

## Breast Milk: Fortified (using EnfaCare<sup>®</sup> formula)

### Why do I need to fortify my breast milk?

Some premature babies need more calories and nutrients in less volume to help them “catch up” in weight and length after they go home.

EnfaCare<sup>®</sup> formula powder can be added to your breast milk to increase the amount of calories and nutrients 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.
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 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 + EnfaCare® Recipe Chart

Calories per ounce	Breast milk	Formula powder (unpacked, level)
<input type="checkbox"/> 22	3 ounces	½ teaspoon
	8 ounces (1 cup)	1 teaspoon + ½ teaspoon
	16 ounces (2 cups)	1 tablespoon
	20 ounces (2½ cups)	1 scoop
	24 ounces (3 cups)	(5 teaspoons)
<input type="checkbox"/> 24	2 ounces (¼ cup)	½ teaspoon + ¼ teaspoon
	8 ounces (1 cup)	1 tablespoon
	10 ounces (1¼ cups)	1 scoop
	18 ounces (2¼ cups)	1 scoop + 1 tablespoon
	24 ounces (3 cups)	3 tablespoons
<input type="checkbox"/> 26	2 ounces (¼ cup)	1 teaspoon + ¼ teaspoon
	5 ounces	1 tablespoon
	7 ounces	1 scoop
	15 ounces	3 tablespoons
	20 ounces (2½ cups)	¼ cup
<input type="checkbox"/> 27	3 ounces	2 teaspoons
	6 ounces (¾ cup)	1 scoop
	8 ounces (1 cup)	2 tablespoons
	17 ounces	¼ cup
	22 ounces (2¾ cups)	1/3 cup
	24 ounces (3 cups)	4 scoops
<input type="checkbox"/> _____		

1 Tablespoon = 3 teaspoons

### Questions?

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

### Children's – Minneapolis

(612) 813-6865 or (612) 813-6960

### Children's – St. Paul

(651) 220-5678