


# Mixing Instructions for EleCare®

DESIRED CALORIC DENSITY Cal/fl oz	SMALL VOLUMES		Approximate Yield fl oz
	Water fl oz	Powder* (unpacked level scoop)	
20	2	1	2
	4	2	4 1/2
	6	3	6 1/2
	8	4	9
22	3 1/2	2	4
	7	4	8
24	3 1/4†	2	4
	6 1/2	4	7 1/2
	8	5	9
26	1 1/2	1	2
	3	2	3 1/2
	4 1/2	3	5
	6	4	7
	7 1/2	5	9
27	7	5	8
	8 1/2	6	10
28	4	3	5
	5 1/2	4	6 1/2
	8	6	9 1/2
30	2 1/2	2	3
	5	4	6
	7 1/2	6	9

## To prepare one serving of EleCare at various caloric dilutions:

1. Wash your hands, surfaces and utensils.
2. Pour desired amount of  water into clean bottle (or another container).
3. Add designated amount powder to container.
4. Cap bottle or container; shake well for 15-20 seconds.
5. Store in refrigerator for up to 24 hours if product is not fed immediately.
6. Once feeding begins, use within one hour or discard.

*Note: When measured, powder should be unpacked and level.*

\*1 scoop = approximately 9.4 grams

†For most accurate results, water should be measured in a liquid measuring instrument with 1/4 ounce measuring capabilities. 1/4 ounce = 7.5 milliliters.

Use under Medical Supervision.

DESIRED CALORIC DENSITY Cal/fl oz	1000 mL VOLUMES		
	Powder† (unpacked level)	Approximate Amount of Water fl oz	Final Volume (powder + water) mL
20	1 cup <sup>+</sup> + 1 scoop <sup>+</sup> (142 g)	890 mL (30 fl oz)	1000
22	1 cup + 1/4 cup (157 g)	860 mL (29 fl oz)	1000
24	1 cup + 1/3 cup (171 g)	860 mL (29 fl oz)	1000
26	1 cup + 1/3 cup + 1 scoop (185 g)	860 mL (29 fl oz)	1000
27	1 cup + 1/2 cup (192 g)	830 mL (28 fl oz)	1000
28	1 cup + 1/2 cup + 1 scoop (199 g)	830 mL (28 fl oz)	1000
30	1 cup + 2/3 cup (213 g)	830 mL (28 fl oz)	1000

## To prepare larger volumes of EleCare at various caloric dilutions using a standard measuring cup (not enclosed in can):

1. Wash your hands, surfaces and utensils.
2. Add designated amount powder to container.
3. Pour desired amount of water into clean container.
4. Cap container; shake well for 15-20 seconds. Add additional water to fill up to a final volume of 1000 mL.\*
5. To maintain freshness, pour prepared formula into individual feeding bottles, cap and store in refrigerator. Use within 24 hours. Prepared formula should not be left unrefrigerated.

*Note: When measured, powder should be unpacked and level.*

\*1 g EleCare powder displaces 0.74 mL water.

†EleCare powder may settle inconsistently. For most accurate results, EleCare powder should be weighed on a gram scale.

\*\*Cup<sup>+</sup> refers to standard dry measuring cup. "Scoop" refers to enclosed scoop. When measured, powder should be unpacked and level.