

Liquid Concentrate Recipe Chart

Calories per ounce	Concentrate	Water	Final Volume
☐ 22	13 ounces (1 can)	11 ounces	24 ounces
☐ 24	13 ounces (1 can)	9 ounces	22 ounces
☐ 26	13 ounces (1 can)	7 ounces	20 ounces
☐ 27	13 ounces (1 can)	6 ounces (3/4 cup)	19 ounces

Fortified Breast Milk Recipe Chart

Calories per ounce	Breast Milk	Powder
☐ 22	90 mL (3 oz)	½ teaspoon
☐ 24	120 mL (3 oz)	1 teaspoon
☐ 26	90 mL (3 oz)	1 and ½ teaspoons
☐ 28	90 mL (3 oz)	1 and ¾ teaspoons * plus 0.3 mL MCT oil

Powdered Formula Recipe Chart

Calories per ounce	Water	Formula Powder (unpacked, level)	Approximate final volume
☐ 22	5 ½ ounces	3 scoops	6 ounces
	9 ounces	5 scoops	10 ounces
	18 ounces (2 ¼ cups)	10 scoops	20 ounces
	24 ounces (3 cups)	13 scoops	27 ounces
☐ 24	5 ounces	3 scoops	5 ½ ounces
	8 ounces (1 cup)	5 scoops	9 ounces
	10 ounces (1 ¼ cups)	6 scoops	11 ounces
	16 ounces (2 cups)	10 scoops	18 ounces
	21 ounces	13 scoops	24 ounces
☐ 26	3 ounces	2 scoops	3 ½ ounces
	9 ounces	6 scoops	10 ounces
	15 ounces	10 scoops	17 ounces
	24 ounces (3 cups)	16 scoops	27 ounces
☐ 28	7 ounces	5 scoops *plus 1.1 mL MCT oil	8 ounces