



Fortini® Supplementation Guide



How to Add Fortini to Breast Milk for Catch-up Growth

Each 4 oz carton of Fortini delivers 118 calories and 3 g of protein. It also has DHA and ARA to promote brain and eye development, and prebiotics (GOS/FOS) to support digestive health.¹⁻³ Use this tool to determine how to supplement breast milk with Fortini Infant for infants needing catch-up growth.

Directions: First select the approximate target caloric concentration per ounce, then use the chart to determine the corresponding volume of breast milk and Fortini Infant, as well as the approximate final volume and calories.

Fortini Infant can be easily mixed into breast milk or given separately.



Ratio of feedings		Approx. Concentration	Volume of Breast Milk	Volume of Fortini Infant (1 carton = 4 oz)		Approx. Final Volume and Calories (1 fl oz = 29.57 mL)		
4:1		22 kcal/fl oz 0.73 kcal/mL	4 fl oz	1 fl oz	-	5 fl oz (148 mL)	110 kcal	
Breast milk	Fortini Infant		8 fl oz	2 fl oz	½ carton	10 fl oz (295 mL)	219 kcal	
			16 fl oz	4 fl oz	1 carton	20 fl oz (591 mL)	438 kcal	
Raises protein intake by ~+0.4 g/100 mL [†]			24 fl oz	6 fl oz	1½ cartons	30 fl oz (887 mL)	657 kcal	
~295 mOsm/kg [‡]			30 fl oz	8 fl oz	2 cartons	38 fl oz (1124 mL)	837 kcal	
3:2		24 kcal/fl oz 0.80 kcal/mL	3 fl oz	2 fl oz	½ carton	5 fl oz (148 mL)	119 kcal	
Breast milk	Fortini Infant		6 fl oz	4 fl oz	1 carton	10 fl oz (295 mL)	238 kcal	
			12 fl oz	8 fl oz	2 cartons	20 fl oz (592 mL)	477 kcal	
Raises protein intake by ~+0.7 g/100 mL [†]			18 fl oz	12 fl oz	3 cartons	30 fl oz (887 mL)	715 kcal	
~310 mOsm/kg [‡]			24 fl oz	16 fl oz	4 cartons	40 fl oz (1183 mL)	953 kcal	
2:3		26 kcal/fl oz 0.87 kcal/mL	2.5 fl oz	4 fl oz	1 carton	6.5 fl oz (192 mL)	168 kcal	
Breast milk	Fortini Infant		5 fl oz	8 fl oz	2 cartons	13 fl oz (385 mL)	337 kcal	
			8 fl oz	12 fl oz	3 cartons	20 fl oz (591 mL)	515 kcal	
Raises protein intake by ~+1.0 g/100 mL [†]			10 fl oz	16 fl oz	4 cartons	26 fl oz (769 mL)	673 kcal	
~330 mOsm/kg [‡]			16 fl oz	24 fl oz	6 cartons	40 fl oz (1183 mL)	1030 kcal	
~1:2		27 kcal/fl oz 0.90 kcal/mL	2.5 fl oz	6 fl oz	1½ cartons	8.5 fl oz (251 mL)	230 kcal	
Breast milk	Fortini Infant		3.5 fl oz	8 fl oz	2 cartons	11.5 fl oz (340 mL)	307 kcal	
			5 fl oz	12 fl oz	3 cartons	17 fl oz (503 mL)	455 kcal	
Raises protein intake by ~+1.1 g/100 mL [†]			6.5 fl oz	16 fl oz	4 cartons	22.5 fl oz (665 mL)	603 kcal	
~335 mOsm/kg [‡]			10 fl oz	24 fl oz	6 cartons	34 fl oz (1006 mL)	910 kcal	
1:4		28 kcal/fl oz 0.93 kcal/mL	1 fl oz	4 fl oz	1 carton	5 fl oz (148 mL)	138 kcal	
Breast milk	Fortini Infant		2 fl oz	8 fl oz	2 cartons	10 fl oz (295 mL)	277 kcal	
			3 fl oz	12 fl oz	3 cartons	15 fl oz (444 mL)	415 kcal	
Raises protein intake by ~+1.3 g/100 mL [†]			5 fl oz	20 fl oz	5 cartons	25 fl oz (739 mL)	691 kcal	
~345 mOsm/kg [‡]			7 fl oz	28 fl oz	7 cartons	35 fl oz (1035 mL)	968 kcal	

For Healthcare Professionals. 1 fl oz = 29.57 mL.
Brought to you by Nutricia North America.

***Nutricia North America supports the use of human milk wherever possible.** Fortini is suitable as a sole source of nutrition and as a supplement to breast milk. Refer to Fortini packaging for full instructions. For patient safety, Nutricia directs caregivers who request this information to their healthcare team for guidance.

[†]Fortini Infant contains 2.6 g protein/100 mL.

When supplementing breast milk, add number shown in table ("+X.X") to a value for protein content of human milk (___g/100 mL) to estimate increased protein with added Fortini.
Assumptions: Human milk contains 20 kcal/oz (0.67 kcal/mL) and 11 g protein/100 mL.

1. Clarke, et al. J Hum Nutr Diet. 2007;20:329-39. 2. Veereman-Wauters, et al. J Pediatr Gastroenterol Nutr. 2011;52:763-71. 3. Knol, et al. Ibid.2005;40:36-42. Fortini® Infant is an infant formula for use under medical supervision designed for the dietary management of term infants and young children up to 18 months of age (or up to 19 lbs, 13 oz (9 kg)) with or at risk of growth failure, increased energy requirements, fluid restrictions, and/or malnutrition. Clinicians should regularly monitor nutrient and fluid status by reviewing nutrient intake and needs, anthropometry, tolerance, and micronutrient status.