

Recommendations for Energy & Protein Intake in Critically Ill COVID-19 Patients^{2,3}



Energy	1st week <ul style="list-style-type: none">• BMI <30: 15 to 20 kcal/kg actual weight• BMI ≥30: 15 to 20 kcal/kg ideal weight, or• <70% of Penn State equation 2nd week <ul style="list-style-type: none">• BMI <30: 25 kcal/kg actual weight• BMI 30 to 50: 11 to 14 kcal/kg actual weight• BMI >50: 22 to 25 kcal/kg ideal weight
Protein (COVID-19)	<ul style="list-style-type: none">• BMI ≤30: 1.2 to 2 g/kg actual weight• BMI >30: 1.2 to 2 g/kg ideal weight
Protein (Critically Ill)	<ul style="list-style-type: none">• BMI <30: 1.2 to 2 g/kg actual weight• BMI 30 to 40: 2 g/kg ideal weight• BMI >40: up to 2.5 g/kg ideal weight