

Dysphagia Management Guidelines for Thickeners

Thik & Clear commercial thickener, often used to manage dysphagia, is currently unavailable. If you have patients who use this product, they will require an alternative thickening product. With Thik & Clear unavailable, Le Bonheur Children's Hospital prefers use of infant cereals as the main thickening agents for children less than 12 months of age who are diagnosed with dysphagia. For older children, a variety of other thickening products are available. Resources for making thickening recommendations to your patients are found on the following pages. Resources include:

- Chart to assist in determining the available thickening agents for your patient based on consumer guidelines and decisions involved in choosing the best thickening agent for your patient
- Thickening recipes for oatmeal cereal to achieve nectar/mildly-thick or honey/moderately-thick consistencies should your patient not be appropriate for commercial thickener
- [Video](#) demonstrating how to thicken to the correct consistency including frequently asked questions.

If you have further questions or concerns regarding these changes, please contact us at **901-482-9168** and a speech-language pathologist will assist you.



Dysphagia Management Flow Chart

Goal: to be used with patients newly diagnosed with dysphagia.

FORMULA FED INFANTS

1. Use of Beechnut Oatmeal cereal.

- a. Given AAP guidance to limit rice cereal intake in infants.
- b. Beechnut Oatmeal cereal chosen rather than Gerber Oatmeal cereal due to:
 - i. Finer flake, allowing more effective, cohesive thickening.
 - ii. Beechnut has two ingredients (whole grain oat flour, sunflower lecithin)¹ vs Gerber has three ingredients (whole grain oat flour, oat flour, potassium phosphate)²

2. Use of Beechnut Rice cereal:

- a. Smooth mixing, fine flake.
- b. Arsenic levels are tested with each lot to ensure below the recommended level³.

3. Commercial thickener active ingredients:

- a. Simply Thick EasyMix⁴: water, soluble fiber, xanthan gum, glucono delta-lactone, gellan gum, potassium sorbate (preservative), calcium chloride, citric acid, sodium citrate, guar gum, pectine.
- b. ThickIt Clear Advantage⁵: Xanthan Gum, Maltodextrin, Ascorbic Acid
- c. ThickIt Original⁶: Modified corn starch and Maltodextrin
- d. ThickenUp Clear⁷: Maltodextrin, xanthan gum, potassium chloride

INFANTS RECEIVING EXPRESSED BREAST MILK

1. When EBM and infant cereals are combined, the enzymes in breastmilk denature the proteins in cereal, resulting in a thinned product. EBM does not maintain thickened suspension with infant cereals.
2. LBCH Speech-Language Pathologists (SLPs) have successfully used Beechnut Oatmeal cereal to thicken EBM fortified with powder formula
3. With a single patient, LBCH SLP has successfully used Beechnut Oatmeal cereal to thicken combination 50% formula (likely a basic formula at 19kcal vs 20kcal concentration) and 50% EBM.
4. If implemented, SLPs will test thickening efficacy with each patient as this is implemented.
5. Research potential: publishing efficacy of this process, using IDDSI flow drip testing.

For patients who have an inborn error of metabolism or who receive a medically prescribed ketogenic diet, Simply Thick EasyMix will be used when dysphagia is diagnosed.

Dysphagia Management Flow Chart (cont.)

FOR PATIENTS WITH PREVIOUS DIAGNOSIS OF DYSPHAGIA WHO CURRENTLY USE THIK&CLEAR

1. Nutra Balance produces Thik&Clear. LBCH became aware on 3/10/2020 that the company has suspended production. Nutra Balance is uncertain if or when product will be available for purchase.
2. Moving forward, infants with newly diagnosed dysphagia will receive thickening according to the flow charts.
3. Task force has been developed and is evaluating:
 - a. Current number of infants from our system using the product.
 - b. Current DMEs that will be informed of products' current production suspension and LBCH plan to transition to other thickener items.
 - c. How to communicate product discontinuation to providers and families.
 - d. How to transition patients who use Thik&Clear. Settings include:
 - i. ULPS and UTHC General Pediatrics patients
 - ii. Patients currently receiving therapy services through Le Bonheur Outpatient Rehab and through LEAD
 - iii. Patients who are managed by pediatricians and PCPs in the community.

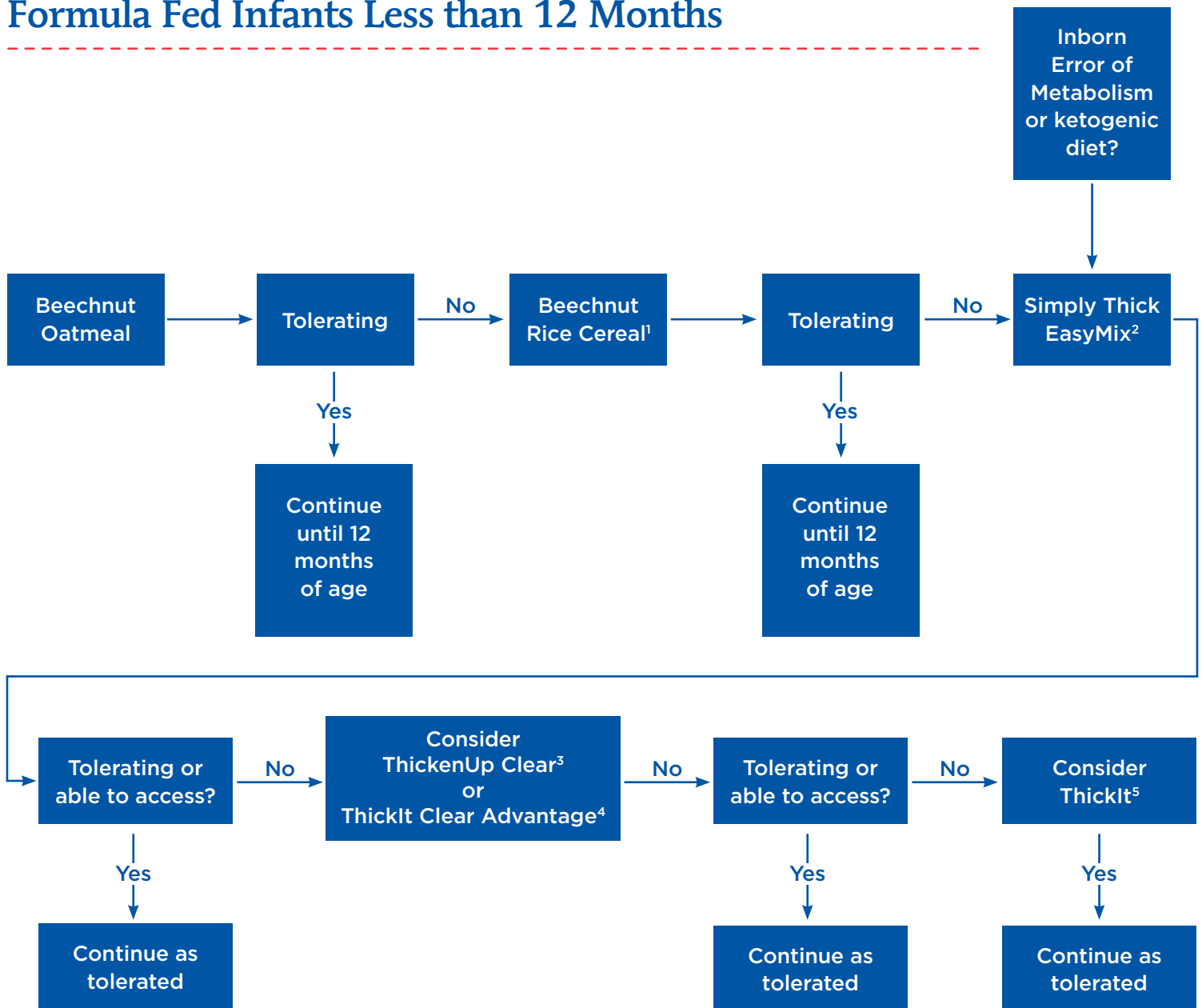
Speech-Language Pathologists are available to assist with transition to alternative thickeners through phone calls. If further guidance is needed, an outpatient Speech Therapy evaluation consult is recommended to provide hands on training and problem solving to ensure maximum dysphagia management.

REFERENCES:

1. <https://www.beechnut.com/product/oatmeal-cereal-canister/>
 2. <https://www.walmart.com/ip/GERBER-Single-Grain-Oatmeal-Baby-Cereal-16-oz/23803903>
 3. <https://www.beechnut.com/food-quality-safety/>
 4. <https://www.simplythick.com/SimplyThick-Nutrition-Facts>
 5. <https://thickit.com/nutrition-product/clear-advantage/>
 6. <https://thickit.com/education/product-faqs/>
 7. <https://www.nestlenutritionstore.com/resource-thickenup-clear.html>
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Thickening Management

Formula Fed Infants Less than 12 Months

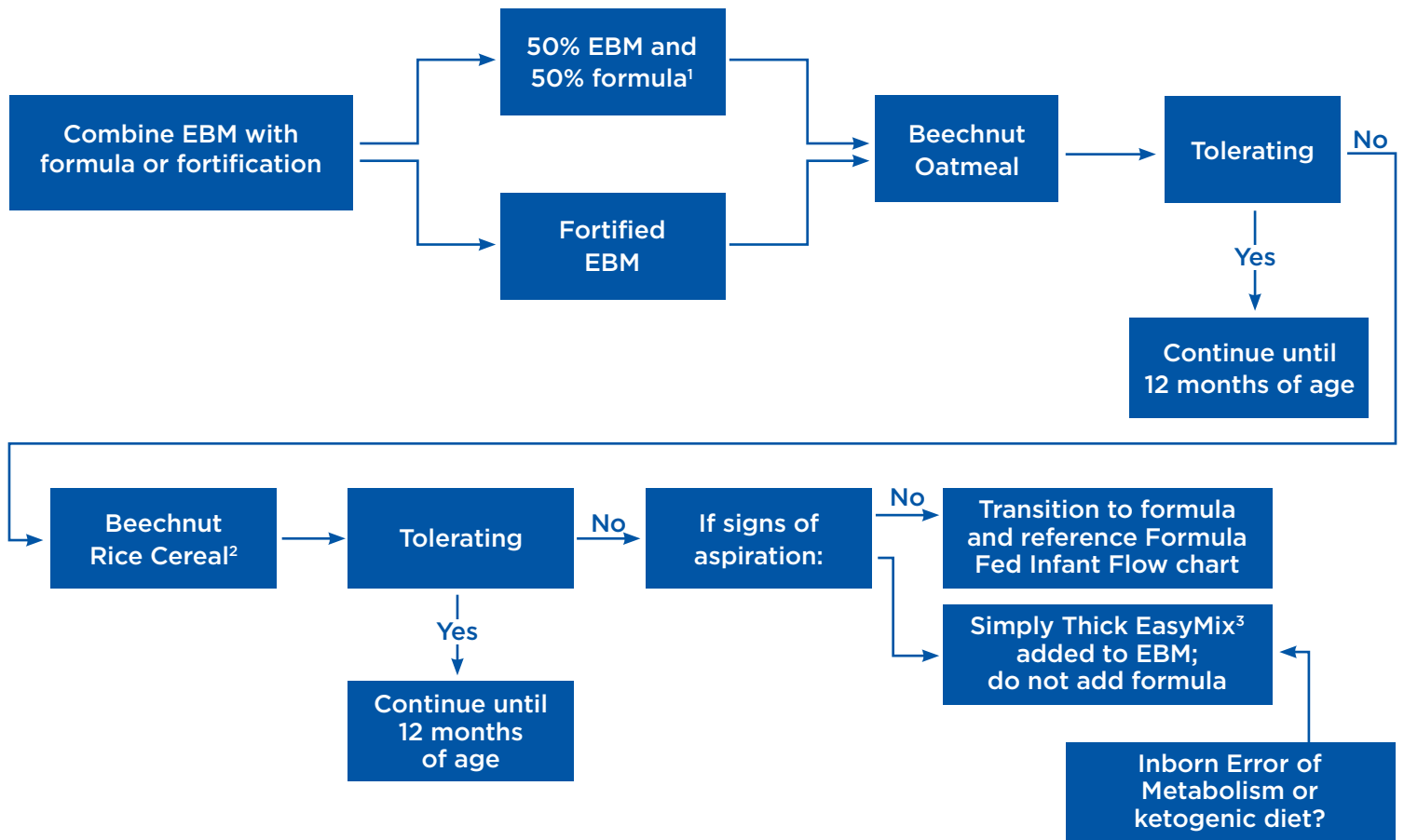


CONSIDERATIONS: FAMILY ACCESS TO PRODUCT, EFFECTIVENESS OF MANAGING DYSPHAGIA SYMPTOMS, GI TOLERANCE.

1. Beechnut tests each lot of rice cereal and ensures arsenic levels are below recommended levels.
2. Labeled for use in children and infants under 12 years of age under guidance of physician.
3. Labeled for 3 years and older.
4. Access in the community uncertain. Labeled for 2 years and older.
5. Labeled for 2 years and older.

Dysphagia Management

Infants Receiving Expressed Breast Milk

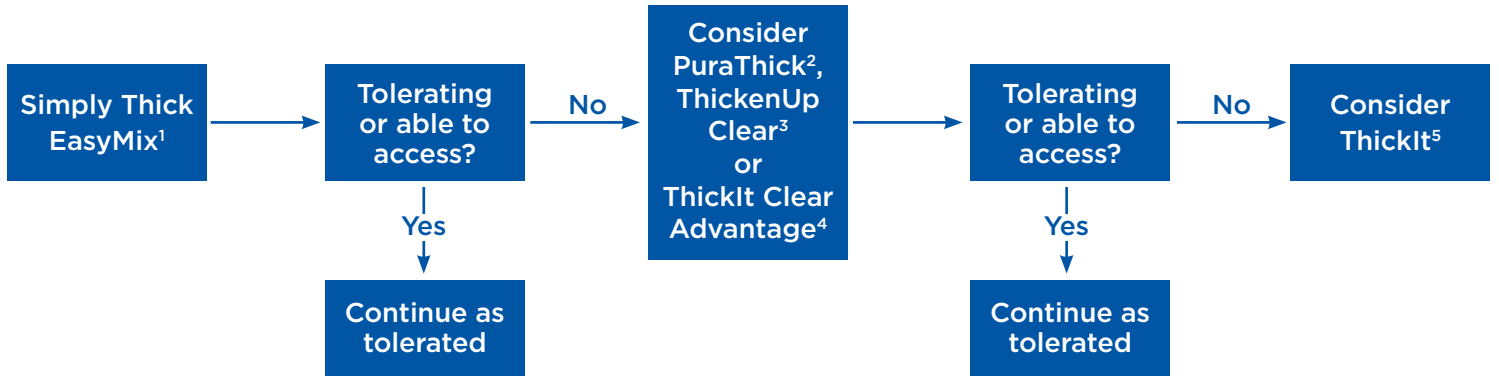


CONSIDERATIONS: FAMILY ACCESS TO PRODUCT, EFFECTIVENESS OF MANAGING DYSPHAGIA SYMPTOMS, GI TOLERANCE.

1. Additional testing for confirmation.
2. Beechnut tests each lot of rice cereal and ensures arsenic levels are below recommended levels.
3. Labeled for use in children and infants under 12 years of age under guidance of physician.

Dysphagia Management

12 Months and Older

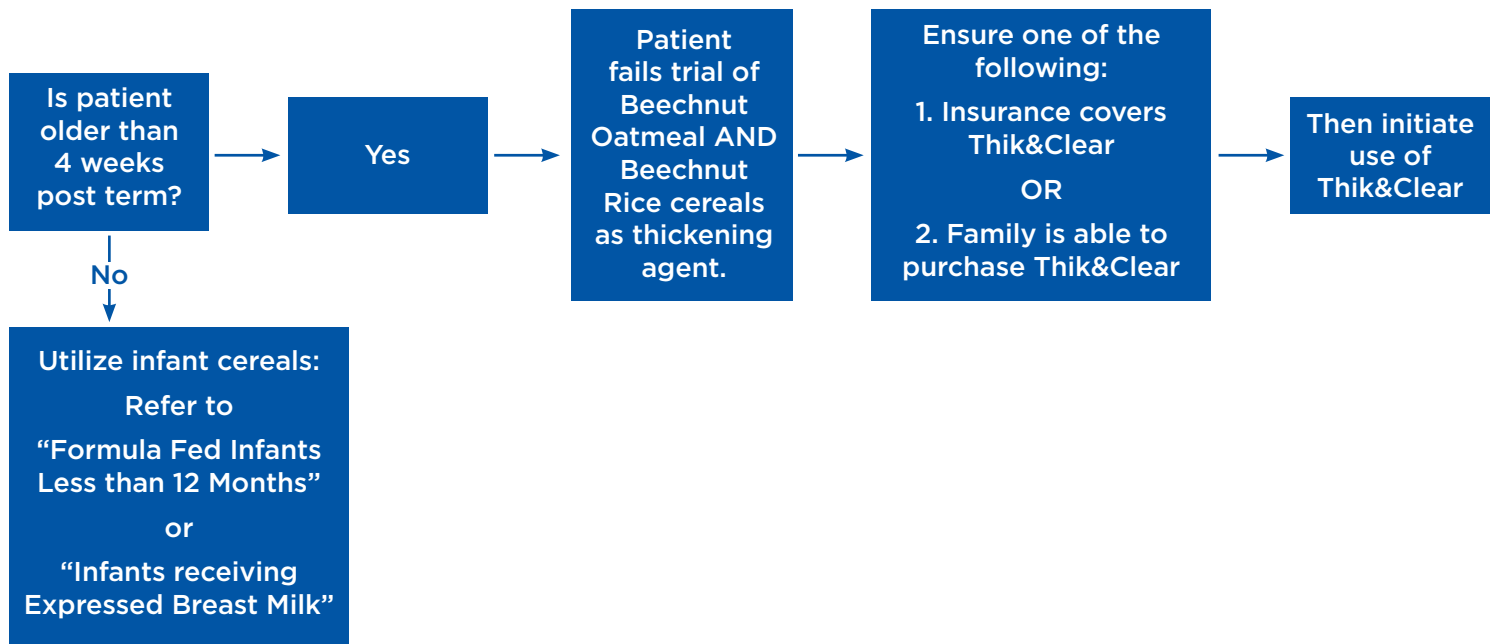


CONSIDERATIONS: FAMILY ACCESS TO PRODUCT, EFFECTIVENESS OF MANAGING DYSPHAGIA SYMPTOMS, GI TOLERANCE

1. Labeled for use in children and infants under 12 years of age under guidance of physician.
2. May be cost prohibited for families.
3. Labeled for 3 years and older.
4. Access in the community uncertain. Labeled for 2 years and older.
5. Labeled for 2 years and older.

Dysphagia Management

If Thik&Clear Is Available AND Family is Aware of Variable Access



Moderately Thick/Honey Oatmeal Home Recipe Guide

Formula	RTF or Powder	Per 1 oz.	Per 2 oz.	Per 4 oz.	Per 6 oz.	Per 8 oz.
Similac Pro Advance	RTF	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp
Similac Advance	Powder	14 mL Approx. 1 tbsp	28 mL Approx. 2 tbsp	56 mL Approx. 4 tbsp or ¼ cup	84 mL Approx. 5 2/3 tbsp	112 mL Approx. 7.5 tbsp
Similac Total Comfort	RTF	11 mL Approx. 2.25 tsp	22 mL Approx. 4.5 tsp	44 mL Approx. 3 tbsp	66 mL Approx. 4 1/3 tbsp	88 mL Approx. 6 tbsp
Similac Total Comfort	Powder	14 mL Approx. 1 tbsp	28 mL Approx. 2 tbsp	56 mL Approx. 4 tbsp or ¼ cup	84 mL Approx 5 2/3 tbsp	112 mL Approx. 7.5 tbsp
Similac Sensitive	RTF	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp
Similac Sensitive	Powder	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Similac for Spit-up	RTF	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Similac for Spit-up	Powder	7.5 mL Approx. ½ tbsp	15 mL (1/2 oz) Approx. 1 tbsp	30 mL (1 oz) Approx. 2 tbsp	45 mL (1.5 oz) Approx. 3 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup
Similac Neosure	RTF	9.5 mL Approx. 2 tsp	19 mL Approx. 4 tsp	38 mL Approx. 2.5 tbsp	57 mL Approx. 4 tbsp or ¼ cup	76 mL Approx. 5 tbsp
Similac Neosure	Powder	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Similac with Iron	RTF	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp
Similac Alimentum	RTF	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54 mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp
Similac Alimentum	Powder	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Similac Soy	RTF	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Similac Soy	Powder	14 mL Approx. 1 tbsp	28 mL Approx. 2 tbsp	56 mL Approx. 4 tbsp or ¼ cup	84 mL Approx. 5 2/3 tbsp	112 mL Approx. 7.5 tbsp

Measurements are subject to variability due to inconsistencies in infant cereals.

Moderately Thick/Honey Oatmeal Home Recipe Guide

Formula	RTF or Powder	Per 1 oz.	Per 2 oz.	Per 4 oz.	Per 6 oz.	Per 8 oz.
Similac Special Care 24	RTF	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54 mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp
Similac PM 60/40	Powder	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp
Enfamil NeuroPro	RTF	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp
Enfamil NeuroPro	Powder	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Enfamil Gentlease	RTF or Powder	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp
Enfamil Prosobee	RTF	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Enfamil Prosobee	Powder	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp
Enfamil Enfacare 22	RTF	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54 mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp
Enfamil Enfacare 22	Powder	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp
Enfamil AR	RTF	8 mL Approx. ½ tbsp.	16 mL Approx. 1 tbsp	32 mL Approx. 2 tbsp	48 mL Approx. 3 tbsp	64 mL Approx. 4 tbsp or ¼ cup
Enfamil AR	Powder	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp
Enfamil Premature 20	RTF	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp
Enfamil Premature (High Protein)	RTF	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Enfamil 24 with Iron	RTF	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup

Measurements are subject to variability due to inconsistencies in infant cereals.

Moderately Thick/Honey Oatmeal Home Recipe Guide

Formula	RTF or Powder	Per 1 oz.	Per 2 oz.	Per 4 oz.	Per 6 oz.	Per 8 oz.
Gerber GoodStart Soy	RTF	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Gerber GoodStart Soy	Powder	14 mL Approx. 1 tbsp	28 mL Approx. 2 tbsp	56 mL Approx. 4 tbsp or ¼ cup	84 mL Approx. 5 2/3 tbsp	112 mL Approx. 7.5 tbsp
Gerber GoodStart GentlePro	RTF	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp
Gerber GoodStart GentlePro	Powder	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp
Gerber GoodStart SoothePro	Powder	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Nutramigen	RTF	11 mL Approx. 2.25 tsp	22 mL Approx. 4.5 tsp	44 mL Approx. 3 tbsp	66 mL Approx. 4 1/3 tbsp	88 mL Approx. 6 tbsp
Nutramigen	Powder	14 mL Approx. 1 tbsp	28 mL Approx. 2 tbsp	56 mL Approx. 4 tbsp or ¼ cup	84 mL Approx. 5 2/3 tbsp	96 mL Approx. 6.5 tbsp
Pregestimil 20	RTF	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Pregestimil 20	Powder	17 mL Approx. 1 tbsp	34 mL Approx. 2.25 tbsp	68 mL Approx. 4.5 tbsp	102 mL Approx. 7 tbsp	136 mL Approx. ½ cup plus 1 tbsp
Pregestimil 24	RTF	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp

1 tsp = 5 mL

½ tbsp = 7.5 mL

1 ounce = 30 mL

80 mL = 1/3 cup

¼ tbsp. = 3.5 mL

1 tbsp = 15 mL

4 tbsp = ¼ cup

8 tbsp = ½ cup

Measurements are subject to variability due to inconsistencies in infant cereals.

Mildly Thick/Nector Oatmeal Home Recipe Guide

Formula	RTF or Powder	Per 1 oz.	Per 2 oz.	Per 4 oz.	Per 6 oz.	Per 8 oz.
Similac Pro Advance	RTF	8 mL Approx. ½ tbsp.	16 mL Approx. 1 tbsp	32 mL Approx. 2 tbsp	48 mL Approx. 3 tbsp	64 mL Approx. 4 tbsp or ¼ cup
Similac Advance	Powder	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Similac Total Comfort	RTF	7 mL Approx. ½ tbsp.	14 mL Approx. 1 tbsp	28 mL Approx. 2 tbsp	42 mL Approx. 3 tbsp	48 mL Approx. 4 tbsp or ¼ cup
Similac Total Comfort	Powder	11 mL Approx. 2.25 tsp	22 mL Approx. 4.5 tsp	44 mL Approx. 3 tbsp	66 mL Approx. 4 1/3 tbsp	88 mL Approx. 6 tbsp
Similac Sensitive	RTF	7 mL Approx. ½ tbsp.	14 mL Approx. 1 tbsp	28 mL Approx. 2 tbsp	42 mL Approx. 3 tbsp	48 mL Approx. 4 tbsp or ¼ cup
Similac Sensitive	Powder	8 mL Approx. ½ tbsp.	16 mL Approx. 1 tbsp	32 mL Approx. 2 tbsp	48 mL Approx. 3 tbsp	64 mL Approx. 4 tbsp or ¼ cup
Similac for Spit-up	RTF	5 mL Approx. 1 tsp	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	30 mL (1 oz) Approx. 2 tbsp	40 mL Approx. 2.5 tbsp
Similac for Spit-up	Powder	6 mL Approx. 1 tsp	12 mL 2.25 tsp	24 mL Approx. 1.75 tbsp	36 mL Approx. 2.5 tbsp	48 mL Approx. 4 tbsp or ¼ cup
Similac Neosure	RTF	7.5 mL Approx. ½ tbsp	15 mL (1/2 oz) Approx. 1 tbsp	30 mL (1 oz) Approx. 2 tbsp	45 mL (1.5 oz) Approx. 3 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup
Similac Neosure	Powder	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54 mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp
Similac with Iron	RTF	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54 mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp
Similac Alimentum	RTF	7 mL Approx. ½ tbsp.	14 mL Approx. 1 tbsp	28 mL Approx. 2 tbsp	42 mL Approx. 3 tbsp	48 mL Approx. 4 tbsp or ¼ cup
Similac Alimentum	Powder	7.5 mL Approx. ½ tbsp	15 mL (1/2 oz) Approx. 1 tbsp	30 mL (1 oz) Approx. 2 tbsp	45 mL (1.5 oz) Approx. 3 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup
Similac Soy	RTF	7.5 mL Approx. ½ tbsp	15 mL (1/2 oz) Approx. 1 tbsp	30 mL (1 oz) Approx. 2 tbsp	45 mL (1.5 oz) Approx. 3 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup
Similac Soy	Powder	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54 mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp

Measurements are subject to variability due to inconsistencies in infant cereals.

Mildly Thick/Nector Oatmeal Home Recipe Guide

Formula	RTF or Powder	Per 1 oz.	Per 2 oz.	Per 4 oz.	Per 6 oz.	Per 8 oz.
Similac Special Care 24	RTF	7 mL Approx. ½ tsp.	14 mL Approx. 1 tbsp	28 mL Approx. 2 tbsp	42 mL Approx. 3 tbsp	48 mL Approx. 4 tbsp or ¼ cup
Similac PM 60/40	Powder	10 mL Approx. 2 tsp	20 mL Approx. 4 tsp	40 mL Approx. 2.5 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup	80 mL Approx. 1/3 cup
Enfamil NeuroPro	RTF	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54 mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp
Enfamil NeuroPro	Powder	7.5 mL Approx. ½ tsp	15 mL (1/2 oz) Approx. 1 tbsp	30 mL (1 oz) Approx. 2 tbsp	45 mL (1.5 oz) Approx. 3 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup
Enfamil Gentlease	RTF	8 mL Approx. ½ tsp.	16 mL Approx. 1 tbsp	32 mL Approx. 2 tbsp	48 mL Approx. 3 tbsp	64 mL Approx. 4 tbsp or ¼ cup
Enfamil Gentlease	Powder	8 mL Approx. ½ tsp.	16 mL Approx. 1 tbsp	32 mL Approx. 2 tbsp	48 mL Approx. 3 tbsp	64 mL Approx. 4 tbsp or ¼ cup
Enfamil Prosoabee	RTF or Powder	8 mL Approx. ½ tsp.	16 mL Approx. 1 tbsp	32 mL Approx. 2 tbsp	48 mL Approx. 3 tbsp	64 mL Approx. 4 tbsp or ¼ cup
Enfamil Enfacare 22	RTF	7 mL Approx. ½ tsp.	14 mL Approx. 1 tbsp	28 mL Approx. 2 tbsp	42 mL Approx. 3 tbsp	48 mL Approx. 4 tbsp or ¼ cup
Enfamil Enfacare 22	Powder	7.5 mL Approx. ½ tsp	15 mL (1/2 oz) Approx. 1 tbsp	30 mL (1 oz) Approx. 2 tbsp	45 mL (1.5 oz) Approx. 3 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup
Enfamil AR	RTF	6 mL Approx. 1 tsp	12 mL 2.25 tsp	24 mL Approx. 1.75 tbsp	36 mL Approx. 2.5 tbsp	48 mL Approx. 4 tbsp or ¼ cup
Enfamil AR	Powder	4.5 mL Approx. 1 tsp	9 mL Approx. 2 tsp	18 mL Approx. 1.25 tbsp	27 mL Approx. 2 tbsp	36 mL Approx. 2.5 tbsp
Enfamil Premature 20	RTF	7 mL Approx. ½ tsp.	14 mL Approx. 1 tbsp	28 mL Approx. 2 tbsp	42 mL Approx. 3 tbsp	48 mL Approx. 4 tbsp or ¼ cup
Enfamil Premature (High Protein)	RTF	7.5 mL Approx. ½ tsp	15 mL (1/2 oz) Approx. 1 tbsp	30 mL (1 oz) Approx. 2 tbsp	45 mL (1.5 oz) Approx. 3 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup
Enfamil 24 with Iron	RTF	8 mL Approx. ½ tsp.	16 mL Approx. 1 tbsp	32 mL Approx. 2 tbsp	48 mL Approx. 3 tbsp	64 mL Approx. 4 tbsp or ¼ cup

Measurements are subject to variability due to inconsistencies in infant cereals.

Mildly Thick/Nector Oatmeal Home Recipe Guide

Formula	RTF or Powder	Per 1 oz.	Per 2 oz.	Per 4 oz.	Per 6 oz.	Per 8 oz.
Gerber GoodStart Soy	RTF	7.5 mL Approx. ½ tbsp	15 mL (1/2 oz) Approx. 1 tbsp	30 mL (1 oz) Approx. 2 tbsp	45 mL (1.5 oz) Approx. 3 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup
Gerber GoodStart Soy	Powder	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54 mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp
Gerber GoodStart GentlePro	RTF	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54 mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp
Gerber GoodStart GentlePro	Powder	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54 mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp
Gerber GoodStart SoothePro	Powder	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54 mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp
Nutramigen	RTF	8 mL Approx. ½ tbsp.	16 mL Approx. 1 tbsp	32 mL Approx. 2 tbsp	48 mL Approx. 3 tbsp	64 mL Approx. 4 tbsp or ¼ cup
Nutramigen	Powder	9 mL Approx. 2 tsp	16 mL Approx. 1 tbsp	36 mL Approx. 2.5 tbsp	54 mL Approx. 3.75 tbsp	72 mL Approx. 4.75 tbsp
Pregestimil 20	RTF	7.5 mL Approx. ½ tbsp	15 mL (1/2 oz) Approx. 1 tbsp	30 mL (1 oz) Approx. 2 tbsp	45 mL (1.5 oz) Approx. 3 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup
Pregestimil 20	Powder	12 mL Approx. 2.5 tsp	24 mL Approx. 1.75 tbsp	48 mL Approx. 3.25 tbsp	72 mL Approx. 4.75 tbsp	96 mL Approx. 6.5 tbsp
Pregestimil 24	RTF	7.5 mL Approx. ½ tbsp	15 mL (1/2 oz) Approx. 1 tbsp	30 mL (1 oz) Approx. 2 tbsp	45 mL (1.5 oz) Approx. 3 tbsp	60 mL (2 oz) Approx. 4 tbsp or ¼ cup

1 tsp = 5 mL

½ tbsp = 7.5 mL

1 ounce = 30 mL

80 mL = 1/3 cup

¼ tbsp. = 3.5 mL

1 tbsp = 15 mL

4 tbsp = ¼ cup

8 tbsp = ½ cup

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