

# High Calorie Breastmilk from Powder- Preterm

Use a teaspoon (5 mL) to measure the formula in this recipe.



Recipe (calories/oz)	Brand Powdered Infant Formula	Amount of Formula (teaspoons)	Amount of Breastmilk (mL)
22	<input type="checkbox"/> Enfamil A+ EnfaCare	1	180
	<input type="checkbox"/> Similac Neosure Omega-3 & Omega-6	2	360

Recipe (calories/oz)	Brand Powdered Infant Formula	Amount of Formula (teaspoons)	Amount of Breastmilk (mL)
24	<input type="checkbox"/> Enfamil A+ EnfaCare	1	90
	<input type="checkbox"/> Similac Neosure Omega-3 & Omega-6	2	180

Products are subject to change which may impact the above recipes.

Formula selection should be discussed with health care provider prior to discharge from hospital and prior to any formula change.

For Registered Dietitian referrals see **Nutrition Counselling- Pediatric** on the [Alberta Referral Directory](#)