

Formula adjustment (Neocate®)

Why do I need to adjust calories in my baby's formula?

Neocate is made for babies who need a formula that is easy for them to digest. This formula usually contains 20 calories per ounce. Some babies may need more calories in less volume to gain the right amount of weight.

How do I mix the formula?

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. Let the cold tap water run for 2 minutes before mixing with the formula to reduce the amount of lead that may be in the water. Well water may contain bacteria and should not be used to make infant formula.
3. Check the recipe chart on the back of this sheet. Using a clear liquid measuring cup, measure the desired amount of water. Set the measuring cup on a flat surface, and check the level of the liquid at eye level.
4. Add unpacked, level measures of formula powder to the water. Use only the scoop provided in the formula can or measuring cups intended for dry ingredients.

5. Mix or shake well until all the lumps are gone.

How long can I keep the formula?

Store prepared formula in a covered container in the refrigerator. Throw away any unused prepared formula after 24 hours.

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

Preparing to feed your baby

1. Shake the formula well.
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, shake the bottle again. **Always** test the temperature of the formula before feeding.
4. Throw away any formula left in the baby's bottle after a feeding.

Special instructions

Your doctor has ordered Neocate formula mixed to _____ 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

Neocate recipe chart

Calories per ounce	Water	Formula powder (unpacked, level)	Approximate final volume
<input type="checkbox"/> 20	3½ ounce	4 scoops	4 ounces
	7 ounces	8 scoops	8 ounces
	10½ ounces	½ cup	12 ounces
	21 ounces	1 cup	24 ounces
<input type="checkbox"/> 22	4 ounces (½ cup)	5 scoops	4½ ounces
	7 ounces	⅓ cup + 1 scoop	8 ounces
	14 ounces (1¾ cups)	½ cup + ¼ cup	16 ounces
	19 ounces	1 cup	22 ounces
<input type="checkbox"/> 24	5 ounces	7 scoops	6 ounces
	10 ounces (1¼ cups)	⅓ cup + ¼ cup	12 ounces
	17 ounces	1 cup	20 ounces
<input type="checkbox"/> ____			

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