

# Formula Dilution Instructions\*

## From Powder†

Powders mix best when added on **top** of water. Then close the bottle and shake for about 5 seconds. The number of scoops and the amount of water to add can be doubled or tripled to make a larger volume.

- One fl oz = 29.57 mL
- One-half fl oz of water = 1 tablespoon

### Routine Formulas

#### Enfamil NeuroPro™ Infant and Enfamil® Infant

Calories Desired	Water	Powder	Formula Yield
per fl oz	mL	grams	mL
20	59	8.8 g	66
22	54	(1 <b>unpacked</b> , level scoop)	60
24	49		55
27	42		49
30	37		44

#### Notes

- One scoop of Enfamil NeuroPro Infant and Enfamil Infant powder provides 45 Calories



### Allergy Formulas

#### Nutramigen® with Enflora™ LGG®‡

Calories Desired	Water	Powder	Formula Yield
per fl oz	mL	grams	mL
20	59	9 g	67
22	53	(1 <b>packed</b> , level scoop)	60
24	48		55
27	42		49
30	37		44

#### Notes

- One scoop of Nutramigen with Enflora LGG powder provides 45 Calories



#### PurAmino™

Calories Desired	Water	Powder	Formula Yield
per fl oz	mL	grams	mL
20	30	4.5 g	33
22	27	(1 <b>unpacked</b> , level scoop)	30
24	24		28
27	21		25
30	19		22

#### Notes

- One scoop of PurAmino powder provides 22 Calories



### Premature Formulas

#### Enfamil NeuroPro™ EnfaCare®

Calories Desired	Water	Powder	Formula Yield
per fl oz	mL	grams	mL
20	65	9.8 g	72
22	59	(1 <b>unpacked</b> , level scoop)	66
24	53		60
27	46		54
30	41		48

#### Notes

- One scoop of Enfamil NeuroPro EnfaCare powder provides 49 Calories



\* NOTE: Powdered products are not commercially sterile and should not be fed to premature infants or immunocompromised patients, unless clinically required, and then only under strict medical supervision of preparation and use.

† These dilutions can be used with the following Mead Johnson powder formulas.

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



**Solutions Formulas**

**Enfamil A.R.™**

Calories Desired	Water	Powder	Formula Yield
per fl oz	mL	grams	mL
20	59	9 g	66
22	53	(1 <b>unpacked</b> , level scoop)	60
24	48		55

**Notes**

- One scoop of Enfamil A.R. powder provides 45 Calories
- Enfamil A.R. should not be diluted to caloric concentrations higher than 24 Cal/fl oz because of increased viscosity



**Enfamil® ProSobee®**

Calories Desired	Water	Powder	Formula Yield
per fl oz	mL	grams	mL
20	59	8.8 g	66
22	54	(1 <b>unpacked</b> , level scoop)	60
24	49		55
27	42		49
30	37		44

**Notes**

- One scoop of Enfamil ProSobee powder provides 45 Calories



**Enfamil NeuroPro™ Gentlease®, Enfamil® Gentlease® and Enfamil® Reguline®**

Calories Desired	Water	Powder	Formula Yield
per fl oz	mL	grams	mL
20	59	8.7 g	66
22	53	(1 <b>unpacked</b> , level scoop)	60
24	48		55
27	42		49
30	37		44

**Notes**

- One scoop of Enfamil NeuroPro Gentlease, Enfamil Gentlease and Enfamil Reguline powder provides 44 Calories



**Enfamil NeuroPro™ Sensitive**

Calories Desired	Water	Powder	Formula Yield
per fl oz	mL	grams	mL
20	59	8.9 g	66
22	53	(1 <b>unpacked</b> , level scoop)	60
24	48		55
27	42		49
30	37		44

**Notes**

- One scoop of Enfamil NeuroPro Sensitive powder provides 45 Calories



**Specialty Formulas**

**Pregestimil®**

Calories Desired	Water	Powder	Formula Yield
per fl oz	mL	grams	mL
20	59	8.9 g	66
22	53	(1 <b>packed</b> , level scoop)	60
24	48		55
27	42		49
30	37		44

**Notes**

- One scoop of Pregestimil powder provides 45 Calories



**From Concentrate\*—13 fl oz Can**

**Enfamil® Infant, Enfamil® ProSobee® and Nutramigen®**

Calories Desired	Fl oz of water	Formula Yield
per fl oz	to add to 13 fl oz can of concentrated liquid	fl oz
20	13	26
22	10.5	23.5
24	8.5	21.5
27	6	19
30	4.5	17.5

**Notes**

- One 13 oz can of concentrated liquid provides 520 Calories
- One fl oz of undiluted concentrated liquid provides 40 Calories
- One-half fl oz of water = 1 tablespoon



\* These dilutions can be used with the following Mead Johnson concentrate formulas.

# 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:

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

† 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.

‡ Enfamil® Infant and Enfamil® Gentlease® powder were used for mixing to alternate dilutions.

§ 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)

† 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.

‡ Enfamil® EnfaCare® powder was used for mixing to alternate dilutions.

§ 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)

† 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.

‡ Enfamil Infant powder formula was used for mixing to alternate dilutions.

§ Enfamil® Infant concentrate was used for mixing to alternate dilutions.

