

Adding Calories to Breast Milk and Formulas

Breast Milk

Calories per oz	Breast Milk	Formula (20 cal, unpacked, level)
22	2 ounces	¼ teaspoon
	3 ounces	½ teaspoon
	4 ounces	½ teaspoon + ¼ teaspoon
	6 ounces	1 teaspoon
24	2 ounces	½ teaspoon + ¼ teaspoon
	5 ounces	2 teaspoons
	8 ounces	3 teaspoons
26	2 ounces	1 + ¼ teaspoon
	5 ounces	3 teaspoons
	6 ounces	1 formula scoop

Formula

Calories per oz	Water	Formula powder (20 cal, unpacked, level)	Approximate Final volume
22	110 ml	2 scoops	4 ounces
	160 ml	3 scoops	6 ounces
	210 ml (7 oz)	4 scoops	8 ounces
24	120 ml (4 oz)	2 + ½ scoops	4 ½ ounces
	150 ml (5 oz)	3 scoops	5 ½ ounces
	240 (8 oz)	5 scoops	9 ounces
26	90 ml (3 oz)	2 scoops	3 ½ ounces
	180 ml (6 oz)	4 scoops	7 ounces
	270 ml (9 oz)	6 scoops	10 ½ ounces

*Alternative formula calculation:

- Add ¾ teaspoon of additional powder to every 4 ounces of prepared formula = 22 calorie
- Add ¾ teaspoon of additional powder to every 2 ounces of prepared formula = 24 calorie
- Add 1½ teaspoons of additional powder to every 4 ounces of prepared formula = 24 calorie
- For accuracy, ¾ teaspoon should be measured as ½ tsp + ¼ tsp