

FORMULA ADJUSTMENTS



(STANDARD 20 KCAL/OZ FORMULA)

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 and the top of the formula can before opening to prevent germs from getting in. Use clean measuring utensils and containers.
2. Let cold tap water run for 30 seconds before mixing with formula to flush the water sitting in the pipes. Well water may contain bacteria and should not be used to make formula.

FOR LIQUID CONCENTRATE:

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

FOR POWDERED FORMULA:

1. Check the recipe chart for powdered formula. Using a clear measuring cup, measure the desired amount of water.
2. Add unpacked, level scoops of formula powder to the water.
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 fridge. 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.
3. After warming, shake the bottle again. Test the temperature of the formula before feeding.
4. Throw away any formula left in the baby's bottle after feeding.

LIQUID CONCENTRATE RECIPE CHART

Calories per ounce	CONCENTRATE	WATER	APPROX. FINAL VOLUME
22	13 ounces	11 ounces	24 ounces

Calories per ounce	CONCENTRATE	WATER	APPROX. FINAL VOLUME
24	13 ounces	9 ounces	22 ounces

Calories per ounce	CONCENTRATE	WATER	APPROX. FINAL VOLUME
26	13 ounces	7 ounces	20 ounces

Calories per ounce	CONCENTRATE	WATER	APPROX. FINAL VOLUME
27	13 ounces	6 ounces	19 ounces

POWDERED FORMULA RECIPE CHART

Calories per ounce	WATER	FORMULA POWDER	APPROX. FINAL VOLUME
22	105 ml	2 scoops	4 oz
	165 ml	3 scoops	6 oz
	210 ml	4 scoops	8 oz
	270 ml	5 scoops	10 oz
	480 ml	9 scoops	18 oz
	630 ml	12 scoops	24 oz

Calories per ounce	WATER	FORMULA POWDER	APPROX. FINAL VOLUME
24	50 ml	1 scoop	2 oz
	150 ml	3 scoops	5.5 oz
	240 ml	5 scoops	9 oz
	390 ml	8 scoops	15 oz
	540 ml	11 scoops	20.5 oz
	630 ml	13 scoops	24 oz

Calories per ounce	WATER	FORMULA POWDER	APPROX. FINAL VOLUME
26	90 ml	2 scoops	3.5 oz
	270 ml	6 scoops	10.5 oz
	450 ml	10 scoops	17 oz
	630 ml	14 scoops	24 oz
	720 ml	16 scoops	27.5 oz

Calories per ounce	WATER	FORMULA POWDER	APPROX. FINAL VOLUME
28	120 ml	3 scoops	4.5 oz
	200 ml	5 scoops	8 oz
	360 ml	9 scoops	14 oz
	400 ml	10 scoops	15.5 oz
	480 ml	12 scoops	18.5 oz