

Practice & Prescribing

Support Information

Vitamin adequacy in pregnancy

The table below provides information on which to answer questions 6+7. The right hand column advises how to use FeedCalc to facilitate nutritional calculations and get information on adequacy.

Relates to Q	Information	How to calculate using FeedCalc
6-7	<ul style="list-style-type: none"> • A GP has asked you to review the following patient's nutritional intake. Diet history suggests that food intake is now rapidly improving, good quality and being tolerated. Investigate further using the following information. • Female, 20y, 170 cm, 60 kg. Currently sedentary mostly sitting/standing, PAL ~ 1.4. • 2nd trimester pregnancy having lost 3kg to morning sickness. • GP prescribed Forceval multivitamin/trace element supplement once daily. However, the patient is also taking up to 4 mL Abidec daily. 	<ul style="list-style-type: none"> • Open FeedCalc: <ul style="list-style-type: none"> - Config: Settings > EN Stds: Set to AusNZ_RDI. [NB. This is currently most modern and includes specific values for 2nd trimester]. - Patient: Enter sex, height, weight, age. - Energy: <ul style="list-style-type: none"> • State: Healthy • Activity: Enter value • Preg_Lact: Enter value - IO [Input/Output] <ul style="list-style-type: none"> • EN > Micro: <ul style="list-style-type: none"> • Choose 'Abidec' > click '+' & enter value. • Choose 'Forceval' > click '+' & enter value. - Adequacy: Review '%' of vitamin requirements met and 'Risk' of potential toxicity.