

Caloric Values for Infant Formula Concentrates, Powders, and Additives

UNPACKED vs. PACKED: If not noted, assume unpacked. Please make note of this difference when providing formula mixing instructions. For an UNPACKED scoop, fill with powder and gently tap the side of the scoop on the inside of the can to remove any air pockets. Level the powder with the back of a clean table knife. For a PACKED scoop, fill with powder and firmly press the top of the scoop with a clean spoon or against the inside of the can similar to the way you measure brown sugar. Level the scoop using the back of a clean table knife, if necessary.

Formula	Caloric Values	Miscellaneous Information	Displacement
Liquid Concentrate (40 kcal/oz)	1.35 kcal/ml	8 oz or 13 oz products	
Earth's Best Organic Infant (20 kcal/oz) (Hain Celestial Group)	5.12 kcal/g 44.5 kcal/scoop	1 scoop = 8.7 g	0.77 mL/g
Earth's Best Organic Sensitivity (20 kcal/oz) (Hain Celestial Group)	5.12 kcal/g 44.5 kcal/scoop	1 scoop = 8.7 g	0.77 mL/g
Earth's Best Soy (20 kcal/oz) (Hain Celestial Group)	4.96 kcal/g 44.1 kcal/scoop	1 scoop = 8.9 g	0.75 mL/g
Enfamil A.R. (20 kcal/oz) (Mead Johnson)	5 kcal/g 30.5 kcal/Tbsp 45 kcal/scoop	1 scoop = 9 g 1 Tbsp = 6.1 g 1 cup = 97 g	0.76 mL/g
Enfamil EnfaCare (22 kcal/oz) (Mead Johnson)	5 kcal/g 33.5 kcal/Tbsp 49 kcal/scoop	1 scoop = 9.8 g 1 Tbsp = 6.7 g 1 cup = 107 g	0.78 mL/g
Enfamil NeuroPro Gentlease (20 kcal/oz) (Mead Johnson)	5.1 kcal/g 35.2 kcal/Tbsp 44.4 kcal/scoop	1 scoop = 8.7 g 1 Tbsp = 6.9 g 1 cup = 111 g	0.77 mL/g
Enfamil NeuroPro Infant (20 kcal/oz) (Mead Johnson)	5.1 kcal/g 36.2 kcal/Tbsp 44.9 kcal/scoop	1 scoop = 8.8 g 1 Tbsp = 7.1 g 1 cup = 113 g	0.77 mL/g
Enfamil Premium Newborn (20 kcal/oz) (Mead Johnson)	5.1 kcal/g 37.7 kcal/Tbsp 45.9 kcal/scoop	1 scoop = 9 g 1 Tbsp = 7.4 g 1 cup = 118 g	0.77 mL/g

Enfamil ProSobee (20 kcal/oz) (Mead Johnson)	5.1 kcal/g 32.1 kcal/Tbsp 44.9 kcal/scoop	1 scoop = 8.8 g 1 Tbsp = 6.3 g 1 cup = 101 g	0.77 mL/g
Gerber Good Start Gentle Pro (20 kcal/oz) (Nestlé)	5.12 kcal/g 33.3 kcal/Tbsp 44.5 kcal/scoop	1 scoop = 8.7 g 1 Tbsp = 6.5 g 1 cup = 103 g	0.76 mL/g
Gerber Good Start Gentle Pro 2 (20 kcal/oz) (Nestlé)	5.01 kcal/g 33.6 kcal/Tbsp 44.6 kcal/scoop	1 scoop = 8.9 g 1 Tbsp = 6.7 g 1 cup = 105 g	0.74 mL/g
Gerber Good Start Soothe (20 kcal/oz) (Nestlé)	5.12 kcal/g 33.3 kcal/Tbsp 44.5 kcal/scoop	1 scoop = 8.7 g 1 Tbsp = 6.5 g 1 cup = 103 g	0.76 mL/g
Gerber Good Start Soy (20 kcal/oz) (Nestlé)	5.01 kcal/g 33.6 kcal/Tbsp 44.6 kcal/scoop	1 scoop = 8.9 g 1 Tbsp = 6.7 g 1 cup = 105 g	0.74 mL/g
Gerber Good Start Soy 2 (20 kcal/oz) (Nestlé)	5.01 kcal/g 33.6 kcal/Tbsp 44.6 kcal/scoop	1 scoop = 8.9 g 1 Tbsp = 6.7 g 1 cup = 105 g	0.74 mL/g
Similac Pro Advance (20 kcal/oz) (Abbott)	5.17 kcal/g 32.3 kcal/Tbsp 44.5 kcal/scoop	1 scoop = 8.6 g 1 Tbsp = 6.25 g 1 cup = 100 g	0.77 mL/g
Similac For Spit-Up (20 kcal/oz) (Abbott)	5.07 kcal/g 31.7 kcal/Tbsp 44.6 kcal/scoop	1 scoop = 8.8 g 1 Tbsp = 6.25 g 1 cup = 100 g	0.78 mL/g
Similac NeoSure (22 kcal/oz) (Abbott)	5.13 kcal/g 32.1 kcal/Tbsp 49.2 kcal/scoop	1 scoop = 9.6 g 1 Tbsp = 6.25 g 1 cup = 100 g	0.76 mL/g
Similac Organic (20 kcal/oz) (Abbott)	5.2 kcal/g 32.5 kcal/Tbsp 44.7 kcal/scoop	1 scoop = 8.6 g 1 Tbsp = 6.25 g 1 cup = 100 g	0.77 mL/g
Similac PM 60/40 (20 kcal/oz) (Abbott)	5.14 kcal/g 32.1 kcal/Tbsp	1 scoop = 8.7 g 1 Tbsp = 6.25 g	0.79 mL/g

	44.7 kcals/scoop	1 cup = 100 g	
Similac Pro Sensitive (20 kcal/oz) (Abbott)	5.08 kcal/g 31.8 kcal/Tbsp 44.7 kcal/scoop	1 scoop = 8.8 g 1 Tbsp = 6.25 g 1 cup = 100 g	0.78 mL/g
Similac Soy Isomil (20 kcal/oz) (Abbott)	5.1 kcal/g 31.9 kcal/Tbsp 44.9 kcal/scoop	1 scoop = 8.8 g 1 Tbsp = 6.25 g 1 cup = 100 g	0.77 mL/g
Similac Total Comfort (20 kcal/oz) (Abbott)	5.06 kcal/g 31.6 kcal/Tbsp 44.5 kcal/scoop	1 scoop = 8.8 g 1 Tbsp = 6.25 g 1 cup = 100 g	0.78 mL/g
Semi-Elemental	Caloric Values	Miscellaneous Information	Displacement
Gerber Extensive HA (20 kcal/oz) (Nestlé)	4.93 kcal/g 40.4 kcal/Tbsp 22.7 kcal/scoop	1 scoop = 4.6 g 1 Tbsp = 8.2 g 1 cup = 130 g	0.72 mL/g
Nutramigen with Enflora LGG (20 kcal/oz) (Mead Johnson)	5.1 kcal/g 32.6 kcal/Tbsp 45.9 kcal/scoop	1 packed scoop = 9 g 1 packed Tbsp = 6.4 g 1 packed cup = 102 g	0.77 mL/g
Pregestimil (20 kcal/oz) (Mead Johnson)	5 kcal/g 40 kcal/Tbsp 44.5 kcal/scoop	1 packed scoop = 8.9 g 1 packed Tbsp = 8 g 1 packed cup = 128 g	0.78 mL/g
Similac Alimentum (20 kcal/oz) (Abbott)	5.09 kcal/g 31.8 kcals/Tbsp 44.3 kcal/scoop	1 scoop = 8.7 g 1 Tbsp = 6.25 g 1 cup = 100 g	0.76 mL/g
Elemental/Amino-Acid Based	Caloric Values	Miscellaneous Information	Displacement
Alfamino Infant (20 kcal/oz) (Nestlé)	4.94 kcal/g 38 kcal/Tbsp 23.2 kcal/scoop	1 scoop = 4.7 g 1 Tbsp = 7.7 g 1 cup = 121 g	0.72 mL/g
Elecare for Infants (20 kcal/oz) (Abbott)	4.75 kcal/g 44.7 kcal/scoop	1 scoop = 9.4 g 1 cup = 103 g	0.74 mL/g
Neocate Infant DHA/ARA (20 kcal/oz) (Nutricia)	4.83 kcal/g 38.2 kcal/Tbsp 22.2 kcal/scoop	1 scoop = 4.6 g 1 Tbsp = 7.9 g 1 cup = 126 g	0.70 mL/g

Neocate Syneo Infant (20 kcal/oz) (Nutricia)	4.75 kcal/g 38.5 kcal/Tbsp 22.3 kcal/scoop	1 scoop = 4.7g 1 Tbsp = 8.1 g 1 cup = 130 g	0.71 mL/g
PurAmino (20 kcal/oz) (Mead Johnson)	5 kcal/g 36 kcal/Tbsp 22.5 kcal/scoop	1 scoop = 4.5 g 1 Tbsp = 7.2 g 1 cup = 115 g	0.77 mL/g
Altered Fat	Caloric Values	Miscellaneous Information	Displacement
Enfaport 30 kcal/oz (Mead Johnson)	ready-to-use liquid	6 fl oz bottle	
Monogen (30 kcal/oz) (Nutricia)	4.44 kcal/g 33.7 kcal/Tbsp 24.9 kcal/scoop	1 scoop = 5.6 g 1 Tbsp = 7.6 g 1 cup = 121 g	0.83 mL/g
Portagen (30 kcal/oz) (Mead Johnson)	4.7 kcal/g 35.7 kcal/Tbsp 44.2 kcal/scoop	1 packed scoop = 9.4 g 1 packed Tbsp = 7.6 g 1 packed cup = 122 g	0.75 mL/g
Human Milk Fortifier	Caloric Values	Miscellaneous Information	Displacement
Enfamil Human Milk Fortifier Powder (Mead Johnson)	4.9 kcal/g 3.5 kcal/packet	1 packet = 0.71 g	
Enfamil Human Milk Fortifier Acidified Liquid Liquid (Mead Johnson)	1.5 kcal/ml 7.5 kcal/vial	1 vial = 5 ml	
Similac Human Milk Fortifier Powder (Abbott)	3.9 kcal/g 3.5 kcal/packet	1 packet = 0.9 g	
Similac Human Milk Fortifier Concentrated Liquid (Abbott)	1.4 kcal/ml 7 kcal/packet	1 packet = 5 ml	
Similac Human Milk Fortifier Hydrolyzed Protein Concentrated Liquid (Abbott)	1.4 kcal/ml 7 kcal/packet	1 packet = 5 ml	
Modular Carbohydrate	Nutrient Values	Miscellaneous Information	Displacement
Polycal (powder)	3.84 kcal/g	1 scoop = 5 g	0.57 ml/g

(Nutricia)	19.2 kcal/scoop 27.8 kcals/Tbsp	1 Tbsp = 7.3 g	
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Modular Protein	Nutrient Values	Miscellaneous Information	Displacement
Beneprotein (Nestlé Health Science)	3.6 kcal/g 16.9 kcal/Tbsp 25 kcal/scoop 0.86 g pro/g; 6 g pro/scoop	1 scoop = 7 g 1 Tbsp = 4.7 g 1 packet = 7 g	
Complete Amino Acid Mix (Nutricia)	3.28 kcal/g of powder 0.82 g pro/g of powder 7.8 g pro/Tbsp	1 Tbsp = 9.5 g	0.75 ml/g
Liquid Protein Fortifier (Abbott)	1 g pro/6 ml 4 kcal/6 ml 0.167 g pro/ml		
Modular Fat	Nutrient Values	Miscellaneous Information	Displacement
Oil - corn/vegetable	8 kcal/ml 120 kcal/Tbsp 0.91 g fat/ml; 14 g fat/Tbsp		
Liquigen (<i>emulsified MCT</i>) (Nutricia)	4.5 kcal/ml 0.5 g fat/ml	250 ml bottle	
MCT oil (Nestlé Health Science)	7.7 kcal/ml 0.93 g fat/ml	1 quart glass bottle (946ml)	
Microlipid (Nestlé Health Science)	4.5 kcal/ml 0.5 g fat/ml	89 ml bottle	
Other Modular	Nutrient Values	Miscellaneous Information	Displacement
Benecalorie (Nestlé Health Science)	7.5 kcal/ml 330 kcal/1.5 fl oz (1 package) 7 g pro/1.5 fl oz (1 package)	1 package = 44 ml (1.5 oz)	
Benefiber	2 tsp = 4 g CHO		

Formula information from manufacturers was current as of July 2021. Updated Summer 2021.

	2 tsp = 15 kcal 2 tsp = 3 g soluble fiber		
Duocal (Nutricia)	4.92 kcal/g 41.8 kcal/Tbsp 25 kcal/scoop	1 scoop = 5 g 1 Tbsp = 8.5 g 10 g sachet or 400 g can	0.77 ml/g
NutriSource Fiber (Nestlé Health Science)	1 Tbsp = 3 g CHO 1 Tbsp = 5 calories 1 Tbsp = 3 grams fiber	1 scoop = 1 Tbsp= 1 packet (4 g)	

Formula Company Contacts:

Abbott Nutrition: 800-227-5767	http://abbottnutrition.com
Earth's Best: 800-442-4221	http://www.earthsbest.com
Mead Johnson: 800-222-9123	http://meadjohnson.com
Nestlé Infant Formulas: 800-284-9488	http://www.gerber.com
Nestlé Health Science: 800-422-2752	http://www.nestlehealthscience.us
NOW Food: 1-888-669-3663	http://www.nowfoods.com
Nutricia: 800-365-7354	http://www.nutricia-na.com

ml= milliliter, g= grams, Tbsp= tablespoon, tsp= teaspoon, kcal= calories, fl= fluid, oz= ounce, CHO= carbohydrates, pro= protein

STANDARD DILUTION: standard dilution for infant formulas (less than one year age) is 20 kcal/oz and 30 kcal/oz for ages 1 year and above.

DISPLACEMENT FACTORS: Some institutions teach families to measure powder and add water to final volume rather than factoring in displacement.

Use precise displacement values when available, or use the average displacement value of 0.7 ml/gm powder.

MEASURING SPOONS: All measuring spoon amounts assumed to be level, not heaping.

Updated July 2021