

Formula Adjustment (Neocate®)

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

Neocate® is made for babies who have allergies or need a formula that is easy for them to digest. This formula usually contains 20 calories per ounce, but some babies may need a different calorie level 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 flush the water sitting in the pipes. 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 the formula by setting the bottle in 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.

Neocate® Recipe Chart

Calories per ounce	Water	Formula powder (unpacked, level)	Approximate final volume
☐ 20	3½ ounce	4 scoops	4 ounces
	4 ounces (½ cup)	3 tablespoons	4½ ounces
	5½ ounces	¼ cup	6 ounces
	16 ounces (2 cups)	½ cup + ¼ cup	18 ounces
	21 ounces	1 cup	23½ ounces
☐ 22	4 ounces (½ cup)	5 scoops	4½ ounces
	5 ounces	¼ cup	5½ ounces
	6 ounces (¾ cup)	1/3 cup	7 ounces
	14½ ounces	½ cup + ¼ cup	16½ ounces
	19 ounces	1 cup	21½ ounces
	24 ounces (3 cups)	1 cup + ¼ cup	27½ ounces
☐ 24	3½ ounces	3 tablespoon + 1 teaspoon	4 ounces
	5 ounces	7 scoops	6 ounces
	10 ounces (1¼ cups)	⅓ cup + ¼ cup	11½ ounces
	13 ounces	½ cup + ¼ cup	15 ounces
	17 ounces	1 cup	19½ ounces
	23 ounces	1 cup + 1/3 cup	26½ ounces
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1 Tablespoon = 3 teaspoons

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

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