

**NutriHope® Fibre
High Energy formula
1.5 kcal / ml preparation**

Number of levelled scoops*	Powder (g)	Volume of water (ml)	Reconstituted formula (ml)	Energy (kcal)	Proteins (g)
1	22	50	65	101	5.1
2	44	110	140	202	10.1
3	66	160	200	302	15.2
4	88	220	275	403	20.2
5	110	270	340	504	25.3
6	132	320	400	605	30.4
7	154	380	475	705	35.4
8	176	430	540	806	40.5
9	198	480	600	907	45.5
10	220	540	675	1 008	50.6
11	242	590	740	1 108	55.7
12	264	650	810	1 209	60.7
13	286	700	875	1 310	65.8
14	308	750	940	1 411	70.8
15	330	800	1000	1 511	75.9
16	352	860	1075	1 612	81
17	374	910	1140	1 713	86
18	396	970	1215	1 814	91.1
19	418	1020	1275	1 914	96.1
20	440	1070	1340	2 015	101.2
21	462	1130	1410	2 116	106.3
22	484	1180	1475	2 217	111.3
23	506	1240	1550	2 317	116.4
24	528	1290	1610	2 418	121.4
25	550	1340	1675	2 519	126.5
26	572	1400	1750	2 620	131.6
27	594	1450	1815	2 721	136.6
28	616	1500	1875	2 821	141.7
29	638	1560	1950	2 922	146.7
30	660	1610	2015	3 023	151.8
31	682	1670	2085	3 124	156.9
32	704	1720	2150	3 224	161.9
33	726	1770	2215	3 325	167
34	748	1830	2290	3 426	172
35	770	1880	2350	3 527	177.1
1 tin (36)	800	2000	2500	3 664	184

Only use the scoop provided in this tin to measure powder.

*1 scoop = 22 g of powder