

High Calorie Formula Mixing Cheat Sheet

		Water									
		Starting with 20 Calorie Formula (Similac, Enfamil, Good Start)					Starting with 22 Calorie Formula (Neosure, EnfaCare)				
		20 Calorie		22 Calorie		24 Calorie		22 Calorie		24 Calorie	
		Ounces	mL	Ounces	mL	Ounces	mL	Ounces	mL	Ounces	mL
1	2.0	59	1.8	54	1.7	49	2.0	59	1.8	52	
1.5	3.0	89	2.7	81	2.5	74	3.0	89	2.6	78	
2	4.0	118	3.7	108	3.3	99	4.0	118	3.5	104	
2.5	5.0	148	4.6	136	4.2	123	5.0	148	4.4	129	
3	6.0	177	5.5	163	5.0	148	6.0	177	5.3	155	
3.5	7.0	207	6.4	190	5.8	173	7.0	207	6.1	181	
4	8.0	237	7.3	217	6.7	197	8.0	237	7.0	207	
4.5	9.0	266	8.2	244	7.5	222	9.0	266	7.9	233	
5	10.0	296	9.2	271	8.3	246	10.0	296	8.8	259	
5.5	11.0	325	10.1	298	9.2	271	11.0	325	9.6	285	
6	12.0	355	11.0	325	10.0	296	12.0	355	10.5	311	
6.5	13.0	384	11.9	352	10.8	320	13.0	384	11.4	336	
7	14.0	414	12.8	380	11.7	345	14.0	414	12.3	362	
7.5	15.0	444	13.7	407	12.5	370	15.0	444	13.1	388	
8	16.0	473	14.7	434	13.3	394	16.0	473	14.0	414	
8.5	17.0	503	15.6	461	14.2	419	17.0	503	14.9	440	
9	18.0	532	16.5	488	15.0	444	18.0	532	15.8	466	
9.5	19.0	562	17.4	515	15.8	468	19.0	562	16.6	492	
10	20.0	591	18.3	542	16.7	493	20.0	591	17.5	518	
10.5	21.0	621	19.2	569	17.5	518	21.0	621	18.4	543	
11	22.0	651	20.2	596	18.3	542	22.0	651	19.3	569	
11.5	23.0	680	21.1	624	19.2	567	23.0	680	20.1	595	
12	24.0	710	22.0	651	20.0	591	24.0	710	21.0	621	
12.5	25.0	739	22.9	678	20.8	616	25.0	739	21.9	647	
13	26.0	769	23.8	705	21.7	641	26.0	769	22.8	673	
13.5	27.0	798	24.7	732	22.5	665	27.0	798	23.6	699	
14	28.0	828	25.7	759	23.3	690	28.0	828	24.5	725	
14.5	29.0	858	26.6	786	24.2	715	29.0	858	25.4	750	
15	30.0	887	27.5	813	25.0	739	30.0	887	26.3	776	
15.5	31.0	917	28.4	840	25.8	764	31.0	917	27.1	802	
16	32.0	946	29.3	867	26.7	789	32.0	946	28.0	828	
16.5	33.0	976	30.2	895	27.5	813	33.0	976	28.9	854	
17	34.0	1006	31.2	922	28.3	838	34.0	1006	29.8	880	
17.5	35.0	1035	32.1	949	29.2	863	35.0	1035	30.6	906	
18	36.0	1065	33.0	976	30.0	887	36.0	1065	31.5	932	
18.5	37.0	1094	33.9	1003	30.8	912	37.0	1094	32.4	957	
19	38.0	1124	34.8	1030	31.7	936	38.0	1124	33.3	983	
19.5	39.0	1153	35.7	1057	32.5	961	39.0	1153	34.1	1009	
20	40.0	1183	36.7	1084	33.3	986	40.0	1183	35.0	1035	

Number of Scoops of Powdered Formula

All Calculations based off directions found on Children's Physician Network (http://www.cponline.org/CRS/CRS/pa_forminst_pep.htm)
 This tool is meant to be a guide of the most generally used formula instructions. You should double check all calculations to make sure they match the information your child's doctor has given you.