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# Rett Research Update

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# Recommendations

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- Dietary Reference Intake for Ca
  - 4-8 y = 800 mg/day
  - 9-18 y = 1300 mg/day
  - >18 y = 1000 mg/day
- Milk products good sources of Ca
  - 8 oz milk = 300 mg
  - 1 6 oz low fat yogurt = 250 mg
  - 1 oz American cheese = 175 mg
- Calcium preparations
  - 500 mg elemental Ca per tablet
  - Distribute across meals



# Recommendations

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- Vitamin D promotes calcium absorption
- Dietary Reference Intake for Vitamin D
  - 4-50 y = 200 IU/day (5 mcg/day)
- Sunlight good source of Vitamin D
- Multivitamin supplement if low blood level of [25-OH]vitamin D
- Risk factors
  - Anticonvulsants: trileptal, topamax, tegretol, phenobarbital, dilantin