

Infant nutrition mixing instructions and formula descriptions

Presented by Randall Children's Newborn Services and Dietitians

Mixing instructions for fortified breastmilk and infant formula

Standard infant formula recipes for term infants

Enfamil — Newborn, Infant, Gentlease, Pregestimil*, ProSobee, Enfamil AR (fortify with regular Enfamil), Nutramigen*

Similac — Advance (20 kcal/oz only), Alimentum, PM 60/40, Isomil (20 kcal/oz only), Similac Organic

Gerber — GoodStart Gentle

Fortified Breastmilk

Desired kcals/oz	Breastmilk (add first)	Powder
22	90 mL (3 oz)	½ tsp
24	90 mL (3 oz)	1 tsp
26	90 mL (3 oz)	1½ tsp
27	90 mL (3 oz)	2 tsp
30	90 mL (3 oz)	3 tsp

Ready to Feed Formula + Powder

Desired kcals/oz	20 kcal/oz Ready to Feed (add first)	Powder
22	90 mL (3 oz)	½ tsp
24	90 mL (3 oz)	1 tsp
26	90 mL (3 oz)	1½ tsp
27	90 mL (3 oz)	2 tsp
30	90 mL (3 oz)	3 tsp

Desired kcals/oz	24 kcal/oz Ready to Feed Enfamil (add first)	Powder
27	100 mL	1 tsp
30	100 mL	2 tsp

Powder Only

Desired kcals/oz	Water (add first)	Powder
20 (directions on can)	60 mL (2 oz)	1 scoop
22	165 mL (5.5 oz)	3 scoops
24	150 mL (5 oz)	3 scoops
26	180 mL (6 oz)	4 scoops
27	210 mL (7 oz)	5 scoops
30	225 mL (7.5 oz)	6 scoops

*Use a packed scoop/teaspoon for Nutramigen and Pregestimil (tsp = teaspoon using household/cooking measuring spoon; scoop = scoop provided in formula can). All other powders should be loosely packed.

Transitional infant formula recipes for preterm infants

Enfamil — EnfaCare

Similac — NeoSure

Fortified Breastmilk

Desired kcals/oz	Breastmilk (add first)	Powder
22	90 mL (3 oz)	½ tsp
24	90 mL (3 oz)	1 tsp
26	90 mL (3 oz)	1½ tsp
27	90 mL (3 oz)	2 tsp
30	90 mL (3 oz)	3 tsp

Ready to Feed Formula + Powder (EnfaCare only)

Desired kcals/oz	Ready to Feed* (add first)	Powder
24	90 mL (3 oz)	½ tsp
26	90 mL (3 oz)	1 tsp
27	90 mL (3 oz)	1½ tsp
30	90 mL (3 oz)	2 ½ tsp

*Standard concentration of transitional ready to feed is 22 kcal/oz

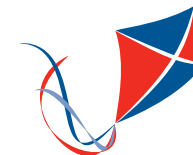
Powder Only

Desired kcals/oz	Water (add first)	Powder
22 (directions on can)	60 mL (2 oz)	1 scoop
24	150 mL (5 oz)	3 scoops
26	195 mL (6.5 oz)	4 scoops
27	180 mL (6 oz)	4 scoops
30	210 mL (7 oz)	5 scoops

tsp = teaspoon (using household/cooking measuring spoons)

scoop = scoop provided in formula can

(continued)



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Infant Formulas

Formula	Description	Use
Breast milk/donor milk		All infants — preterm or term infants
Enfamil/Similac Advance	Standard milk-based formula	Term infants
Gerber Good Start/ Similac Total Comfort	100% whey protein formula	Term infants
Gentlease	Milk-based formula with reduced levels of lactose and partially hydrolyzed protein	Term infants
Similac Sensitive	Reduced lactose, used for fussiness and gas related to lactose sensitivity	Term infants
Enfamil AR	Milk-based formula, including added rice to thicken formula upon contact with gastric acids	Term infants who spit up frequently
ProSobee/Isomil	Soy isolate formula, lactose/sucrose-free Note 40% chance of cross-sensitivity to soy protein with cow's milk protein intolerance.	Infants with lactose intolerance and some cow's milk protein intolerance. Galactosemia: use Isomil
Alimentum	Hypoallergenic formula; lactose-free, extensively hydrolyzed protein, 33% MCT oil (medium-chain triglyceride)	Severe food allergy, protein sensitivity/maldigestion, and fat malabsorption
Nutramigen	Hypoallergenic formula; lactose/sucrose-free, extensively hydrolyzed protein	Infants who are sensitive to cow's milk protein
Pregestimil	Hypoallergenic formula; lactose/sucrose-free, extensively hydrolyzed protein, 55% fat from MCT oil	Infants with fat malabsorption
Monogen	Whey protein-based formula with 90% MCT oil, not nutritionally complete (vitamins and minerals)	Infants requiring decreased long-chain fatty acids, chylothorax
Enfaport	Milk-based formula with 84% MCT oil, comes in liquid concentrate form	Infants requiring decreased long-chain fatty acids, chylothorax
Neocate/EleCare/ PurAmino/Alfamino	Hypoallergenic amino acid-based formula containing MCT oil	Infants with cow's milk allergy and multiple food protein intolerance
EnfaCare/NeoSure	Transitional formula with extra protein (milk-based), vitamins and minerals — at levels in-between premature and term formula	Infants born prematurely, used for 3–12 months CGA
PM 60/40	Low-iron infant formula with decreased mineral content	Infants with hypocalcemia due to hyperphosphatemia or impaired renal function

Please reference accompanying co-management and referral guideline on nutrition management of preterm infants after hospital discharge online at legacyhealth.org/randallguidelines.

Randall Children's Newborn Services

Legacy Lactation Services

Nutrition and lactation follow-up service for patients who are breastfeeding or receiving fortified breast milk.

Randall Children's Hospital at Legacy Emanuel, Portland

Phone: 503-413-2800

Legacy Good Samaritan Medical Center, Portland

Phone: 503-413-7533

Legacy Meridian Park Medical Center, Tualatin

Phone: 503-692-7509

Legacy Mount Hood Medical Center, Gresham

Phone: 503-674-1719

Legacy Salmon Creek Medical Center, Vancouver

Phone: 360-487-5840

Legacy Silverton Medical Center, Silverton

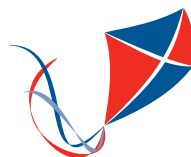
Phone: 503-873-1513

Randall Children's Pediatric Development and Rehabilitation

Pediatric dietitians and Feeding Clinic

Phone: 503-413-4505

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