

Powdered Formula Recipe Chart*

(Use only the scoop provided in the can)

Calories per ounce	Water	Formula powder (unpacked, level)	Approximate final volume
<input type="checkbox"/> 22	110 ml	2 scoops	4 ounces
	160 ml	3 scoops	6 ounces
	210 ml (7 oz)	4 scoops	8 ounces
	270 ml (9 oz)	5 scoops	10 ounces
	480 ml (16 oz)	9 scoops	18 ounces
	660 ml (22 oz)	12 scoops	24½ ounces
<input type="checkbox"/> 24	150 ml (5 oz)	3 scoops	5½ ounces
	240 ml (8 oz)	5 scoops	9 ounces
	390 ml (13 oz)	8 scoops	15 ounces
	540 ml (18 oz)	11 scoops	20½ ounces
	630 ml (21 oz)	13 scoops	24 ounces
<input type="checkbox"/> 26	90 ml (3oz)	2 scoops	3½ ounces
	270 ml (9 oz)	6 scoops	10½ ounces
	450 ml (15 oz)	10 scoops	17 ounces
	630 ml (21 oz)	14 scoops	24 ounces
	720 ml (24 oz)	16 scoops	27½ ounces
<input type="checkbox"/> 27	210 ml (7 oz)	5 scoops	8 ounces
	300 ml (10 oz)	7 scoops	11½ ounces
	390 ml (13 oz)	9 scoops	15 ounces
	510 ml (17 oz)	12 scoops	19½ ounces
	600 ml (20 oz)	14 scoops	23 ounces
<input type="checkbox"/> ____			

Note: To make 20-calorie-per-ounce formula, follow the directions on the can.

*Actual calories per ounce may not be as accurate in formula made with powder because of different techniques in measuring the powder. For this reason, we recommend using liquid concentrate whenever possible.

Children's Hospitals and Clinics of Minnesota
 Patient/Family Education
 2525 Chicago Avenue South
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