

## Formula adjustment (Neocate Infant DHA/ARA<sup>®</sup>)

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

Neocate Infant<sup>®</sup> is made for babies who have allergies or need a formula that is easy for them to digest. This formula usually contains 20 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. Add unpacked, level measures of formula 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 the 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 powdered formula 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.

## Neocate Infant DHA/ARA<sup>®</sup> Recipe Chart

Calories per ounce	Water	Formula powder (unpacked, level)	Approximate final volume
☐ 20	3 ounces	3 scoops	3 $\frac{1}{3}$ ounces
	4 ounces	4 scoops	4 $\frac{1}{2}$ ounces
	5 ounces	5 scoops	5 $\frac{1}{2}$ ounces
	16 ounces	$\frac{1}{3}$ cup + $\frac{1}{4}$ cup	18 ounces
	27 ounces	1 cup	30 ounces
☐ 22	4 $\frac{1}{2}$ ounces	5 scoops	5 ounces
	5 $\frac{1}{2}$ ounces	6 scoops	6 ounces
	8 ounces	9 scoops	9 ounces
	11 ounces	$\frac{1}{3}$ cup + 3 scoops	12 $\frac{1}{2}$ ounces
	16 ounces	$\frac{1}{2}$ cup + 4 scoops	18 ounces
	29 ounces	1 cup + 3 Tablespoons	32 $\frac{1}{2}$ ounces
☐ 24	2 $\frac{1}{2}$ ounces	3 scoops	3 ounces
	5 ounces	6 scoops	5 $\frac{1}{2}$ ounces
	10 ounces	$\frac{1}{3}$ cup + 3 scoops	11 $\frac{1}{2}$ ounces
	13 ounces	$\frac{1}{2}$ cup + 2 scoops	15 ounces
	17 ounces	$\frac{1}{2}$ cup + $\frac{1}{4}$ cup (or $\frac{3}{4}$ cup)	19 ounces
	23 ounces	1 cup + 1 scoop	26 ounces
☐ 26	3 ounces	4 scoops	3 $\frac{1}{2}$ ounces
	6 ounces	8 scoops	7 ounces
	10 ounces	$\frac{1}{2}$ cup	11 $\frac{1}{2}$ ounces
	20 ounces	1 cup	23 ounces
☐			

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 (NICU)

### Children's – St. Paul

651-220-5678