Abbott

EleCare® Jr

MIXING CHART

UNFLAVORED & VANILLA					
Grams of powder per scoop	Calories per scoop	Calories per gram powder	Displacement per scoop, mL	Displacement per gram powder, mL	Grams of powder per cup*
9.5	44.6	4.69	7	0.74	104

30
CALORIES PER FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)†
5	+	4 scoops (38 g)	=	6
15	+	12 scoops (114 g)	=	18
25	+	20 scoops (190 g)	=	30
52	+	1 can (400 g)	=	62

35
CALORIES PER FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)†
5	+	5 scoops (47.5 g)	=	6
12	+	12 scoops (114 g)	=	15
24	+	24 scoops (228 g)	=	30
42	+	1 can (400 g)	=	52

40
CALORIES PER FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)†
3.5	+	4 scoops (38 g)	=	4
14	+	16 scoops (152 g)	=	18
24.5	+	28 scoops (266 g)	=	31
37	+	1 can (400 g)	=	47

45
CALORIES PER FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)†
4.5	+	6 scoops (57 g)	=	6
10.5	+	14 scoops (133 g)	=	14
24	+	32 scoops (304 g)	=	32
32	+	1 can (400 g)	=	42

* Household measures are based upon 1 unpacked, level, dry measuring cup. The value provided is approximate as household measure results can vary significantly based on the measuring device and individual methods. Abbott Nutrition is not responsible for the accuracy of individual users' household measures. For most accurate results, powder should be weighed on a scale that reads in grams.
† Yields are rounded after calculations.

EleCare Jr NUTRITION INFORMATION

NUTRIENTS	Per 100 Calories*	Per 100 g of Powder	Per L at 30 Cal/fl oz	Per L at 35 Cal/fl oz	Per L at 40 Cal/fl oz	Per L at 45 Cal/fl oz
Energy, Cal	100	469	1014	1183	1353	1522
Protein Equivalent, g	3.1	14.3	31	36.1	41.2	46.4
Fat, g	4.8	22.7	49.1	57.3	65.5	73.7
Linoleic Acid, mg	840	3939	8520	9940	11,360	12,780
Carbohydrates, g	10.7	49.3	106.7	124.4	142.2	160
VITAMINS						
Vitamin A, IU	273	1280	2769	3230	3691	4153
Vitamin D, IU	60	281	608	709	810	912
Vitamin E, IU	2.1	9.71	21	24.5	28	31.5
Vitamin K, mcg	13	60	130	151.4	173	194.7
Thiamin (B-1), mcg	210	985	2130	2486	2841	3196
Riboflavin (B-2), mcg	106	495	1070	1249	1428	1606
Vitamin B-6, mcg	84	393	850	992	1133	1275
Vitamin B-12, mcg	0.4	2	4.3	5.1	5.8	6.5
Niacin, mcg	1680	7878	17,040	19,880	22,719	25,559
Folic Acid, mcg	29.6	139	300	351	401	451
Pantothenic Acid, mcg	421	1974	4270	4981	5693	6404
Biotin, mcg	4.2	19.9	43	50.2	57.4	64.6
Vitamin C, mg	9	42.5	92	107.2	122.6	137.9
Choline, mg	29.9	140	303	353.3	403.7	454.2
Inositol, mg	5	23.6	51	59.6	68.1	76.6
MINERALS						
Calcium, mg	116	543	1174	1370	1566	1762
Phosphorus, mg	84	395	854	997	1139	1282
Magnesium, mg	16	74	160	187	213	240
Iron, mg	1.8	8.3	18	20.9	23.9	26.9
Zinc, mg	1.15	5.4	11.7	13.6	15.6	17.5
Manganese, mcg	128.2	601	1300	1517	1733	1950
Copper, mcg	128.2	601	1300	1517	1733	1950
Iodine, mcg	9	41.6	90	105	120	135
Sodium, mg	45	212	459	535	611	688
Sodium, mEq	2	9.2	20	23.2	26.5	29.8
Potassium, mg	151	706	1526	1782	2036	2290
Potassium, mEq	3.8	18	39	45.4	51.9	58.4
Chloride, mg	60	281	608	709	810	912
Chloride, mEq	1.7	7.9	17	19.9	22.8	25.6
Selenium, mcg	3	12.5	27	32	36	41
Chromium, mcg	2.3	10.9	23.5	27.4	31.4	35.3
Molybdenum, mcg	2.6	12.3	26.5	30.9	35.4	39.8
Unflavored/Vanilla Osmolality (mOsm/kg water)	-	-	590	701	830	982
Potential Renal Solute Load (mOsm/L)†	-	-	280	332	373	424

* When prepared as directed, at 30 Cal/fl oz.

† Estimated Potential Renal Solute Load = [(Protein (g) x 5.7) + mOsm (Na + K + Cl + P)].

Abbott Nutrition data on calorically dense feedings is limited.

Hypocaloric and hypercaloric formulas should be used under the direction of a health care professional.

More calorically dense formula may not supply enough water for some infants or children. Hydration status should be monitored and water supplied from other sources if necessary.

For improved tolerance, it is best to increase caloric density slowly, by 2- to 4-Cal/fl oz increments.