



## Daily Caloric Requirements

### Reference for daily caloric and nutritional requirements of a child with CdLS

For all children, energy and protein needs are based on weight. Allow for minor adjustments based on the individual child if activity is abnormal, nonexistent, or constant. Adjust slightly downward if the child is very limited in activity or slightly upward for the child that is constantly in motion. Evaluate over time their weight gain to ensure that these numbers are on target.

*To convert weight from pounds to kilograms, divide number of pounds by 2.2*

#### **Birth to 6 months**

108 calories per kilogram of weight  
and 2.2 grams protein per kilogram of weight

#### **6 months to 12 months**

98 calories per kilogram of weight  
and 1.6 grams protein per kilogram of weight

#### **1 to 3 years**

102 calories per kilogram of weight  
and 1.2 grams protein per kilogram of weight

#### **4 to 6 years**

90 calories per kilogram of weight  
and 1.1 grams protein per kilogram of weight

#### **7 to 10 years**

70 calories per kilogram of weight  
and 1.0 gram protein of kilogram of weight

