

Summary and Recommendations

1. Preterm infants should be fed sufficient nutrition to meet the growth rates and body composition of the normally growing, healthy human fetus of the same gestational age.
2. Currently, nutrition of preterm infants is often insufficient, which is clearly associated with (causes) long-term deficits in growth, neurodevelopment, and cognitive outcomes.
3. Gestational age specific intakes of protein (3.5-4.0 g/kg/day from 24-30 weeks) and energy (100-120 kcal/kg/day from 24-30 weeks) should be provided for extremely preterm infants, tapering towards ad lib demand breast feeding after 34 weeks CA.
4. Sufficient nutrition of both protein and energy that achieve normal fetal growth rates are directly related to increased brain growth and longer term neurodevelopmental and cognitive outcomes.
5. Enteral feeding should start as soon after birth as possible and advanced as fast as tolerated.
6. Maternal milk should be used as much as possible; donor human milk is acceptable.
7. Fortification of maternal and donor milk is important, but longer-term studies are needed to assess impact on growth and neurodevelopmental and cognitive outcomes.