

## Preparation of High Calorie Breast Milk Made with Enfamil® EnfaCare®

To make **22 calorie/ounce** breast milk:

Add ½ teaspoon (1.1 grams) of level, unpacked Enfamil EnfaCare powder to 60 mL or 2 fluid ounces of breast milk.

Mix well.

Refrigerate unused portion.

Use within 24 hours of preparation

To make **24 calorie/ounce** breast milk:

Add ¾ teaspoon (1.7 grams) of level, unpacked Enfamil EnfaCare powder to 60 mL or 2 fluid ounces of breast milk.

Mix well.

Refrigerate unused portion.

Use within 24 hours of preparation.

To make **26 calorie/ounce** breast milk:

Add 1 ¼ teaspoons (2.8 grams) of level, unpacked Enfamil EnfaCare powder to 60 mL or 2 fluid ounces of breast milk.

Mix well.

Refrigerate unused portion.

Use within 24 hours of preparation.

To make **28 calorie/ounce** breast milk:

Add 1 ¾ teaspoons (3.9 grams) of level, unpacked Enfamil EnfaCare powder to 60 mL or 2 fluid ounces of breast milk.

Mix well.

Refrigerate unused portion.

Use within 24 hours of preparation