

## Formula adjustment (EnfaCare®)

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

EnfaCare® is a nutrient-rich formula specially made for premature babies after they go home. This formula helps with “catch-up” growth, including weight, length and head circumference. EnfaCare® usually contains 22 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. Measure unpacked, level scoops, measuring cups, or measuring spoons of formula powder. Add 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 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 formula powder 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.

## EnfaCare® Recipe Chart

Calories per ounce	Water	Formula powder (unpacked, level)	Approximate final volume
☐ 20	3 ounces	2 tablespoons	3½ ounces
	6 ½ ounces	3 scoops	7 ¼ ounces
	11 ounces	5 scoops	12 ounces
	16 ounces	1/3 cup + 1/3 cup	18 ounces
	24 ounces	1 cup	27 ounces
☐ 24	2½ ounces	2 tablespoons	3 ounces
	5 ounces	¼ cup	5½ ounces
	7 ounces	4 scoops	8 ounces
	10 ounces	½ cup	11½ ounces
	15 ounces	½ cup + ¼ cup	17 ounces
	20 ounces (2½ cups)	1 cup	23 ounces
	26 ounces (3¼ cups)	1 cup + 1/3 cup	29½ ounces
☐ 26	100 ml	3 tablespoons	4 ounces
	9 ounces	½ cup	10 ½ ounces
	12 ounces (1 ½ cups)	1/3 cup + 1/3 cup	14 ounces
	18 ounces	1 cup	21 ounces
	27 ounces	1 cup + ½ cup	31 ½ ounces
☐ 27	65 ml	2 Tablespoon	2½ ounces
	6 ounces	5 Tablespoon + 2 teaspoons	7 ounces
	9 ½ ounces	6 scoops	11 ounces
	13 ounces	½ cup + ¼ cup	15 ounces
	17 ounces	1 cup	20 ounces
	26 ounces	1 cup + ½ cup	30 ½ ounces
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1 Tablespoon = 3 teaspoons

**Note:** To make 22-calorie-per-ounce formula, follow 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 or 612-813-6952

### Children's – St. Paul

651-220-5678