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Formula Reference Guide

Powdered Formula Recipe Chart*

<i>To make formula that is...</i>	<i>Mix with sufficient water...</i>	<i>To make...</i>
22 calories/ounce	3 scoops 5 scoops	6 ounces 10 ounces
24 calories/ounce	3 scoops 3/4 cup	5 ounces 20 ounces
27 calories/ounce	1/2 cup 9 scoops 1 cup	12 ounces 15 ounces 24 ounces
30 calories/ounce	6 scoops 1 and 1/2 cups	5 ounces 32 ounces

Note: to make regular strength (20 calories/ounce), follow the directions on the can.

*General instructions: Use only the scoop provided in the can. Measure level scoops of unpacked powder and place in bottle. Then add enough water to the bottle to reach the total number of ounces indicated.

Fortified Breast Milk Recipe Chart**

<i>To make breast milk that is...</i>	<i>Add...</i>	<i>To...</i>
24 calories/ounce	1 teaspoon 1 scoop	90 cc (3 oz) breast milk 300 cc (10 oz) breast milk
27 calories/ounce	1 and 1/2 teaspoons 1 scoop 2 scoops	90 cc (3 oz) breast milk 180 cc (6 oz) breast milk 360 cc (12 oz) breast milk

**Unfortified breast milk is approximately 20 calories/ounce