

Patient: _____

Date: _____

Healthcare Provider: _____

Breast Milk Fortification with Enfamil A.R.™ Mixing Instructions

Human milk fortifier is the only product intended to fortify breast milk, as the Enfamil A.R. 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. Due to the viscosity of Enfamil A.R. when mixed to higher concentration, it is not recommended to concentrate over 24 calories per ounce.



To make

22 CALORIES
per fluid
ounce:

✓	Initial Breast Milk Volume (fluid oz)	Enfamil A.R. Powder to Add
<input type="checkbox"/>	2 fl oz	½ tsp
<input type="checkbox"/>	4 fl oz	1 tsp
<input type="checkbox"/>	6 fl oz	1½ tsp

To make

24 CALORIES
per fluid
ounce:

✓	Initial Breast Milk Volume (fluid oz)	Enfamil A.R. Powder to Add
<input type="checkbox"/>	2 fl oz	1 tsp
<input type="checkbox"/>	4 fl oz	2 tsp
<input type="checkbox"/>	6 fl oz	1 Tbsp



Note: All household measurements (c = cup, Tbsp = tablespoon, tsp = teaspoon, 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.