

Breast milk: Fortified

(using standard 19 cal/oz 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 household measuring spoons or the scoop provided in the can to measure the formula powder. Use level unpacked, 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 + Standard 19 cal/oz Infant Formula Recipe Chart

| Calories per ounce | Breast milk | Formula powder (unpacked, level) |
|--------------------|---------------------|---|
| ☐ 22 | 2 ounces | ½ teaspoon |
| | 3 ounces | ½ teaspoon + ¼ teaspoon |
| | 4 ounces (½ cup) | 1 teaspoon |
| | 6 ounces (¾ cup) | 1 teaspoon + ½ teaspoon |
| | 8 ounces (1 cup) | 2 teaspoon |
| | 16 ounces (2 cups) | 1 tablespoon + 1 tsp |
| | 18 ounces (2¼ cups) | 1 scoop |
| | | |
| ☐ 24 | 3 ounces | 1 teaspoon + ¼ teaspoon |
| | 5 ounces | 2 teaspoons ¼ teaspoon |
| | 8 ounces (1 cup) | 1 tablespoon + ½ teaspoon |
| | 9 ounces | 1 scoop |
| | 12 ounces (1½ cups) | 1 tablespoon + 2 teaspoons + ½ teaspoon |
| | 18 ounces | 2 scoops |
| | | |
| ☐ 26 | 3 ounces | 2 teaspoons |
| | 5 ounces | 1 tablespoon + ¼ teaspoon |
| | 6 ounces (¾ cup) | 1 scoop |
| | 10 ounces (1¼ cups) | 2 tablespoons + ½ teaspoon |
| | 18 ounces | ¼ cup |
| | | |
| ☐ 27 | 3 ounces | 2 teaspoons + ¼ teaspoon |
| | 4 ounces (½ cup) | 1 tablespoon + ¼ teaspoon |
| | 10 ounces | 2 scoops |
| | 12 ounces (1½ cups) | 3 tablespoons + ½ teaspoon |
| | 18 ounces | ¼ cup + 2 teaspoons |
| | | |
| ☐ ____ | | |
| | | |
| | | |
| | | |

1 Tablespoon = 3 teaspoons

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

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

Children's - St. Paul (651) 220-5678

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