

## Infant Formula and Feeding Recipe Tables for Discharge Instruction: Breast Milk

*Please note the following recipes may be within 1 kcal/oz difference.*

**Expressed Breast Milk:**

using the powdered formulas listed below each chart  
*Please note these recipes do not include displacement.*

Kcal/oz	3 oz Breast Milk	6 oz Breast Milk	12 oz Breast Milk
22	½ teaspoon	1 teaspoon	2 teaspoons
24	1 teaspoon	2 teaspoons	1 tablespoon plus 1 teaspoon
27	2 teaspoons	1 tablespoon plus 1 teaspoon	2 tablespoons plus 2 teaspoons
30	2 ¾ teaspoons	1 tablespoon plus 2 ½ teaspoons	3 tablespoons plus 2 teaspoons

SAMPLE

Enfamil A.R., Enfamil Enfacare, Enfamil NeuroPro Gentle, Enfamil NeuroPro Gentlease, Enfamil NeuroPro Gentlease, Enfamil NeuroPro Gentle Soothe, Enfamil NeuroPro Gentle Soothe Pro, Enfamil NeuroPro Gentle Soothe Pro, Gerber Good Start Gentle Pro, Gerber Good Start Gentle Soothe Pro, Gerber Good Start Soy, Nutrison with Enfloa 1G, Similac Advance, Similac Advance 20, Similac Pro Advance, Similac Alimentum, Similac for Suck-U, Similac for Supplemental Feeding, Similac NeoSure, Similac Organic, Similac Sensitive, Similac Pro Sensitive, Similac Soy Isomil, Similac Soy Isomil 20, Similac Total Comfort, Similac Pro Total Comfort

Kcal/oz	3 oz Breast Milk	6 oz Breast Milk	12 oz Breast Milk
22	½ teaspoon	1 teaspoon	2 teaspoons
24	1 teaspoon	2 teaspoons	1 tablespoon plus 1 teaspoon
27	1 ½ teaspoons	1 tablespoon	2 tablespoons
30	2 ¼ teaspoons	1 tablespoon plus 1 ½ teaspoons	3 tablespoons

\*\*Gerber Extensive HA, Pregestimil

Kcal/oz	3 oz Breast Milk	6 oz Breast Milk	12 oz Breast Milk
22	½ teaspoon	1 teaspoon	2 teaspoons
24	1 teaspoon	2 teaspoons	1 tablespoon plus 1 teaspoon
28	2 teaspoons	1 tablespoon plus 1 teaspoon	2 tablespoons plus 2 teaspoons
30	2 ¼ teaspoons	1 tablespoon plus 1 ½ teaspoons	3 tablespoons

\*\*\*Aifamino Infant, Enfamil Infant, Enfamil NeuroPro Infant, Enfamil Reguline, Neocate Infant, PurAmino

**Similac® for Supplementation-** OptiGRO™, DHA, lutein and vitamin E; Gluten-free, Kosher, and Halal

Cal/oz	Cal/g	Pro/g	G/scoop	G/Tbsp	G/Cup	G/Can	Displacement	Available in Retail
19	5.08	0.11	8.3	6.25	100	658	0.77 mL/g	1.45 lb. can; RTF
	120 ml	240 ml	360 ml	480 ml	600 ml	720 ml	840 ml	960 ml
19 kcal	15 g	30 g	45 g	60 g	75 g	90 g	105 g	120 g
	108 ml	217 ml	325 ml	434 ml	542 ml	651 ml	759 ml	868 ml
20 kcal	16 g	31 g	47 g	63 g	79 g	94 g	110 g	126 g
	108 ml	216 ml	324 ml	431 ml	539 ml	647 ml	755 ml	863 ml
21 kcal	16 g	33 g	50 g	66 g	83 g	99 g	116 g	132 g
	107 ml	214 ml	322 ml	429 ml	536 ml	644 ml	751 ml	858 ml
22 kcal	17 g	35 g	52 g	69 g	87 g	104 g	121 g	139 g
	107 ml	213 ml	320 ml	427 ml	533 ml	640 ml	747 ml	853 ml
23 kcal	18 g	36 g	54 g	72 g	91 g	109 g	127 g	145 g
	106 ml	212 ml	318 ml	424 ml	530 ml	636 ml	742 ml	848 ml
24 kcal	19 g	38 g	57 g	76 g	94 g	113 g	132 g	151 g
	105 ml	211 ml	316 ml	422 ml	527 ml	633 ml	738 ml	844 ml
25 kcal	20 g	39 g	59 g	79 g	98 g	118 g	138 g	157 g
	105 ml	210 ml	314 ml	419 ml	524 ml	629 ml	734	839 ml
26 kcal	20 g	41 g	61 g	82 g	102 g	123 g	143 g	164 g
	104 ml	208 ml	313 ml	417 ml	521 ml	625 ml	730 ml	834 ml
27 kcal	21 g	42 g	64 g	85 g	106 g	128 g	149 g	170 g
	104 ml	207 ml	311 ml	414 ml	518 ml	622 ml	725 ml	829 ml
28 kcal	22 g	44 g	66 g	88 g	110 g	132 g	154 g	176 g
	103 ml	206 ml	309 ml	412 ml	515 ml	618 ml	721 ml	824 ml
29 kcal	23 g	46 g	68 g	91 g	114 g	137 g	160 g	183 g
	102 ml	205 ml	307 ml	410 ml	512 ml	614 ml	717 ml	819 ml
30 kcal	24 g	47 g	71 g	94 g	118 g	142 g	165 g	189 g
	102 ml	204 ml	305 ml	407 ml	509 ml	611 ml	713 ml	814 ml

SAMPLE

**Go & Grow by Similac®**- milk based formula for toddlers 1-2 months with DHA, Lutein and Vitamin E. Gluten free, Halal, Kosher

Cal/oz	Cal/g	Pro/g	G/scoop	G/Tbsp	G/Cup	G/Can	Displacement	Available in Retail
19	4.2	0.11	n/a	6.5	105	624	0.7 mL/g	1.38 lb can/ 8.7 g pkt
	120 ml	240 ml	360 ml	480 ml	600 ml	720 ml	840 ml	960 ml
20 kcal	19 g	38 g	57 g	76 g	95 g	114 g	133 g	152 g
	107 ml	213 ml	320 ml	427 ml	533 ml	640 ml	747 ml	853 ml
21 kcal	20 g	40 g	60 g	80 g	100 g	120 g	140 g	160 g
	106 ml	212 ml	318 ml	424 ml	530 ml	636 ml	742 ml	848 ml
22 kcal	21 g	42 g	63 g	84 g	105 g	126 g	147 g	168 g
	105 ml	211 ml	316 ml	421 ml	527 ml	632 ml	737 ml	843 ml
23 kcal	22 g	44 g	66 g	88 g	110 g	131 g	153 g	175 g
	105 ml	209 ml	314 ml	419 ml	523 ml	628 ml	733 ml	837 ml
24 kcal	23 g	46 g	69 g	91 g	114 g	137 g	160 g	183 g
	104 ml	208 ml	312 ml	416 ml	520 ml	624 ml	728 ml	832 ml
25 kcal	24 g	48 g	71 g	95 g	119 g	143 g	167 g	191 g
	103 ml	207 ml	310 ml	413 ml	517 ml	620 ml	728 ml	827 ml
26 kcal	25 g	49 g	74 g	99 g	124 g	149 g	173 g	198 g
	103 ml	205 ml	308 ml	408 ml	513 ml	616 ml	719 ml	821 ml
27 kcal	26 g	51 g	77 g	103 g	129 g	154 g	180 g	206 g
	102 ml	204 ml	306 ml	408 ml	510 ml	612 ml	714 ml	816 ml
28 kcal	27 g	53 g	80 g	107 g	133 g	160 g	187 g	213 g
	101 ml	203 ml	304 ml	405 ml	507 ml	608 ml	709 ml	811 ml
29 kcal	28 g	55 g	83 g	110 g	138 g	166 g	193 g	221 g
	101 ml	201 ml	302 ml	403 ml	503 ml	604 ml	705 ml	805 ml
30 kcal	29 g	57 g	86 g	114 g	143 g	171 g	200 g	229 g
	100 ml	200 ml	300 ml	400 ml	500 ml	600 ml	700 ml	800 ml

Formula information from manufacturers was current as of 6/11/2019.  
Updated Summer of 2019.

Formula Name	Calories Per Ounce	Small Batch using Scoops		Larger Batch using Scoops		Large Batch using <b>1 level cup</b>
		Scoops	Water oz	Scoops	Water oz	Water (Final Volume) oz
<b>Enfamil Enspire</b>	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)
<b>Enfamil Enspire Gentlease</b> <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.					
<b>Enfamil for Supplementing</b>	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)
<b>Enfamil Gentlease</b>	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)
<b>Enfamil NeuroPro Infant</b>	22	3	5 ½	6	10 ½	23 (26)
	24	3	5 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)
<b>Enfamil Newborn</b>	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)
<b>Enfamil ProSobee</b>	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)
<b>Enfamil Reguline</b>	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)
<b>Gerber Extensive HA</b>	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)