

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 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 Liquid Human Milk Fortifier (per packet) (Abbott) - whey protein concentrate, nonfat milk, MCT, corn syrup solids, soy lecithin	6.85	385*	0.349	0.807	0.266	47%*	5.4/ 0.23	20.7 / 0.53	35.1	20	2.16	0.107	197	34.9	0.973
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
Enfamil Gentlease (Mead Johnson)-Whey to casein (60:40), ~20 lactose, 80% corn syrup solids, partially hydrolyzed nonfat milk & whey protein concentrate solids (soy), vegetable oil (palm olein, soy, coconut, high oleic sunflower oils)	0.67	220	15.5	73	35.7	0	242 / 10.5	727 / 18.6	552	310	53.9	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	1812 / 7.9	727 / 18.6	450	256	47	10.1	2020	402	13.4
Similac Advance, Early Shield (Abbott) - whey protein concentrate, nonfat milk, vegetable oil blend (high oleic safflower, coconut, soy), lactose, galacto-oligosaccharides.	0.67	310	14	76	36.5	0	162 / 7.1	710 / 18.2	528	284	41	12	2029	507	10.1
Similac Advance, w/ Optigrow(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 Sensitive (Lactose Free) (Abbott) - milk protein isolate, vegetable oil blend (soy, coconut, high oleic safflower), corn maltodextrin, sucrose, galacto-oligosaccharides.	0.67	200	14.5	75.1	36.5	0	203 / 8.8	724 / 18.5	568	379	40.6	12.2	2029	406	20.3
Similac Sensitive w/ Optigrow (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
Nutrigen (Mead Johnson) - casein hydrolylate, vegetable oil blend (palm olein, soy, coconut, high oleic sunflower), modified cornstarch, corn syrup solids.	0.67	320	18.8	69.4	35.7	0	316 / 13.7	740 / 19	632	350	53.8	12.1	2020	337	13.5
Enfamil Prosobee (Mead Johnson) - soy protein isolate, vegetable oil blend (palm olein, soy, coconut, high oleic sunflower), corn syrup solids.	0.67	200	16.8	71.4	35.7	0	242 / 10.5	808 / 20.7	707	465	53.8	12.1	2020	404	13.5
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 (pwrdr) 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
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
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
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
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 caseinate, 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	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
Tolerex • (Nestle) - free amino acids, safflower oil, maltodextrin, modified cornstarch. (100mL; 3.3packet)	1	550	20.5	226	2	0	500 / 22	1167 / 30	550	551	220	10	2770	450	17
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
Scandishake (Nutricia) - skimmed milk powder, partially hydrogenated vegetable oil (palm kernel and soybean), maltodextrin, sugar, corn syrup solids. (vanilla-made with 240mL whole milk)	600	1000	11.7	69.5	30.4	0	251 / 12.6	955 / 24.5	387	561	38	0.14	310	102	0.24

*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 5/5/2014 BS

Volume to meet RDA for	<u>1-6 years</u>	<u>7-10 years</u>
PediaSure:	1000 ml	1300 ml
Peptamen Junior:	1000 ml	1000 ml
Vivonex Pediatric:	1000 ml	1170 ml