

NutriHope® Fibre
Moderate Energy formula
1.25 kcal / ml preparation

Number of levelled scoops*	Powder (g)	Volume of water (ml)	Reconstituted formula (ml)	Energy (kcal)	Proteins (g)
1	22	70	85	101	5.1
2	44	130	155	202	10.1
3	66	200	240	302	15.2
4	88	270	320	403	20.2
5	110	340	400	504	25.3
6	132	400	480	605	30.4
7	154	470	560	705	35.4
8	176	540	645	806	40.5
9	198	610	725	907	45.5
10	220	680	810	1 008	50.6
11	242	750	890	1 108	55.7
12	264	810	965	1 209	60.7
13	286	880	1050	1 310	65.8
14	308	950	1130	1 411	70.8
15	330	1020	1215	1 511	75.9
16	352	1080	1285	1 612	81
17	374	1150	1370	1 713	86
18	396	1220	1450	1 814	91.1
19	418	1290	1535	1 914	96.1
20	440	1350	1610	2 015	101.2
21	462	1420	1690	2 116	106.3
22	484	1490	1775	2 217	111.3
23	506	1560	1860	2 317	116.4
24	528	1630	1940	2 418	121.4
25	550	1690	2010	2 519	126.5
26	572	1760	2095	2 620	131.6
27	594	1830	2180	2 721	136.6
28	616	1900	2260	2 821	141.7
29	638	1960	2335	2 922	146.7
30	660	2030	2415	3 023	151.8
31	682	2100	2590	3 124	156.9
32	704	2170	2585	3 224	161.9
33	726	2230	2655	3 325	167
34	748	2300	2740	3 426	172
35	770	2370	2820	3 527	177.1
1 tin (36)	800	2500	3000	3 664	184

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

*1 scoop = 22 g of powder