

## Formula adjustment (Elecare Infant)

### Why do I need to adjust the calories in the formula?

Elecare Infant is made for babies and children who have allergies or need a formula that is easy for them to digest. This formula is usually 20 calories per ounce, but sometimes a different calorie level may be needed to gain the right amount of weight.

### How do I mix the formula?

1. Wash your hands and work surfaces with soap and water. Wash the top of the formula can before opening to prevent germs from getting into the feeding. Use clean measuring utensils and containers.
2. Let the cold tap water run for 1-2 minutes before measuring 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 next page. 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. Pour the water into a clean mixing container.
4. Using only the scoop provided in the formula can, measure the desired number of unpacked, level scoops of formula powder into a separate container.
5. Add the formula powder to the water, and mix or shake well until all the lumps are gone. Elecare Infant mixes best when added in small amounts on top of the water.

### How long can I keep the formula?

Store prepared formula in a covered container in the refrigerator. Shake well before each use. Throw away any unused prepared formula after 24 hours.

Store the Elecare Infant can in a cool, dry area, not in the refrigerator. Throw away any unused formula powder one month after opening the can.

### Preparing to feed your child

1. Shake the formula well. Pour the desired amount into a bottle or cup.
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 child’s mouth.
3. After warming, shake the bottle again. Always test the temperature of the formula before feeding.
4. Throw away any formula left after a feeding.

## Elecare Infant Recipe Chart

| Calories per ounce | Water               | Formula powder<br>(unpacked, level) | Approximate<br>final volume |
|--------------------|---------------------|-------------------------------------|-----------------------------|
| ☐ 22               | 3 ½ ounce           | 2 scoops                            | 4 ounces                    |
|                    | 9 ounces            | 5 scoops                            | 10 ounces                   |
|                    | 11 ounces           | 6 scoops                            | 12½ ounces                  |
|                    | 16 ounces (2 cups)  | 9 scoops                            | 18 ounces                   |
| ☐ 24               | 5 ounces            | 3 scoops                            | 5½ ounces                   |
|                    | 8 ounces (1 cup)    | 5 scoops                            | 9 ounces                    |
|                    | 10 ounces (1¼ cups) | 6 scoops                            | 11½ ounces                  |
|                    | 13 ounces           | 8 scoops                            | 15 ounces                   |
|                    | 18 ounces (2¼ cups) | 11 scoops                           | 20½ ounces                  |
| ☐ 26               | 3 ounces            | 2 scoops                            | 3½ ounces                   |
|                    | 6 ounces            | 4 scoops                            | 7 ounces                    |
|                    | 9 ounces            | 6 scoops                            | 10½ ounces                  |
|                    | 13 ½ ounces         | 9 scoops                            | 15½ ounces                  |
|                    | 18 ounces (2¼ cups) | 12 scoops                           | 21 ounces                   |
| ☐ _                |                     |                                     |                             |
|                    |                     |                                     |                             |
|                    |                     |                                     |                             |

For 20 calories per ounce, use the directions on the can.

### Questions?

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

### Children's – Minneapolis

612-813-6865

### Children's – St. Paul

651-220-5678