Formula Changes as Your Child Grows

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Topics

• Ingredients
• Pediatric vs. Adult Formulas
• Transitioning Tips
• Tolerance
• Resources and References
• Questions
Things to Consider

- Age
  - Infant -> Pediatric -> Adult Formulations
- Medical History
- Feeding History
  - Current feeding schedule
- Growth
- Special Nutrient Needs
Ingredients of Note

- Calories: standard, calorically dense
- Protein: whole or peptides
- Fiber: prebiotics, probiotics
- Fat: MCT oil, fish oil
- Vitamins and minerals
- Water: hydration
Key Differences in Adult Formulas

• Major concern is excess protein

• Micronutrients may need to be added: calcium, phosphorus, iron

• Designed to meet needs of those over 10 years of age
Transitioning to an Adult Formula

• When?
  - Age, growth, current feeding volume

• How?
  - One feeding at a time
  - Increase daily until transition complete
  - Monitor for signs of discomfort and intolerance
Possible Signs of Feeding Intolerance

- **Diarrhea**
  - Frequency, volume, other causes

- **Constipation**
  - Hydration
  - Fiber
    - Insoluble adds bulk, assists with peristalsis
    - Soluble hydrates stools, binds with water

- **Volume Sensitivity**
  - Caloric Density
  - Feeding Schedule
Resources And References

• Your Physician and Dietitian!
• Oley Foundation
• www.NestleNutritionStore.com
  - Growth Charts
  - Tube Feeding Daily Diary
  - Home Tube Feeding Tips & Glossary
Questions?