

To increase calories in infant formula and expressed breast milk

1 Tablespoon (15 ml in one tablespoon) = 3 teaspoons (5 ml in one teaspoon)

To make 20 calorie per ounce formula, please follow the directions on the can.

Powdered Formula Recipe Chart*

(Use only the scoop provided in the can)

Calories per ounce	Water	Formula powder (unpacked, level)	Approximate final volume
☐ 22	110 ml	2 scoops	4 ounces
	160 ml	3 scoops	6 ounces
	210 ml (7 oz)	4 scoops	8 ounces
	270 ml (9 oz)	5 scoops	10 ounces
	480 ml (16 oz)	9 scoops	18 ounces
	660 ml (22 oz)	12 scoops	24½ ounces
☐ 24	150 ml (5 oz)	3 scoops	5½ ounces
	240 ml (8 oz)	5 scoops	9 ounces
	390 ml (13 oz)	8 scoops	15 ounces
	540 ml (18 oz)	11 scoops	20½ ounces
	630 ml (21 oz)	13 scoops	24 ounces
☐ 26	90 ml (3oz)	2 scoops	3½ ounces
	270 ml (9 oz)	6 scoops	10½ ounces
	450 ml (15 oz)	10 scoops	17 ounces
	630 ml (21 oz)	14 scoops	24 ounces
	720 ml (24 oz)	16 scoops	27½ ounces
☐ 27	210 ml (7 oz)	5 scoops	8 ounces
	300 ml (10 oz)	7 scoops	11½ ounces
	390 ml (13 oz)	9 scoops	15 ounces
	510 ml (17 oz)	12 scoops	19½ ounces
	600 ml (20 oz)	14 scoops	23 ounces

Ready to feed + standard infant formula recipe

Breast milk + standard infant formula recipe

Calories per ounce	Breast milk	Formula powder (unpacked, level)
☐ 22	3 ounces	½ teaspoon
	4 ounces (½ cup)	½ teaspoon + ¼ teaspoon
	6 ounces (¾ cup)	1 teaspoon
	8 ounces (1 cup)	1 teaspoon + ½ teaspoon
	16 ounces (2 cups)	1 tablespoon
	18 ounces (2¼ cups)	1 scoop
☐ 24	2 ounces (¼ cup)	½ teaspoon + ¼ teaspoon
	5 ounces	2 teaspoons
	8 ounces (1 cup)	1 tablespoon
	10 ounces (1¼ cups)	1 scoop
	12 ounces (1½ cups)	1 tablespoon + 2 teaspoons
	20 ounces (2½ cups)	2 scoops
☐ 26	2 ounces (¼ cup)	1 teaspoon + ¼ teaspoon
	5 ounces	1 tablespoon
	6 ounces (¾ cup)	1 scoop
	10 ounces (1¼ cups)	2 tablespoons
	20 ounces (2½ cups)	¼ cup
☐ 27	3 ounces	2 teaspoons
	4 ounces (½ cup)	1 tablespoon
	11 ounces	2 scoops
	12 ounces (1½ cups)	3 tablespoons
	18 ounces (2¼ cups)	¼ cup

Liquid Concentrate Recipe Chart

Calories per ounce	Concentrate	Water	Final volume
<input type="checkbox"/> 22	13 ounces (1 can)	11 ounces	24 ounces
<input type="checkbox"/> 24	13 ounces (1 can)	9 ounces	22 ounces
<input type="checkbox"/> 26	13 ounces (1 can)	7 ounces	20 ounces
<input type="checkbox"/> 27	13 ounces (1 can)	6 ounces ($\frac{3}{4}$ cup)	19 ounces
<input type="checkbox"/> ____	13 ounces (1 can)		

Breast Milk + NeoSure® Recipe Chart

Calories per ounce	Breast milk	Formula powder (unpacked, level)
☐ 22	3 ounces	½ teaspoon
	8 ounces (1 cup)	1 teaspoon + ½ teaspoon
	10 ounces (1¼ cups)	2 teaspoons
	16 ounces (2 cups)	1 tablespoon
	24 ounces (3 cups)	1 scoop
☐ 24	3 ounces	1 teaspoon + ¼ teaspoon
	8 ounces (1 cup)	1 tablespoon
	10 ounces (1¼ cups)	1 scoop
	12 ounces (1½ cups)	1 tablespoon + 2 teaspoons
	18 ounces (2¼ cups)	2 tablespoons + 1 teaspoon
	24 ounces (3 cups)	3 tablespoons
☐ 26	2 ounces (¼ cup)	1 teaspoon + ¼ teaspoon
	5 ounces	1 tablespoon
	7 ounces	1 scoop
	18 ounces (2¼ cups)	¼ cup
	21 ounces	3 scoops
	24 ounces (3 cups)	1/3 cup
☐ 27	3 ounces	2 teaspoons
	4 ounces (½ cup)	1 tablespoon
	6 ounces (¾ cup)	1 scoop
	16 ounces (2 cups)	¼ cup
	21 ounces	1/3 cup
	24 ounces (3 cups)	4 scoops

NeoSure® Recipe Chart

Calories per ounce	Water	Formula powder (unpacked, level)	Approximate final volume
<input type="checkbox"/> 20	2 ounces (¼ cup)	1 tablespoon + 1 teaspoon	2¼ ounces
	3 ounces	2 tablespoons	3½ ounces
	9 ounces	4 scoops	10 ounces
	17 ounces	½ cup + ¼ cup	19 ounces
	23 ounces	1 cup	25½ ounces
<input type="checkbox"/> 24	3 ounces	2 tablespoon + 1 teaspoon	3½ ounces
	5½ ounces	3 scoops	6 ounces
	9 ounces	5 scoops	10 ounces
	14 ounces (1¾ cups)	½ cup + ¼ cup	16 ounces
	19 ounces	1 cup	21½ ounces
	24 ounces (3 cups)	1 cup + ¼ cup	27 ounces
<input type="checkbox"/> 26	2½ ounces	2 tablespoon + ½ teaspoon	3 ounces
	3½ ounces	3 tablespoons	4 ounces
	5 ounces	3 scoops	5½ ounces
	13 ounces	½ cup + ¼ cup	15 ounces
	17 ounces	1 cup	19½ ounces
	23 ounces	1 cup + 1/3 cup	26½ ounces
<input type="checkbox"/> 27	3 ounces	2 tablespoon + 2 teaspoon	3½ ounces
	8 ounces (1 cup)	5 scoops	9 ounces
	11 ounces	1/3 cup + 1/3 cup	12½ ounces
	16½ ounces	1 cup	19 ounces
	21 ounces	1 cup + ¼ cup	24 ounces
	25 ounces	1 cup + ½ cup	29 ounces
<input type="checkbox"/> ____			

1 Tablespoon = 3 teaspoons

Note: To make 22-calorie-per-ounce formula, follow the directions on the can.