

## Term Human Milk + Enfamil<sup>®</sup> EnfaCare<sup>®</sup> Powder Infant Formula

Note: Human Milk Fortifier is the only product intended to fortify breast milk.

- The following recipes are provided as a courtesy. They are based on calculated results of mixing – not clinically or analytically tested.
- Powdered infant formulas are not commercially sterile, and should not be used for preterm or immunocompromised patients unless clinically required, and then under strict medical supervision. Follow all guidelines for preparation and use. Expressed human milk is not sterile, therefore feed fortified breastmilk immediately or store refrigerated for no more than 24 hours.
- Weighing powder product provides the most accurate final dilution. EnfaCare Powder provides 5.0 Cal/gram. Approximate household measurements (level, unpacked) are provided as a convenience when a precise dilution is not required.
- Displacement – 0.77 mL water displaced by 1 g Enfacare powder

### Recipes

22 Cal/fl oz: Add 0.7 g (~ ¼ tsp) EnfaCare Powder to 45 mL human milk

24 Cal/fl oz: Add 1.4 g (~ ½ tsp) EnfaCare Powder to 45 mL human milk

27 Cal/fl oz: Add 2.5 g (~ 1 tsp) EnfaCare Powder to 45 mL human milk

### Estimated Key Nutrient Content of Mixture per 100 mL

<u>Nutrient</u>	<u>22 Cal/fl oz</u>	<u>24 Cal/fl oz</u>	<u>27 Cal/fl oz</u>
Protein, g	1.1	1.3	1.6
Fat, g	3.9	4.2	4.7
Carbohydrate, g	8.7	9.4	10.4
Vitamin D, IU	6.7	11.9	20
Calcium, mg	31	40	54
Phosphorus, mg	17.9	23	30
Sodium, mg	21	24	27
Potassium, mg	55	62	73