

## MUMBAY FORMULA FOR ENTERAL NUTRITION USE IN ICU:

Formula	Ingredients	Nutritional Content	Preparation
Mumbai Formula	<div>3 boiled eggs</div> <div>+</div> <div>3 bananas</div> <div>+</div> <div>3 tablespoons (50g)</div> <div>+</div> <div>9 tablespoons (150ml) full-fat powdered milk OR 150ml full-fat milk</div> <div>+</div> <div>Filtered water to make 1 liter</div>	<p>☞ <b>Energy:</b> 1000 kcal/1000 ml</p> <p>☞ <b>Protein:</b> 40g/1000 ml</p> <p>☞ Contains essential vitamins, minerals, and micronutrients</p>	<p>☞ Mix ingredients with a blender</p> <p>☞ Store in the refrigerator for up to 24 hours</p>

### Essential Vitamins, Minerals, and Micronutrients in Mumbai Formula

- ☞ **Vitamins:** A, B2, B6, B9, B12, C, D, E
- ☞ **Minerals:** Calcium, Phosphorus, Potassium, Magnesium, Iron, Zinc
- ☞ **Micronutrients:** Choline, Dietary Fiber, Carbohydrates