 (1200 - 1600)	1400 (1200 - 1400)
5	1400 (1200 - 1600)	1400 (1200 - 1600)
6	1600 (1400 - 1800)	1400 (1200 - 1600)
7	1600 (1400 - 1800)	1600 (1200 - 1800)
8	1600 (1400 - 2000)	1600 (1400 - 1800)
9	1800 (1600 - 2000)	1600 (1400 - 1800)
10	1800 (1600 - 2200)	1800 (1400 - 2000)

Table B: Needed Servings of PediaSure Per Day

Daily Calorie Deficit	8 oz Units of PediaSure (1 bottle = 1 Serving)
240	1
480	2
720	3
960	4
1200	5
1440	6

*Source: Britten P, Marcoe K, Yamini S, Davis C. Development of food intake patterns for the MyPyramid Food Guidance System. *J Nutr Educ Behav* 2006;38(6 Suppl):S78-S92.

References: 1. Pencharz PB. *European Journal of Clinical Nutrition*. 2010;64, S5-S7. 2. Leoberg B. *ADA Pocket Guide to Pediatric Nutrition Assessment*. Chicago, IL: American Dietetic Association; 2007. Table 8.10.