

## 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 slightly above. The powder may 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.

### 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 the breast milk 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, 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.

## Breast milk + standard infant formula recipe

Calories per ounce	Breast milk	Formula powder (unpacked, level)
☐ 22	3 ounces	½ teaspoon
	4 ounces (½ cup)	½ teaspoon + ¼ teaspoon
	6 ounces (¾ cup)	1 teaspoon
	8 ounces (1 cup)	1 teaspoon + ½ teaspoon
	16 ounces (2 cups)	1 tablespoon
	18 ounces (2¼ cups)	1 scoop
☐ 24	2 ounces (¼ cup)	½ teaspoon + ¼ teaspoon
	5 ounces	2 teaspoons
	8 ounces (1 cup)	1 tablespoon
	10 ounces (1¼ cups)	1 scoop
	12 ounces (1½ cups)	1 tablespoon + 2 teaspoons
	20 ounces (2½ cups)	2 scoops
☐ 26	2 ounces (¼ cup)	1 teaspoon + ¼ teaspoon
	5 ounces	1 tablespoon
	6 ounces (¾ cup)	1 scoop
	10 ounces (1¼ cups)	2 tablespoons
	20 ounces (2½ cups)	¼ cup
☐ 27	3 ounces	2 teaspoons
	4 ounces (½ cup)	1 tablespoon
	11 ounces	2 scoops
	12 ounces (1½ cups)	3 tablespoons
	18 ounces (2¼ cups)	¼ cup
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1 Tablespoon = 3 teaspoons

**Questions?**

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

**Children’s – Minneapolis**

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**Children’s – St. Paul**

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