

## Formula adjustment (standard 19 cal/oz formula)

<input type="checkbox"/> Similac Advance	<input type="checkbox"/> Isomil
<input type="checkbox"/> Similac Sensitive	<input type="checkbox"/> Total Comfort
<input type="checkbox"/> Similac Spit-Up	

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

Most infant formulas have 19 calories in each ounce. To grow, some babies may need to get more calories in less volume.

### 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. Follow the instructions below.

**Note:** Actual calories per ounce may not be as accurate in formula made with powder because of different techniques in measuring the powder. For this reason, we recommend using liquid concentrate whenever possible..

### Using powdered formula

1. Check the recipe chart for powdered formula on page 2. 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. Add unpacked, level measures of formula powder to the water. Use only the scoop provided in the formula can or household measuring cups intended for dry ingredients.
3. 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 made from powder after 24 hours. Throw away any unused formula powder one month after opening the can.

## Powdered Formula Recipe Chart

(Use only the scoop provided in the can)

Calories per ounce	Water	Formula powder (unpacked, level)	Approximate final volume
☐ 22	50 ml	1 scoop	2 ounces
	150 ml (5 oz)	3 scoops (1/4 cup)	5 ½ ounces
	200 ml	4 scoops	8 ounces
	450 ml (15 oz)	9 scoops (3/4 cup)	17 ounces
	750 ml (25 oz)	15 scoops (1 ¼ cups)	28 ounces
☐ 24	92 ml	2 scoops	3 ½ ounces
	140 ml	3 scoops (1/4 cup)	5 ounces
	230 ml	5 scoops	9 ounces
	420 ml (14 oz)	9 scoops (3/4 cup)	16 ounces
	700 ml	15 scoops (1 ¼ cups)	26 ½ ounces
☐ 26	85 ml	2 scoops	3 ¼ ounces
	125 ml	3 scoops (1/4 cup)	5 ounces
	210 ml (7 oz)	5 scoops	8 ounces
	380 ml	9 scoops (3/4 cup)	14 ½ ounces
	630 ml (21oz)	15 scoops (1 ¼ cups)	24 ¼ ounces
☐ 27	80 ml	2 scoops	3 ounces
	120 ml (4 oz)	3 scoops (1/4 cup)	4 ½ ounces
	200 ml	5 scoops	7 ½ ounces
	365 ml (12 oz)	9 scoops (3/4 cup)	14 ounces
	610 ml (20 oz)	15 scoops (1 ¼ cups)	23 ½ ounces
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**Note:** To make 19-calorie-per-ounce formula, follow the directions on the can.

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