

Enteral Nutrition in Preterm Infants (2022)

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Standards and Guidelines

Paediatrics

Small Intestine & Nutrition

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ESPGHAN Committee of Nutrition provides updated consensus-based conclusions and recommendations on nutrient intakes and nutritional management for preterm infants with birthweight less than 1800 grams.

KEY POINTS

- The consensus process involved ESPGHAN Committee of Nutrition members and invited experts from diverse geographical locations who reviewed current literature and voted on recommendations between 2020 and 2022, requiring greater than 90 percent agreement.
- The document acknowledges that in general there is a lack of strong evidence for most nutrients and topics in this population.
- Recommendations cover water, protein, energy, lipid, carbohydrate, electrolytes, minerals, trace elements, and both water-soluble and fat-soluble vitamins.
- Guidance addresses feeding mode topics including enteral feeding, feed advancement, management of gastric residuals, gastric tube placement, bolus or continuous feeding, donor human milk, and use of breastmilk fortifier.

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