

# High Calorie Breastmilk from Powder- Term

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) |
|----------------------|---|-------------------------------|---------------------------|
| 24                   | <input type="checkbox"/> Enfamil A+                     | 1                             | 90                        |
|                      | <input type="checkbox"/> Similac Advance Step 1 Non-GMO | 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](#)