

PREPARATION INSTRUCTIONS

Enfagrow® PREMIUM™ Gentlease® Toddler Nutritional Drink

Yields about 1 Quart

Calories Desired, fl oz	Amount of Powder		Amount of Water, fl oz
	grams	Approximate Household Measurements*	
22	141 g	1 1/4 cups + 2 tsp	28.5
24	154 g	1 1/3 cups + 1 Tbsp + 1 tsp	28
26	166 g	1 1/2 cups + 1 tsp	27.5
28	179 g	1 1/2 cups + 2 Tbsp + 1 tsp	27.5
30	192 g	1 3/4 cups + 1 tsp	27

*Unpacked, level

Weighing the powder provides the most accurate final preparation.
Approximate household measurements are provided as a convenience when a precise dilution is not required.

One scoop (9 g) = 45 calories

Displacement = 0.77 mL/g

One cup = 109 g

0.5 fluid ounce of water can be measured using one tablespoon (1 Tbsp water = 1/2 fl oz water)

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