

Patient: _____

Date: _____

Healthcare Provider: _____

Breast Milk Fortification with Enfamil A+® EnfaCare® Mixing Instructions

Human milk fortifier is the only product intended to fortify breast milk, as the Enfamil A+ EnfaCare fortification recipes below are provided as a courtesy. They are based on calculated results of mixing—they are not clinically or analytically tested.

In place of the preparation chart on the can, use the checked boxes for your specific recipe for breast milk and powder. Follow the **Powder Storage** instructions on the back of the can.



To make	✓	Initial Breast Milk Volume – mL (fl oz)	Enfamil A+ EnfaCare Powder to Add
22 CALORIES per fl oz 0.74 CALORIES per mL	<input checked="" type="checkbox"/>	60 mL (2 fl oz)	½ tsp
	<input type="checkbox"/>	120 mL (4 fl oz)	¾ tsp
	<input type="checkbox"/>	180 mL (6 fl oz)	1 tsp
To make	✓	Initial Breast Milk Volume – mL (fl oz)	Enfamil A+ EnfaCare Powder to Add
24 CALORIES per fl oz 0.81 CALORIES per mL	<input type="checkbox"/>	60 mL (2 fl oz)	¾ tsp
	<input type="checkbox"/>	120 mL (4 fl oz)	1 ½ tsp
	<input type="checkbox"/>	180 mL (6 fl oz)	2 ½ tsp
To make	✓	Initial Breast Milk Volume – mL (fl oz)	Enfamil A+ EnfaCare Powder to Add
26 CALORIES per fl oz 0.88 CALORIES per mL	<input type="checkbox"/>	60 mL (2 fl oz)	1 tsp
	<input type="checkbox"/>	120 mL (4 fl oz)	2 ½ tsp
	<input type="checkbox"/>	180 mL (6 fl oz)	1 Tbsp + 1 tsp
To make	✓	Initial Breast Milk Volume – mL (fl oz)	Enfamil A+ EnfaCare Powder to Add
28 CALORIES per fl oz 0.95 CALORIES per mL	<input type="checkbox"/>	60 mL (2 fl oz)	1 ½ tsp
	<input type="checkbox"/>	120 mL (4 fl oz)	1 Tbsp
	<input type="checkbox"/>	180 mL (6 fl oz)	1 Tbsp + 2 tsp
To make	✓	Initial Breast Milk Volume – mL (fl oz)	Enfamil A+ EnfaCare Powder to Add
30 CALORIES per fl oz 1.01 CALORIES per mL	<input type="checkbox"/>	60 mL (2 fl oz)	2 tsp
	<input type="checkbox"/>	120 mL (4 fl oz)	1 Tbsp + 1 tsp
	<input type="checkbox"/>	180 mL (6 fl oz)	2 Tbsp

Note: All household measurements (c = cup, Tbsp = tablespoon, tsp = teaspoon, mL = milliliter, oz = ounces) are approximations and should be unpacked and level. Some measurements may be identical in order to utilize household measurements instead of grams. Gram weights are the most accurate for meeting target caloric density. Final volumes will be slightly higher due to displacement from powder.