

Infant Formula and Feeding Recipe Tables for Discharge Instruction

Recipes are based on the following assumptions:

- 29.57 ml = 1 fluid ounce
- Water is measured first, then powder is added
- Precise displacement values used when available, otherwise average value of 0.7 ml/gram of powder used
- Recipes calculated ranging from 22 to 30 kcal/ounce based on use of full scoops or cups
- Recipes for smaller batches use the scoops provided in formula cans
- Large batch recipes use a 1 cup dry measure
- Unpacked measures used unless otherwise noted
- Packed measures specified based on manufacturer's instructions
- Liquids measured in fluid ounces and rounded to nearest ½ ounce
- The following values are used:

kcal/ounce	=	kcal/ml
19	=	0.64
20	=	0.68
22	=	0.74
24	=	0.81
26	=	0.88
27	=	0.91
28	=	0.95
30	=	1.01

Calculations used for small batch recipes

1. # scoops x gm/scoop = total gm
2. total gm x kcal/gm = total kcal
3. total kcal ÷ kcal/ml of desired caloric density = ml final volume
4. total gm x actual displacement value (or 0.7 ml/gm if not available) = ml displaced
5. ml final volume – ml displaced = ml water used for recipe
6. ml water ÷ 29.57 ml/ounce = ounces water used for recipe (rounded up or down to nearest ½ ounce)

Calculations used for large batch recipe

1. gm/cup x kcal/gm = total kcal/cup (specify packed or unpacked)
2. total kcal/cup ÷ kcal/ml of desired caloric density = ml final volume
3. gm/cup x actual displacement value (or 0.7 ml/gm if not available) = ml displaced
4. ml final volume – ml displaced = ml water used for recipe
5. ml water ÷ 29.57 ml/ounce = ounces water used for recipe (rounded up or down to nearest ½ ounce)

Formula Name	Calories Per Ounce	Small Batch using Scoops		Larger Batch using Scoops		Large Batch using 1 level cup Water (Final Volume) oz
		Scoops	Water oz	Scoops	Water oz	
Alfamino Infant	22	5	4 ½	8	7 ½	24 (27)
	24	3	2 ½	9	7 ½	22 (25)
	27	4	3	8	6	19 (22)
	30	3	2	6	4	17 (20)
Earth's Best Organic Gentle	22	4	7	6	10 ½	Cup information n/a
	24	4	6 ½	7	11 ½	
	26	3	4 ½	5	7 ½	
	30	2	2 ½	8	10	
Earths's Best Organic Non-DHA	22	4	7	6	10 ½	Cup information n/a
	24	4	6 ½	7	11 ½	
	26	2	4 ½	4	7 ½	
	30	2	2 ½	8	10	
Earth's Best Organic Infant	22	3	5 ½	6	11	Cup information n/a
	24	3	5	6	10	
	26	2	3	4	6	
	30	2	2 ½	6	7 ½	
Earth's Best Organic Sensitivity	22	3	5 ½	6	11	Cup information n/a
	24	3	5	6	10	
	26	2	3	4	6	
	30	2	2 ½	6	7 ½	
Earth's Best Organic Soy	22	3	5 ½	6	11	Cup information n/a
	24	3	5	6	10	
	26	2	3	4	6	
	30	2	2 ½	6	7 ½	
EleCare for Infants (unflavored)	22	2	3 ½	4	7	Cup information n/a
	26	3	4 ½	5	7 ½	
	28	3	4	5	6 ½	
	30	2	2 ½	4	5	
Enfamil A.R.	22	3	5 ½	6	11	19 ½ (22)
	24	3	5	6	10	17 ½ (20)
	Per manufacturer, powder should not be prepared to concentrations >24 kcal/oz due to increased viscosity.					
Enfamil EnfaCare <i>* reformulated Spring 2016*</i>	22	Standard recipe per can				21 ½ (24 ½)
	24	2	3 ½	4	7	19 ½ (22 ½)
	28	2	3	4	6	16 (19)
	30	3	4	6	8	15 (18)

Formula Name	Calories Per Ounce	Small Batch using Scoops		Larger Batch using Scoops		Large Batch using 1 level cup
		Scoops	Water oz	Scoops	Water oz	Water (Final Volume) oz
Enfamil Enspire	22	3	5 ½	6	10 ½	23 (26)
	24	4	6 ½	6	9 ½	21 (24)
	27	4	5 ½	6	8 ½	18 (21)
	30	4	5	6	7 ½	16 (19)
Enfamil Enspire Gentlease <i>*new spring of 2019*</i>	Product new as of spring of 2019 and high calorie recipe numbers have not been provided by the company. Please call Mead Johnson with questions.					
Enfamil for Supplementing	22	3	5 ½	6	10 ½	23 (26)
	24	3	5	6	9 ½	20 ½ (23 ½)
	27	4	5 ½	6	8 ½	18 (21)
	30	4	5	6	7 ½	16 (19)
Enfamil Gentlease	22	3	5 ½	6	10 ½	23 (26)
	24	3	5	6	9 ½	20 ½ (23 ½)
	27	4	5 ½	6	8 ½	18 (21)
	30	4	5	6	7 ½	16 (19)
Enfamil NeuroPro Infant	22	3	5 ½	6	10 ½	23 (26)
	24	4	6 ½	6	9 ½	20 ½ (23 ½)
	26	4	6	6	9	19 (21 1/2)
	30	4	5	6	7 ½	16 (19)
Enfamil Newborn	22	3	5 ½	6	11	23 (26)
	24	4	6 ½	8	13	21 (24)
	26	3	4 ½	6	9	19 (22)
	30	4	5	8	10	16 (19)
Enfamil ProSobee	22	3	5 ½	6	11	21 (23 ½)
	24	4	6 ½	8	13	19 (21 ½)
	26	3	4 ½	6	9	17 ½ (20)
	30	4	5	8	10	14 ½ (17)
Enfamil Reguline	22	3	5 ½	6	10 ½	23 (26)
	24	4	6 ½	6	9 ½	20 ½ (23 ½)
	27	4	5 ½	6	8 ½	18 (21)
	30	4	5	6	7 ½	16 (19)
Gerber Extensive HA	22	5	4 ½	7	6 ½	26 (29)
	24	3	2 ½	6	5	23 ½ (26 ½)
	26	4	3	6	4 ½	21 ½ (24 ½)
	30	4	2 ½	8	5	18 (21)

Formula Name	Calories Per Ounce	Small Batch using Scoops		Larger Batch using Scoops		Large Batch using 1 level cup
		Scoops	Water oz	Scoops	Water oz	Water (Final Volume) oz
Gerber Good Start Gentle Pro 2	22	2	3 ½	4	7	21 ½ (24)
	24	3	5	6	9 ½	19 ½ (22)
	26	3	4 ½	6	9	17 ½ (20)
	30	2	2 ½	4	5	15 (17 ½)
Good Start Gentle Pro (numbers can be used for Good Start for Supplementing)	22	2	3 ½	4	7	21 ½ (24)
	24	3	5	6	9 ½	19 ½ (22)
	26	3	4 ½	6	9	17 ½ (20)
	30	2	2 ½	4	5	15 (17 ½)
Gerber Good Start Soothe Pro	22	2	3 ½	4	7	21 ½ (24)
	24	3	5	6	9 ½	19 ½ (22)
	26	3	4 ½	6	9	17 ½ (20)
	30	2	2 ½	4	5	15 (17 ½)
Gerber Good Start Soy	22	2	3 ½	4	7	21 ½ (24)
	24	3	5	6	9 ½	19 ½ (22)
	26	3	4 ½	6	9	17 ½ (20)
	30	2	2 ½	4	5	15 (17 ½)
Gerber Natura Organic <i>*new in 2019</i>	22	2	3 ½	4	7	Cup information n/a
	24	3	5	6	10	
	26	3	4 ½	6	9	
	30	2	2 ½	4	5	
Monogen	22	4	4	8	8	21 (24 ½)
	24	4	3 ½	8	7	19 (22 ½)
	27	4	3	8	6	16 ½ (20)
	30	3	2	8	5 ½	14 ½ (18)
Neocate Infant DHA/ARA	22	5	4 ½	8	7	24 ½ (27 ½)
	24	3	2 ½	6	5	22 (25)
	26	4	3	8	6	20 (23)
	30	4	2 ½	8	5	17 (20)
Nutramigen with Enflora LGG (packed scoops)	22	3	5 ½	5	9	19 ½ (22)
	24	3	5	4	6 ½	17 ½ (20)
	26	2	3	4	6	16 (18 ½)
Portagen (packed)	22	2	3 ½	4	7	23 (26)
	24	3	5	5	8	21 (24)
	28	3	4	6	8	17 ½ (20 ½)
	30	2	2 ½	6	7 ½	16 (19)

Formula Name	Calories Per Ounce	Small Batch using Scoops		Larger Batch using Scoops		Large Batch using 1 level cup
		Scoops	Water oz	Scoops	Water oz	Water (Final Volume) oz
Pregestimil (packed)	22	2	3 ½	4	7	25 ½ (29)
	24	3	5	4	6 ½	23 ½ (27)
	26	2	3	4	6	20 ½ (24)
	30	2	2 ½	4	5	18 (21 ½)
PurAmino	22	4	3 ½	8	7	23 (26)
	24	3	2 ½	6	5	21 (24)
	28	3	2	6	4	17 ½ (20 ½)
	30	4	2 ½	8	5	16 (19)
Similac Advance (19 kcal/oz)	22	2	3 ½	4	7	20 ½ (23)
	24	3	4 ½	6	9	18 ½ (21)
	27	3	4	6	8	16 ½ (19)
	30	3	3 ½	6	7	14 ½ (17)
Similac Advance 20	22	2	3 ½	4	7	20 ½ (23)
	24	3	5	4	6 ½	18 ½ (21)
	27	4	5 ½	5	7	16 ½ (19)
	30	2	2 ½	4	5	14 ½ (17)
Similac Advance Non-GMO (19 kcal/oz)	22	2	3 ½	4	7	20 ½ (23)
	24	3	4 ½	6	9	18 ½ (21)
	27	3	4	6	8	16 ½ (19)
	30	3	3 ½	6	7	14 ½ (17)
Similac Alimentum <i>* as of Spring 2016*</i>	22	2	3 ½	4	7	20 ½ (23)
	24	4	6 ½	8	13	18 ½ (21)
	27	4	5 ½	8	11	16 ½ (19)
	30	2	2 ½	4	5	14 ½ (17)
Similac For Spit-Up (19 kcal/oz)	22	3	5	6	10	20 ½ (23)
	24	3	4 ½	6	9	18 ½ (21)
	Per manufacturer, powder should not be prepared to concentrations >24 kcal/oz.					
Similac For Supplementation (19 kcal/oz)	22	3	5	6	10	20 ½ (23)
	24	3	4 ½	6	9	18 ½ (21)
	27	3	4	6	8	16 ½ (19)
	30	3	3 ½	6	7	14 ½ (17)
Similac NeoSure <i>* as of Spring 2016*</i>	22	Standard recipe per can				20 ½ (23)
	24	2	3 ½	4	7	18 ½ (21)
	27	4	6 ½	6	9 ½	16 ½ (19)
	30	4	5 ½	8	11	14 ½ (17)

Formula Name	Calories Per Ounce	Small Batch using Scoops		Larger Batch using Scoops		Large Batch using 1 level cup
		Scoops	Water oz	Scoops	Water oz	Water (Final Volume) oz
Similac Organic	22	2	3 ½	4	7	21 (23 ½)
	24	3	5	6	9 ½	19 (21 ½)
	27	4	5 ½	6	8 ½	16 ½ (19)
	30	2	2 ½	4	5	14 ½ (17)
Similac PM 60/40	22	2	3 ½	4	7	20 ½ (23)
	24	3	5	6	9 ½	19 (21 ½)
	27	4	5 ½	6	8 ½	16 ½ (19)
	30	2	2 ½	4	5	14 ½ (17)
Similac Sensitive <i>(19 kcal/oz)</i>	22	3	5	6	10	20 ½ (23)
	24	3	4 ½	6	9	18 ½ (21)
	27	3	4	6	8	16 ½ (19)
	30	3	3 ½	6	7	14 ½ (17)
Similac Sensitive Non-GMO <i>(19 kcal/oz)</i>	22	3	5	6	10	20 ½ (23)
	24	3	4 ½	6	9	18 ½ (21)
	27	3	4	6	8	16 ½ (19)
	30	3	3 ½	6	7	14 ½ (17)
Similac Soy Isomil <i>(19 kcal/oz)</i>	22	3	5	6	10	20 ½ (23)
	24	3	4 ½	6	9	18 ½ (21)
	27	3	4	6	8	16 ½ (19)
	30	3	3 ½	6	7	14 ½ (17)
Similac Soy Isomil 20	22	2	3 ½	4	7	20 ½ (23)
	24	3	5	6	9 ½	18 ½ (21)
	27	4	5 ½	6	8 ½	16 ½ (19)
	30	2	2 ½	4	5	14 ½ (17)
Similac Total Comfort <i>(19 kcal/oz)</i>	22	3	5	6	10	20 ½ (23)
	24	3	4 ½	6	9	18 ½ (21)
	27	3	4	6	8	16 (18 ½)
	30	3	3 ½	6	7	14 ½ (17)