

Formula adjustment

(standard 20 cal/oz formula)

<input type="checkbox"/> Alimentum [®]	<input type="checkbox"/> Similac Organic [®]
<input type="checkbox"/> Enfamil [®] Premium [™]	<input type="checkbox"/> Similac PM 60/40 [®]
<input type="checkbox"/> Gentlease [®]	<input type="checkbox"/>
<input type="checkbox"/> Good Start Soy	<input type="checkbox"/>

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

Most infant formulas have 20 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 for either liquid concentrate or powdered formula.

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 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 2. Pour the formula concentrate from the can into another container.
3. Measure the desired amount of water in a clear liquid measuring cup. Add to the concentrate and mix well.

Using powdered formula

1. Check the recipe chart for powdered formula on page 3. 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 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.

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.

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

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 ($\frac{3}{4}$ cup)	19 ounces
<input type="checkbox"/> ____			
	13 ounces (1 can)		

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

Note: Formula made from liquid concentrate may be kept in the refrigerator for up to 48 hours. See the information on 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
<input type="checkbox"/> 22	110 ml	2 scoops	4 ounces
	160 ml	3 scoops	6 ounces
	210 ml (7 oz)	4 scoops	8 ounces
	270 ml (9 oz)	5 scoops	10 ounces
	480 ml (16 oz)	9 scoops	18 ounces
	660 ml (22 oz)	12 scoops	24½ ounces
<input type="checkbox"/> 24	150 ml (5 oz)	3 scoops	5½ ounces
	240 ml (8 oz)	5 scoops	9 ounces
	390 ml (13 oz)	8 scoops	15 ounces
	540 ml (18 oz)	11 scoops	20½ ounces
	630 ml (21 oz)	13 scoops	24 ounces
<input type="checkbox"/> 26	90 ml (3oz)	2 scoops	3½ ounces
	270 ml (9 oz)	6 scoops	10½ ounces
	450 ml (15 oz)	10 scoops	17 ounces
	630 ml (21 oz)	14 scoops	24 ounces
	720 ml (24 oz)	16 scoops	27½ ounces
<input type="checkbox"/> 27	210 ml (7 oz)	5 scoops	8 ounces
	300 ml (10 oz)	7 scoops	11½ ounces
	390 ml (13 oz)	9 scoops	15 ounces
	510 ml (17 oz)	12 scoops	19½ ounces
	600 ml (20 oz)	14 scoops	23 ounces
<input type="checkbox"/> ____			

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

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