

Formula adjustment (Nutramigen® or Nutramigen® with Enflora™ LGG®)

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

Nutramigen® or Nutramigen® with Enflora™ LGG® are made for babies who have allergies or need a formula that is easy for them to digest. Nutramigen® powder with Enflora™ LGG® contains a probiotic to keep the stomach and intestines healthy and working normally.

These formulas are usually prepared to 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 and work surfaces 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 1-2 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. Follow the instructions in the next column for either liquid concentrate or powdered formula.

Using Nutramigen® liquid concentrate

1. Check the formula label. It should read "concentrate," **not** "ready-to-use." Shake the can before opening.
2. Check the recipe chart for liquid concentrate on page 3. Pour the formula concentrate from the can into another container.

3. Measure the desired amount of water in a clear, liquid measuring cup. Set the container on a level surface, and check the level of the liquid at eye level. Add the water to the concentrate and mix well.

Using Nutramigen® with Enflora™ LGG® powder

1. Check the recipe chart for powdered formula on page 4. 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.
2. Use only cool water to make the formula. Using warm or hot water can limit the benefits from the probiotics.
3. Use only the scoop provided in the formula can or measuring utensils intended for dry ingredients. Pack and level the formula powder. Add the powder on top of the water.
4. 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 formula prepared from concentrate after 48 hours.

Throw away any unused formula prepared from powder 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 in one of these ways:
 - Run warm tap water over the bottle.
 - Set the bottle in a pan of warm water
 - Nutramigen® with Enflora™ LGG® should not be warmed beyond room temperature (75°F). Higher formula temperatures can limit the benefits from the probiotics.
 - **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.

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

Nutramigen® liquid concentrate recipe chart

Calories per ounce	Concentrate	Water	Final volume
<input type="checkbox"/> 22	13 ounces (1 can)	11 ounces	24 ounces
<input type="checkbox"/> 24	13 ounces (1 can)	9 ounces	22 ounces
<input type="checkbox"/> 26	13 ounces (1 can)	7 ounces	20 ounces
<input type="checkbox"/> 27	13 ounces (1 can)	6 ounces (¾ cup)	19 ounces
<input type="checkbox"/> _	13 ounces (1 can)	13 ounces (1 can)	13 ounces (1 can)

Note: To make 20 calorie-per-ounce formula, follow the directions on the can.

Powdered Formula Recipe Chart

(Use the scoop provided in the can or household measurements)

Calories per ounce	Water	Formula Powder (<u>packed</u>)	Approximate Final Volume
☐ 22	2.5 ounces (75 ml)	2 Tablespoons	3 ounces
	5.5 ounces (165 ml)	3 scoops	6 ounces
	11 ounces (330 ml)	6 scoops	12.5 ounces
	14.5 ounces (435 ml)	8 scoops	16.5 ounces
	20 ounces (600 ml)	1 cup	22.5 ounces
☐ 24	50 ml	1 scoop	2 ounces
	100 ml	2 scoops	4 ounces
	5 ounces (150 ml)	3 scoops	5.5 ounces
	10 ounces (300 ml)	6 scoops	11.5 ounces
	18.5 ounces (555 ml)	1 cup	21 ounces
☐ 26	1.5 ounces (45 ml)	1 scoop	2 ounces
	3 ounces (90 ml)	2 scoops	3.5 ounces
	6 ounces (180 ml)	4 scoops	7 ounces
	9 ounces (270 ml)	6 scoops	10.5 ounces
	17 ounces (510 ml)	1 cup	19.5 ounces
☐ 27	1 ounce (30 ml)	1 Tbsp	1 ounce
	2 ounces (60 ml)	2 Tbsp	2 ½ ounces
	8 ½ ounces (255 ml)	6 scoops	10 ounces
	10 ounces (300 ml)	7 scoops	11 ½ ounces
	16 ounces (480 ml)	1 cup	18 ½ ounces
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Note: To make 20 calorie-per-ounce formula, follow the directions on the can.