Normal childhood nutrition

正常小儿营养

汕头大学医学院第二附属医院儿科 李伟中

4小儿营养需求及母乳喂养

Nutritional requirements
营养需要

- A satisfactory dietary intake should meet the normal requirements of the following

  下列是良好的饮食摄入的正常需求量

  - Energy
  - 能量
  - Lipids
  - 脂类
  - Carbohydrate
  - 碳水化合物
  - Protein
  - 蛋白质

Nutritional requirements
营养需要

- A satisfactory dietary intake should meet the normal requirements of the following

  下列是良好的饮食摄入的正常需求量：

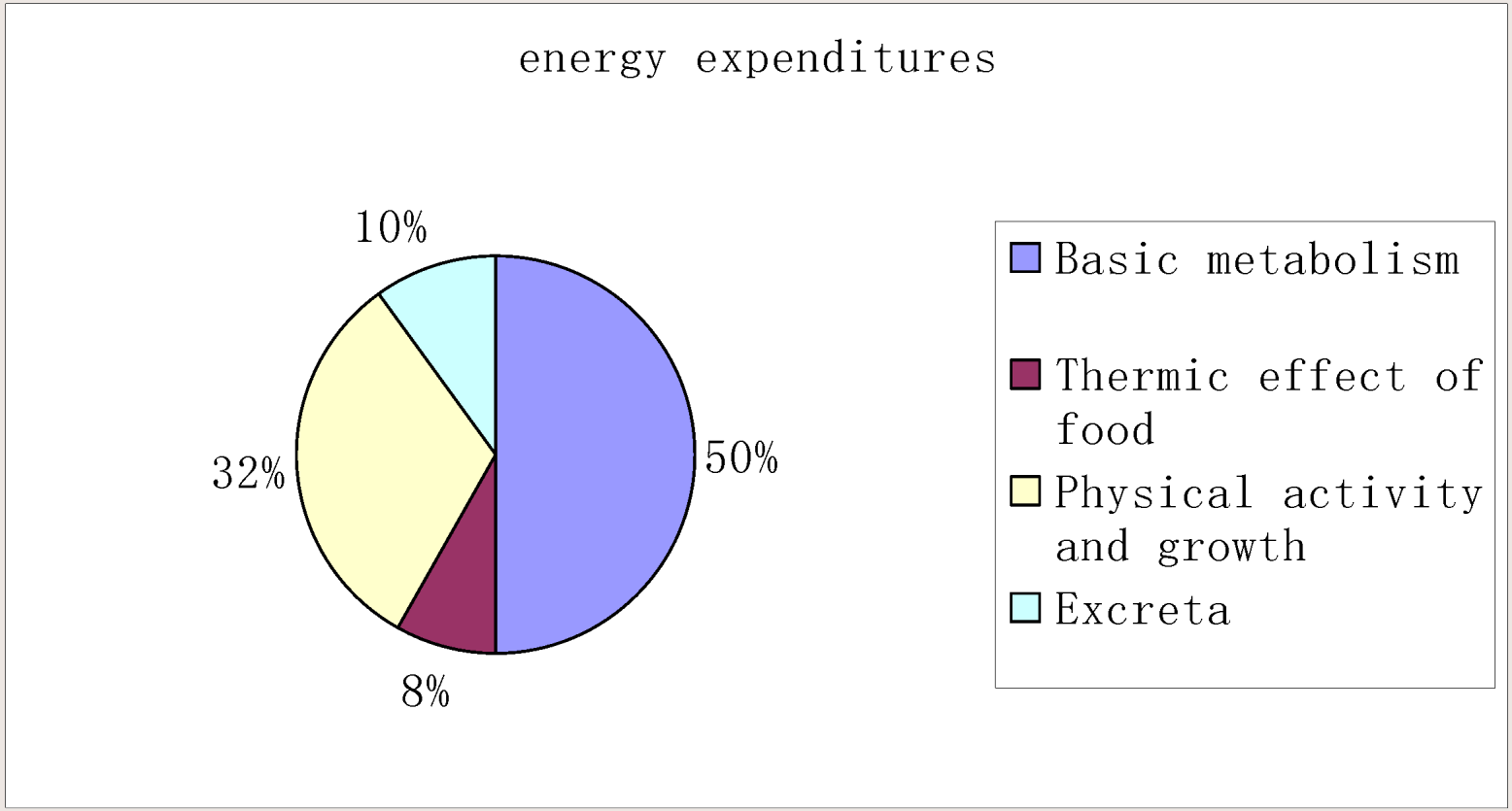
  - Vitamin
  - 维生素
  - Macroelement
  - 常量元素
  - Trace elements
  - 微量元素
  - Water
  - 水
  - meal fiber
  - 膳食纤维

Energy
能量

- The major determinants of energy expenditure:

  能量消耗的主要决定因素
  - Basic metabolism
  - 基础代谢
  - Thermic effect of food
  - 食物热力作用
  - Physical activity
  - 活动消耗
  - Excreta
  - 排泄消耗
  - Growth
  - 生长所需

Energy expenditure
能量消耗



Total energy need
总能量需要

<1y 100~120 (average 110) Kcal / kg / d

1~3y 100 Kcal / kg / d

15y 50~60 Kcal /kg / d

Distribution of Calories
热卡分布

Protein 蛋白质	**Lipid** 脂肪	**Carbohydrate** 碳水化合物
15%	**35%**	**50%**
(4 Kcal / g)	**(9 Kcal / g)**	**(4 Kcal / g)**

Infant feeding
婴儿喂养

- Incorrect, inadequate and/or overfeeding can all be harmful.

  错误的喂养方式、喂养不足、过度喂养都是有害

- Forms of Feeding 喂养方式：
  - i. Breast Feeding 母乳喂养
  - ii. Bottle/Artificial Feeding 人工喂养
  - iii. Addition of Solids添加辅食

Breastfeeding
母乳喂养

- This is the preferred method for most infants. In general, there is no doubt that **breast is best**.

- 母乳喂养是大多数婴儿的首选，母乳无疑是最好食物

Breastfeeding
母乳喂养

- Breastfeeding in early infancy may be life-saving in developing countries, and is subject to fashion and custom in developed countries.
- 在发展中国家，母乳是婴儿早期救命的食物
  在发达国家，母乳喂养容易受到流行时尚与习惯的影响

Advantages of breastfeeding
母乳喂养的优点

- Quality
  - Anti-infective properties
    - secretory IgA,
    - lysozyme,
    - phagocytic cells,
    - lactoferrin(irron-binding agent), promotes growth of non-pathogenic flora
- 特点

  抗感染特性：

  分泌型IgA、溶菌酶、乳铁蛋白（铁螯合能力）、促进非致病菌生长

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：https://d.book118.com/496133002125011010