



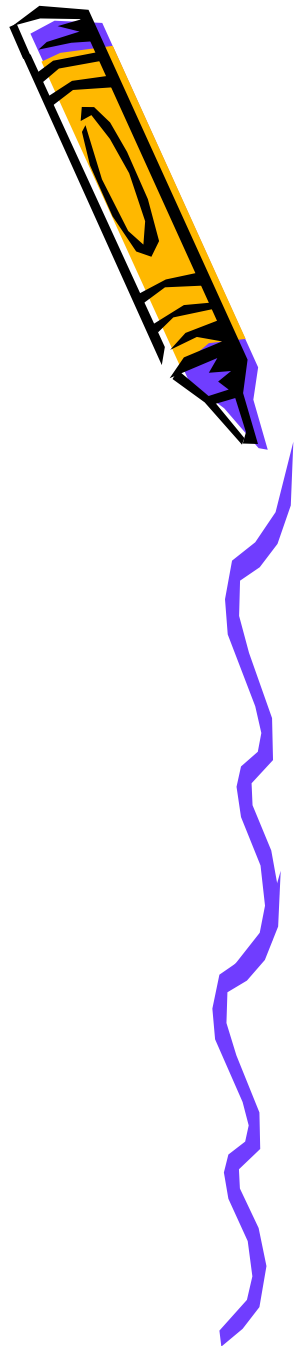
# Formula Changes as Your Child Grows

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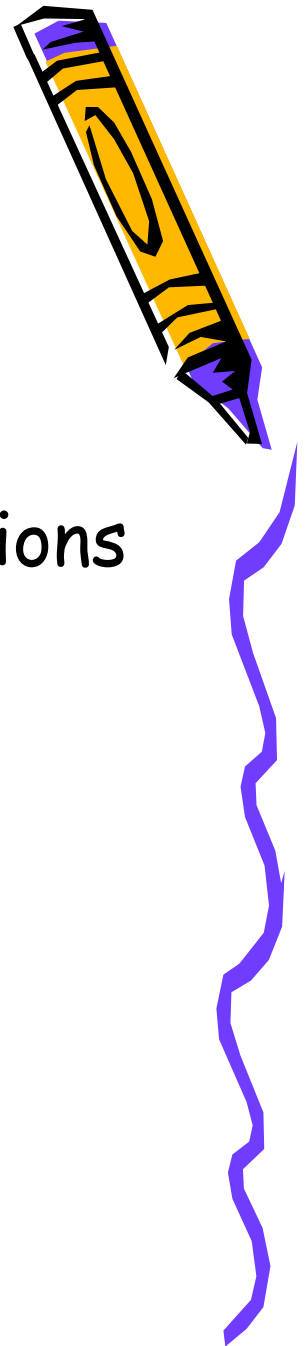


# Topics

- Ingredients
- Pediatric vs. Adult Formulas
- Transitioning Tips
- Tolerance
- Resources and References
- Questions



# Things to Consider

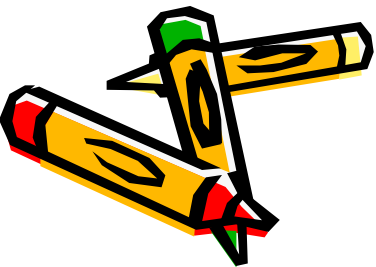
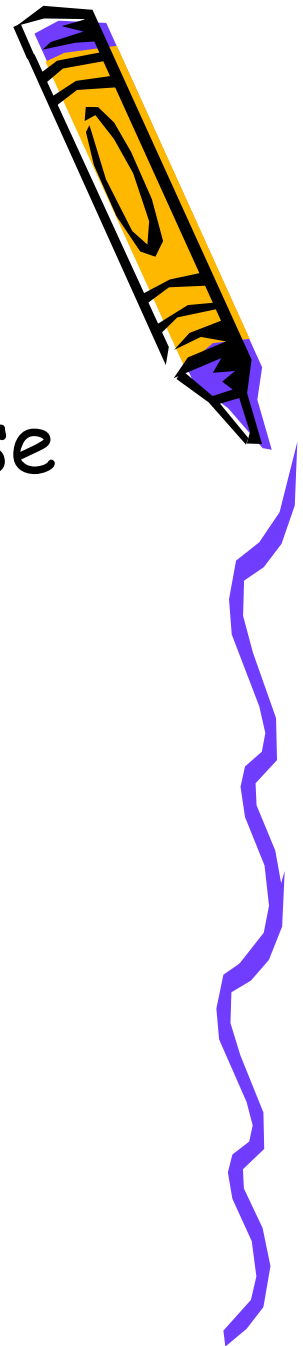


- Age
  - Infant -> Pediatric -> Adult Formulations
- Medical History
- Feeding History
  - Current feeding schedule
- Growth
- Special Nutrient Needs

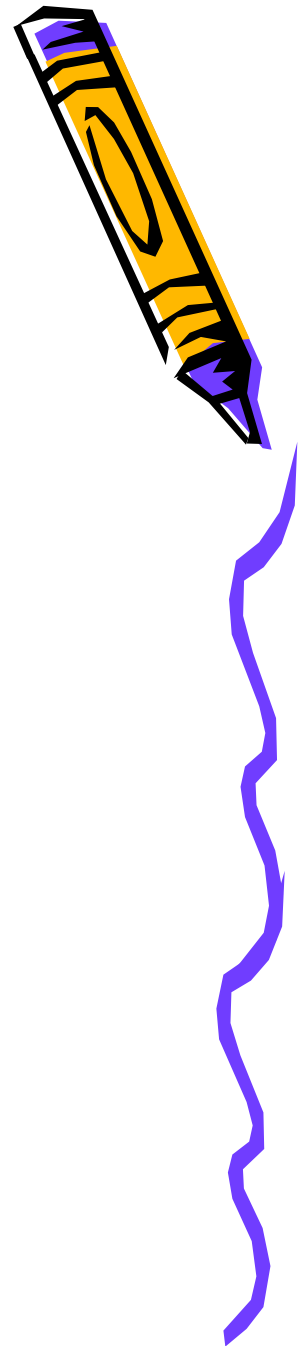


# Ingredients of Note

- 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



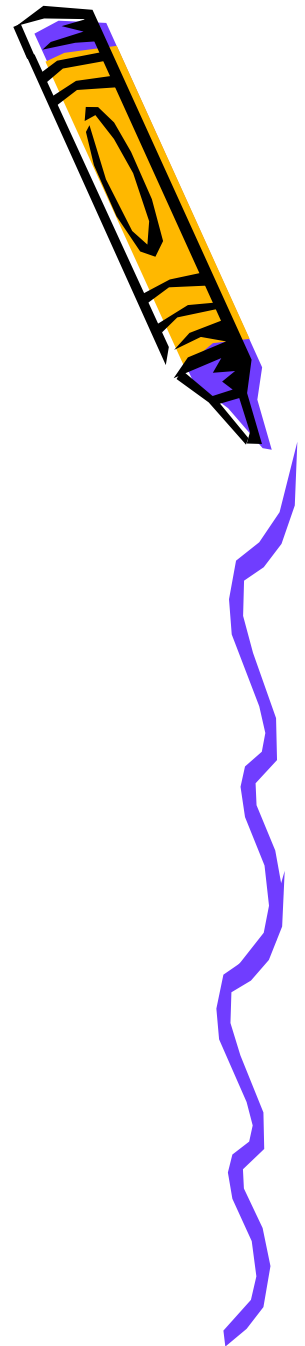
# Transitioning to an Adult Formula



- 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

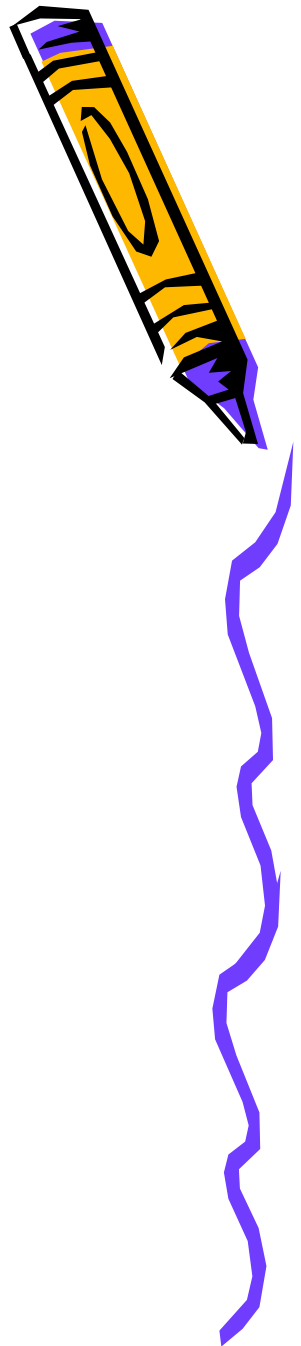


- Diarrhea
  - Frequency, volume, other causes
- Constipation
  - Hydration
  - Fiber
    - Insoluble adds bulk, assists with peristalsis
    - Soluble hydrates stools, binds with water
- Volume Sensitivity
  - Caloric Density
  - Feeding Schedule



# Resources And References

- Your Physician and Dietitian!
- Oley Foundation
- [www.NestleNutritionStore.com](http://www.NestleNutritionStore.com)
  - Growth Charts
  - Tube Feeding Daily Diary
  - Home Tube Feeding Tips & Glossary



Questions?

