



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

Since your child weighs ____ kg, your child's daily caloric need is ____ kcal. (____ kg x ____ kcal/kg)

HOW TO INCREASE FOOD INTAKE FOR CHILDREN AGE 0-3

FOR INFANT 0-12 MONTHS:

Concentrating Infant Formula with Infant Formula Powder			
Concentration	Level Scoops	Water (oz)	Final Volume (oz)
20 kcal/oz	1	2	2.2
22 kcal/oz	3	5.5	6.1
24 kcal/oz	3	5	5.7

Concentrating Breast Milk with Infant Formula Powder		
Concentration	Level Scoops	Breast Milk (oz)
22 kcal/oz	¾	5
24 kcal/oz	1.5	5

FOR CHILDREN 1-3 YEARS OLD – (Goal: 6 small meals per day)

1. Milk and Milk Products —(16-20 oz per day)

- Whole milk or whole milk products such as cheese, creamed cottage cheese, yogurt, yogurt drinks
- Hot chocolate or Ovaltine
- Milk shake
- Add whole milk or powder milk into other foods such as soups and porridge

2. Meat and other Protein Foods

- Add extra servings of chopped/minced/pureed meat into other foods such as creamed soup, or porridge, or mashed potato
- Put peanut butter or nut butter on bread or crackers for snacks
- Add an egg to rice (as in egg fried rice), creamed soups, or porridge

3. Grains

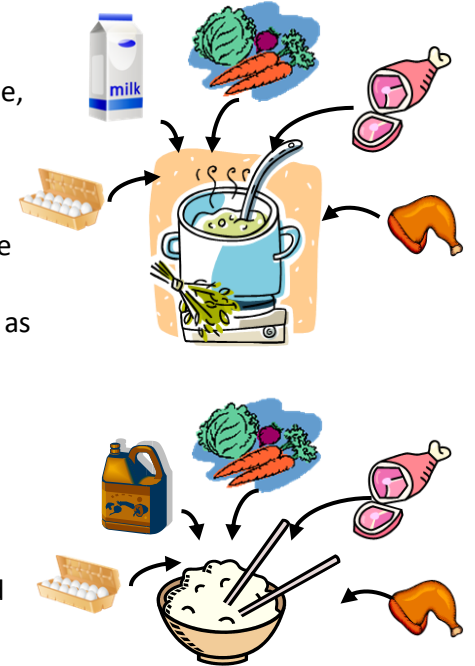
- Baked grain products made with added fat such as muffins, croissants, or cookies
- Add an extra serving of fat to rice or noodle (e.g. stirred fried rice or stirred fried noodle)

4. Vegetables

- Chopped/minced/pureed vegetable and added into creamed soups or mashed potato or porridge
- Add a serving of avocado into whole milk; or add it to sandwiches or crackers

5. Fruit

- Add a serving of cream and sugar into the fruit to make a fruit salad



Reference:

Age	Nutritional Goal
6 months of age or younger	103 kcal per kg body weight
6-12 months of age	98 kcal per kg body weight
1-3 years old	900-1400 kcal (average 90-102 kcal per kg body weight)

Source:

- United States Department of Agriculture

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
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因為您的孩子的體重是 ____ 公斤，您的孩子每天的熱量需要是 ____ kcal。(____ kg x ____ kcal/kg)

如何為 0 至 3 歲的兒童增加食量

0至12個月的嬰兒:

利用嬰兒奶粉提高嬰兒奶濃度			
濃度	奶粉匙	水(oz)	總量 (oz)
20 kcal/oz	1	2	2.2
22 kcal/oz	3	5.5	6.1
24 kcal/oz	3	5	5.7

利用嬰兒奶粉提高母乳濃度		
濃度	奶粉匙	母乳(oz)
22 kcal/oz	¾	5
24 kcal/oz	1.5	5

1 至 3 歲兒童 — (目標: 每天 6 餐)

1. 牛奶和牛奶製品—(每天 16-20 oz)

- 全脂牛奶和全脂牛奶產品，如芝士、奶油乾酪、酸奶、酸奶飲品
- 熱朱古力飲品或柯華田
- 奶昔
- 可加全脂牛奶或奶粉到其他食物中，例如湯和粥

2. 肉類和其他蛋白質食物

- 把肉切碎/剁碎/攪成泥狀，將它加入其他食物，如奶油濃湯、粥或土豆泥
- 在麵包或餅乾上抹上花生醬或其他果仁醬做零食
- 將雞蛋加入飯中（如蛋炒飯）、奶油濃湯或粥中

3. 穀類

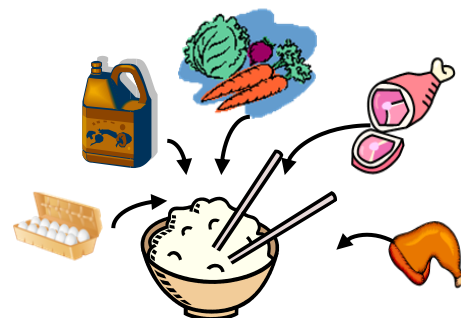
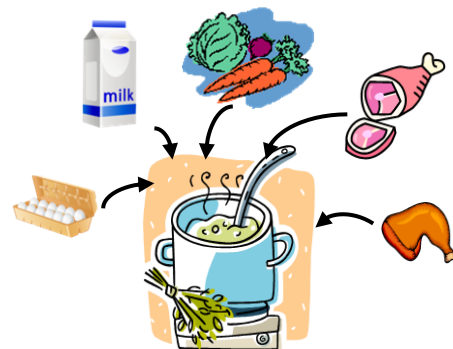
- 高脂肪酥皮點心或餅，例如鬆餅、牛角包、或曲奇餅
- 在米飯或麵食中加一點油或脂肪（例如炒飯或炒麵）

4. 蔬菜類

- 把蔬菜切碎/剁碎/攪成泥狀，並加入奶油濃湯、土豆泥或粥中
- 加一些牛油果到全脂牛奶中；把一些牛油果涂在三明治或餅乾上

5. 水果類

- 加一些奶油或糖在水果上，做一個水果沙律



參考:

年齡	營養目標
六個月或以下	103 kcal 每 kg 體重
六到十二個月	98 kcal 每 kg 體重
一到三歲	900-1400 kcal (平均 90-102 kcal kcal 每 kg 體重)

資料來源:

- United States Department of Agriculture

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Chinese 注意: 如果您使用中文, 您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).