

Breast milk: Fortified (using standard formula _____)

Why do I need to fortify my breast milk?

Some babies need more calories in less volume to help them grow. Formula powder can be added to your breast milk to increase the amount of calories your baby receives.

How do I fortify the breast milk?

1. Wash your hands with soap and water. Wash the top of the formula can before opening to prevent germs from getting into the baby's feeding. Use clean measuring utensils and containers.
2. Breast milk mixes best when it is warmed to room temperature or above. The powder tends to clump if the breast milk is cold.
3. Check the recipe chart on page 2. Using a clear liquid measuring cup, measure the desired amount of breast milk. Set the measuring cup on a flat surface, and check the level of the liquid at eye level.
4. Use standard measuring spoons or the scoop provided in the can to measure the formula powder. Use level, not heaping, measures.
5. Add the powder to the breast milk. Mix well until the lumps are gone.

How long can I keep the fortified breast milk?

Store fortified breast milk in a covered container in the refrigerator. Throw away any unused fortified breast milk after 24 hours.

Throw away any unused formula powder one month after opening the can.

Preparing to feed your baby

1. Gently shake the fortified breast milk.
2. Warm it in one of these ways:
 - Run warm tap water over the bottle.
 - Set the bottle in a pan of warm water.

Do not use a microwave because it heats unevenly, causing "hot spots" that could burn the baby's mouth.

3. After warming, gently shake the bottle again. **Always** test the temperature of the breast milk before feeding.
4. Throw away any fortified breast milk left in the baby's bottle after a feeding.

Special instructions

Your doctor has ordered breast milk fortified with _____ formula powder to make _____ calories per ounce.

At this time, your baby takes about _____ ounces per feeding and about _____ ounces per day.

The amounts will need to be increased as your baby grows. Check with the doctor before changing your baby's feeding plan.

Questions?

If you have any questions, please call Nutrition Services at your hospital during daytime hours.

Children's - Minneapolis (612) 813-6865
or (612) 813-6952

Children's - St. Paul (651) 220-6216

Breast milk + infant formula recipe chart

Calories per ounce	Breast milk	Formula powder (unpacked, level)
<input type="checkbox"/> 22	4 ounces (½ cup)	¾ teaspoon
	6 ounces (¾ cup)	1 teaspoon
	8 ounces (1 cup)	1½ teaspoons
	16 ounces (2 cups)	1 tablespoon
	18 ounces (2¼ cups)	1 scoop
<input type="checkbox"/> 24	3 ounces	1 teaspoon
	6 ounces (¾ cup)	2 teaspoons
	10 ounces (1¼ cups)	1 scoop
	20 ounces (2½ cups)	2 scoops
<input type="checkbox"/> 26	6 ounces (¾ cup)	1 scoop
	11 ounces	2 tablespoons
	24 ounces (3 cups)	4 scoops
<input type="checkbox"/> 27	5½ ounces	1 scoop
	10 ounces (1¼ cups)	2 tablespoons
	22 ounces (2¾ cups)	4 scoops
<input type="checkbox"/> ____		

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