



EleCare®

MIXING CHART



ELECARE FOR INFANTS					
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*
9.4	44.7	4.75	7	0.74	103

20
CALORIES PER
FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)†
2	+	1 scoop (9.4 g)	=	2
12	+	6 scoops (56.4 g)	=	13
24	+	12 scoops (112.8 g)	=	27
85	+	1 can (400 g)	=	95

22
CALORIES PER
FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)†
3.5	+	2 scoops (18.8 g)	=	4
10.5	+	6 scoops (56.4 g)	=	12
21	+	12 scoops (112.8 g)	=	24
76	+	1 can (400 g)	=	86

24
CALORIES PER
FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)†
8	+	5 scoops (47 g)	=	9
16	+	10 scoops (94 g)	=	18
24	+	15 scoops (141 g)	=	27
69	+	1 can (400 g)	=	79

26
CALORIES PER
FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)†
1.5	+	1 scoop (9.4 g)	=	2
9	+	6 scoops (56.4 g)	=	10
27	+	18 scoops (169.2 g)	=	31
63	+	1 can (400 g)	=	73

27
CALORIES PER
FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)†
7	+	5 scoops (47 g)	=	8
14	+	10 scoops (94 g)	=	16
28	+	20 scoops (188 g)	=	33
60	+	1 can (400 g)	=	70

30
CALORIES PER
FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)†
5	+	4 scoops (37.6 g)	=	6
15	+	12 scoops (112.8 g)	=	18
25	+	20 scoops (188 g)	=	30
53	+	1 can (400 g)	=	63

* 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® NUTRITION INFORMATION

Nutrients	Per 100 Cal*	Per L at 20 Cal/fl oz	Per L at 22 Cal/fl oz	Per L at 24 Cal/fl oz	Per L at 26 Cal/fl oz	Per L at 27 Cal/fl oz	Per L at 30 Cal/fl oz
Energy, Cal	100	676	744	812	879	913	1014
Protein Equivalent, g	3.1	21	23.1	25.2	27.3	28.3	31
Fat, g	4.8	32.5	35.7	39	42.2	43.8	49
Linoleic Acid, mg	840	5680	6280	6840	7386	7680	8520
Carbohydrates, g	10.7	72.4	79.6	86.8	94.1	97.7	108.6
VITAMINS							
Vitamin A, IU	273	1847	2031	2216	2400	2493	2770
Vitamin D, IU	60	406	446	487	528	548	609
Vitamin E, IU	2.1	14.2	15.6	17	18.5	19.2	21.3
Vitamin K, mcg	13	88	96.7	105.5	114.3	118.7	131.9
Thiamin (B-1), mcg	210	1421	1562	1704	1846	1917	2130
Riboflavin (B-2), mcg	105	710	781	852	923	959	1065
Vitamin B-6, mcg	84.2	570	626	683	740	769	854
Vitamin B-12, mcg	0.4	2.7	3	3.2	3.5	3.7	4
Niacin, mcg	1680	11,366	12,497	13,635	14,770	15,339	17,043
Folic Acid, mcg	29.5	200	219.4	239.4	259.4	269.3	299.3
Pantothenic Acid, mcg	421	2848	3132	3417	3701	3844	4271
Biotin, mcg	4.2	28.4	31.2	34.1	36.9	38.3	42.6
Vitamin C, mg	9	61	67	73	79	82	91
Choline, mg	15	101	111.6	121.7	131.9	137	152.2
Inositol, mg	5.1	35	37.9	41.4	44.8	46.6	51.7
MINERALS							
Calcium, mg	116	785	863	941	1020	1059	1177
Phosphorus, mg	84.2	570	626	683	740	769	854
Magnesium, mg	8.4	56.8	62.5	68.2	73.9	76.7	85.2
Iron, mg	1.8	12.2	13.4	14.6	15.8	16.4	18.3
Zinc, mg	1.15	7.8	8.6	9.3	10.1	10.5	11.7
Manganese, mcg	84	568	625	682	739	767	852
Copper, mcg	126	852	937	1023	1108	1150	1278
Iodine, mcg	8.9	60	66	72	78	81	90
Sodium, mg	45	304	335	365	396	411	457
Sodium, mEq	2	13.2	14.9	16.2	17.6	18.3	20.3
Potassium, mg	150	1015	1116	1217	1319	1370	1522
Potassium, mEq	3.9	26	29	31.7	34.3	35.6	39.6
Chloride, mg	60	406	446	487	528	548	609
Chloride, mEq	1.7	11.5	12.6	13.8	14.9	15.5	17.2
Selenium, mcg	2.6	17.6	19	21	23	24	26
Chromium, mcg	2.3	15.6	17.1	18.7	20.2	21	23.3
Molybdenum, mcg	2.5	17.1	18.6	20.3	22	22.8	25.4
Osmolality (mOsm/kg water)	-	350	390	430	475	490	560
Potential Renal Solute Load (mOsm/L) [†]	-	187	208	225	246	255	280

* 5 fl oz, prepared as directed at 20 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.

27 Cal/fl oz or more calorically dense formula may not supply enough water for some infants. 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.