

# Infant Formula Nursette® Bottle or Breast Milk Preparation

## 20–30 Calories per fl oz

These are general guidelines provided as a convenience. They are based on calculated results of mixing; not clinically tested. Household measures are approximations; measuring liquids in milliliters (mL), or weighing powder, provides the most accurate final dilution.

- The choices of caloric level and additions to infant formula or breast milk are clinical judgments best made by the dietitian or doctor most familiar with the baby's medical history and nutritional needs
- When choosing an appropriate addition, consider the effect on nutrient composition and osmolality
- Make changes gradually to decrease risk of intolerance
- If adding Nutramigen® with Enflora™ LGG®\*, Enfamil® ProSobee®, Enfamil A.R.™ or Pregestimil®, use only gram measurements

\* LGG® is a registered trademark of Chr. Hansen A/S.

### Starting with 20 Calories/fl oz, 2 fl oz (formula<sup>†</sup> or breast milk)

Choose one additive:

Formula <sup>†</sup>	Goal, Calories per fl oz		
	22	24	27
Powder Formula <sup>‡</sup>	0.9g (~½ tsp)	1.8 g (~¾ tsp)	3.2 g (~1½ tsp)
Enfamil PREMIUM Infant Powder Formula	0.9g (~¼ tsp)	1.8 g (~¾ tsp)	3.2 g (~1¼ tsp)
Concentrated Liquid Formula <sup>§</sup>	7 mL (~1½ tsp)	15 mL (~1 Tbsp)	32 mL (~2 Tbsp)

<sup>†</sup> Powdered products are not commercially sterile and should not be fed to premature infants or immunocompromised patients, unless clinically required, and then under direct medical supervision of preparation and use.

<sup>‡</sup> Enfamil® Infant and Enfamil® Gentlease® powder were used for mixing to alternate dilutions.

<sup>§</sup> Enfamil Infant concentrate was used for mixing to alternate dilutions.

### Starting with 22 Calories/fl oz, 2 fl oz (formula<sup>†</sup>)

Choose one additive:

Goal, Calories per fl oz	Water	Powder Formula <sup>‡</sup>	Concentrated Liquid Formula <sup>§</sup>
20	6 mL (~1 tsp)	—	—
24	—	0.9 g (~ ½ tsp)	7 mL (~1 ½ tsp)
27	—	2.3 g (~1 tsp)	23 mL (~1 Tbsp + 2 tsp)
30	—	3.8 g (~1 ¾ tsp)	47 mL (~3 Tbsp)

<sup>†</sup> Powdered products are not commercially sterile and should not be fed to premature infants or immunocompromised patients, unless clinically required, and then under direct medical supervision of preparation and use.

<sup>‡</sup> Enfamil® EnfaCare® powder was used for mixing to alternate dilutions.

<sup>§</sup> Enfamil® Infant concentrate was used for mixing to alternate dilutions.

### Starting with 24 Calories/fl oz, 2 fl oz (formula<sup>†</sup> or fortified breast milk)

Choose one additive:

Goal, Calories per fl oz	Water	Powder Formula <sup>‡</sup>	Concentrated Liquid Formula <sup>§</sup>
20	12 mL (~2 ½ tsp)	—	—
22	5 mL (~1 tsp)	—	—
27	—	1.3 g (~ ½ tsp)	14 mL (~ 1 Tbsp)
30	—	2.8 g (~1 ¼ tsp)	35 mL (~2 Tbsp + 1 tsp)

<sup>†</sup> Powdered products are not commercially sterile and should not be fed to premature infants or immunocompromised patients, unless clinically required, and then under direct medical supervision of preparation and use.

<sup>‡</sup> Enfamil Infant powder formula was used for mixing to alternate dilutions.

<sup>§</sup> Enfamil® Infant concentrate was used for mixing to alternate dilutions.

