

Nutrient Composition of Commercial Pediatric Formulas and Supplements Available at UCSF

Product and Manufacturer	kcal / ml	mOsm / kg	Protein (g)	CHO (g)	Fat (g)	% MCT	Na (mg/mEq)	K (mg/mEq)	Ca (mg)	P (mg)	Mg (mg)	Fe (mg)	Vit. A (IU)	Vit. D (IU)	Vit. E (IU)
PREMATURE (<38 week)															
Composition per 1000 mL															
Similac Special Care (Abbott) - whey protein, nonfat milk, MCT oil, soy oil, coconut oil, corn syrup solids, lactose.															
20 kcal/oz	0.67	235	20.3	69.7	36.7	50%	291 / 12.6	872 / 22.3	1217	676	81	12.2	8454	1014	27
30 kcal/oz	1	310	30.4	78.4	67.1	50%	436 / 19	1308 / 33.5	1826	1014	122	18.3	12681	1522	40.6
Similac Special Care - Hi Protein (Abbott) 24 kcal/oz	0.81	280	26.8	81	44	50%	349 / 15	1047 / 26.8	1461	812	97	14.6	10144	1217	32.5
Similac Expert Care Neosure (Abbott)- whey protein, nonfat milk, vegetable oil blend (safflower, soy, MCT, coconut), lactose, corn syrup solids.	0.74	250	20.8	75	41	25%	245 / 11	1056 / 27	781	461	67	13.4	2604	521	27
Liquid Protein Fortifier (per 3 mL) (Abbott) –Casein hydrolysate	2	--	0.5	0	0	0	0	0	0	0	0	0	0	0	0
Similac Extensively Hydrolyzed Liquid Human Milk Fortifier (per packet), (Abbott) – water, maltodextrin, casein hydrolysate, m. alpine oil, C. cohina oil, MCT oil, soy oil, coconut oil, modified cornstarch (analysis per packet) *mixed to 24 kcal/oz	1.4	450*	0.5	0.75	0.21		5 / 0.2	21 / 0.5	30	17	2.1	0.11	197	35	1
FULL-TERM (<12 m) 20 kcal/oz standard dilution**															
Composition per 1000 mL															
Enfamil Premium Newborn (Mead Johnson)-whey to casein (80:20), nonfat milk, lactose, vegetable oil blend (palm olein, soy, coconut & high oleic sunflower) Galactosaccharides, polydextrose (Prebiotics)	0.67	300	14.1	75.4	35.6	0	182 / 7.9	727 / 18.6	525	290	53.9	12.1	2020	505	13.5
Enfamil Premium Infant (Mead Johnson) - whey, nonfat milk, vegetable oil blend (palm olein, soy, coconut, high oleic sunflower), lactose, Galactosaccharides, polydextrose (Prebiotics)	0.67	300	14.1	75.4	35.7	0	182 / 7.9	727 / 18.6	525	290	54	12.1	2020	404	13.5
Goodstart Gentle (Nestle) - whey (hydrolyzed), vegetable oil blend (palm olein, soy, coconut, high oleic safflower), lactose, maltodextrin, galacto-oligosaccharides.	0.67	250	14.8	78	34.3	0	182 / 7.9	727 / 18.6	450	256	47	10.1	2020	402	13.4
Similac Advance (19kcal/oz) (Abbott) - whey protein concentrate, nonfat milk, vegetable oil blend (high oleic safflower, coconut, soy), lactose, galacto-oligosaccharides.	0.64	n/a	13.3	72	34.7	0	161 / 7.1	707 / 18	527	283	39	12.2	1929	482	9.6
Similac Advance Organic (Abbott) – nonfat milk, sucrose, maltodextrin, soy/sunflower/coconut oil	0.67	225	14	70.7	38.3	0	163 / 7.1	713 / 18.1	530	285	41	12.2	2038	408	10.2
Similac Sensitive (19kcal/oz) (Lactose Free) (Abbott) - milk protein isolate, vegetable oil blend (soy, coconut, high oleic safflower), corn maltodextrin, sucrose, galacto-oligosaccharides.	0.64	n/a	13.8	71.4	34.7	0	206 / 9	707 / 18	566	379	38.6	12.2	1929	386	9.6
Similac Soy Isomil (Abbott) - soy protein isolate, vegetable oil blend (soy oil, coconut oil, high oleic safflower), corn syrup, sucrose.	0.67	200	16.6	70.3	36.9	0	298 / 12.9	730 / 18.7	710	507	50.7	12.2	2029	406	10.1
Similac Total Comfort (19kcal/oz) (Abbott) - maltodextrin, whey protein hydrolysate, high oleic safflower oil, sugar, soy oil, coconut oil, galacto-oligosaccharides	0.64	200	14.9	70.7	34.7	0	296 / 12.9	778 / 20	675	450	39	12.2	1929	386	9.6
Similac for Spit-up (Abbott) - corn syrup solids, rice starch, milk protein isolate, high oleic safflower oil, sugar, soy oil, coconut oil, galacto-oligosaccharides	0.67	180	14.5	70.3	38.1	0	203 / 8.8	724 / 18.5	568	379	40.6	12.2	2029	406	20.3
Similac Alimentum (Abbott) - sugar, casein hydrolysate , modified tapioca starch, safflower oil, Medium-Chain Triglycerides, soy oil	0.67	370	18.6	69	37.5	33%	298 / 12.9	798 / 20.3	710	507	50.7	12.2	2029	304	20.3
Pregestimil (Mead Johnson) - casein hydrolysate, MCT oil, vegetable oil blend (corn oil, soy oil, high oleic safflower oil), corn syrup solids, modified cornstarch.	0.67	320 (pwr) 290 (RTF)	18.9	68.7	37.7	55%	316 / 13.7	740 / 19	633	350	54	12.1	2356	337	26.9
Similac PM 60/40 (Abbott) – whey protein concentrate, casein, high oleic safflower oil, coconut oil, soy oil.	0.67	280	15	69	37.9	0	162 / 7.1	541 / 13.8	379	189	41	4.7	2029	406	10.1
Elecare for Infants (Abbott) - free amino acids, high oleic safflower oil, soy oil, MCT, corn syrup solids.	0.67	350	20.9	72.3	32.4	33%	304 / 13.5	1013 / 26.4	784	569	56.8	12.2	1845	405	14.2
Neocate (Nutricia) - free amino acids, refined vegetable oil (MCT, high oleic sunflower oil, canola oil), corn syrup solids.	0.67	340	18.8	72.4	34	33%	262 / 11.4	730 / 18.7	777	550	71	10.1	1876	488	9.4
Enfaport (Mead Johnson)- calcium and sodium caseinates, MCT oil, soy oil, DHA, ARA, corn syrup solids. DO NOT USE FOR MCAD	1	290	35	100	55	84%	300/13	1150/29.5	940	520	110	18	3500	500	40
CHILDREN (1-10 years old)															
PediaSure_vanilla_chocolate_strawberry (Abbott) - milk protein concentrate, soy protein isolate, high oleic safflower oil, soy oil, canola oil, maltodextrin, sucrose. (237mL/can)	1	480-540	30	139	38	15%	380 / 17	1477 / 33	1055	844	169	11	1688	506	25
PediaSure with Fiber - Enteral (Abbott) – milk protein isolate, oat fiber, soy fiber, fructooligosaccharides (3 g/L), high oleic safflower oil, soy oil, MCT oil, maltodextrin, sucrose. Total Fiber= 13g/L. (237mL/can)	1	480	30	143	38	15%	380 / 17	1310 / 33	1055	846	169	11	2110	675	25
Boost Kid Essentials 1.5_w/ Fiber (Vanilla) (Nestle) - sodium caseinate, whey, sucrose, Soybean oil, high oleic Sunflower oil, MCT oil, maltodextrin, Benefiber. Total fiber = 8.7g/L (237mL/box)	1.5	405	42	164	75.6	10%	693 / 30	1302 / 33	1470	1260	252	13.9	3150	840	23
Bright Beginnings Soy Pediatric Drink (PBM Products) – sucrose, soy protein isolate, high-oleic safflower or sunflower oil, corn maltodextrin, soy oil, MCT oil Total fiber = 12.7 g/L (237 mL/can)	1	n/a	29.5	110	50.6	n/a	380 / 17	1561 / 40	970	903	198	13.9	2574	844	23
Compleat Pediatric (Nestle) –Chicken, sodium caseinates, pea puree, canola oil, MCT, chicken fat, soy lecithin, corn syrup solids, cranberry juice, vegetables, fruits, Benefiber, vegetables, fruits. Total Fiber = 6.8 g/L (250mL/can)	1	380	38	132	39	20%	760 / 33	1640 / 42	1440	1000	232	14	3320 (40% β-carotene)	600	28
Peptamen Junior_unflavored_vanilla (Nestle) - hydrolyzed whey protein, MCT oil, soybean oil, canola oil, (vanilla), maltodextrin, corn starch. (250mL/can)	1	Unflav. 260 Van 380	30	136	38.4	60%	460 / 20	1320 / 33.8	1120	840	200	14	3320 (40% β-carotene)	600	28
Peptamen Junior 1.5_unflavored (Nestle) – hydrolyzed whey protein, MCT oil, soybean oil, canola oil, tuna oil, maltodextrin, corn starch, soy lecithin (250mL/can)	1.5	450	45	180	68	60%	692 / 30	1980 / 50.6	1650	1352	300	21	4800 (35% β-carotene)	800	42
Vivonex Pediatric (Nestle) - free amino acids, MCT oil, soybean oil, maltodextrin, modified cornstarch.	0.8	360	24	126	24	70%	400 / 17	1200 / 31	1120	840	200	10	2500	640	30
Suplena with Carb Steady • (Abbott) – milk protein isolate, sodium caseinate, isomaltulose, high oleic safflower oil, canola oil, maltodextrin, sucrose. Fiber=16g/L, scFOS= 9.3g/L (237mL/can)	1.8	780	45	196	96	0	802 / 35	1139 / 29	1055	717	211	19	3165	85	97
Elecare Junior_unflavored and vanilla (Abbott) - free amino acids, high oleic safflower oil, soy oil, MCT oil, corn syrup solids.	1	590	31	107	49	33%	459 / 20	1526 / 39	1174	854	160	18	2769	608	21
Neocate Junior (Nutricia)-Unflavored - free amino acids, refined vegetable oil (palm kernel and/or coconut oil), canola oil, high oleic safflower oil, corn syrup solids.	1	590	33	104	50	35%	500 / 21.7	1370 / 35.2	1180	799	160	16	2000	795	21
Flavored Neocate Junior (Nutricia) –Tropical fruit.	1	630	35	110	47	35%	499 / 21.7	1450 / 37.2	1200	796	170	16	2000	798	21
Monogen (Nutricia) – whey protein concentrate, MCT oil, coconut oil, corn syrup solids.	0.74	250	21.9	119	19.3	80%	350 / 15.2	630 / 16.1	450	350	61.3	7.4	1893	462	7.2
Tolerex • (Nestle) - free amino acids, safflower oil, maltodextrin, modified cornstarch. (100mL; 3_packet)	1	550	20.5	226	2	0	500 / 22	1167 / 30	550	551	220	10	2770	450	17
Ketocal 4:1 (Nutricia) –Vegetable oil, sodium caseinate, whey protein concentrate, soy fiber, cornstarch, inulin	1.5	280	30.9	17.3	148	0	1030 / 45	1650 / 42	884	884	227	15	2640	920	23
CHILDREN (>10 y.o.) see Adult Formulary															
ORAL SUPPLEMENTS ▼															
Composition per serving															
Carnation Instant Breakfast (Nestle) - nonfat dry milk, maltodextrin, sucrose. (vanilla-made with 240 cc whole milk). 9 oz. serving	280	n/a	13	40	9	0	216 / 9.4	630 / 16	500	500	100	4.5	1250	200	8
Boost Breeze (Nestle) - whey protein isolate, sucrose, corn syrup, corn syrup solids. (237 mL)	1.06	750	9	54	0	0	80 / 3.5	0	0	150	--	2.7	750	60	6

*When mixed w/ 25 mL preterm human milk

** To determine the amount of nutrients in concentrated formula, multiply by the factor as follows
 22 kcal/oz: 1.1 24 kcal/oz: 1.2 27 kcal/oz: 1.35 30 kcal/oz: 1.5

▼ Not intended to be a sole source of nutrition

◆ Contact RD to determine additional supplementation to meet the RDA

Pediatric Enteral Formulary updated 9/17/2015 BS

Volume to meet RDA for

PediaSure:	1-6 years	7-10 years
Peptamen Junior:	1000 ml	1300 ml
Vivonex Pediatric:	1000 ml	1000 ml
	1000 ml	1170 ml