**FORMULA OR BREAST MILK: HOW TO MAKE HIGH-CALORIE**

Your provider has requested that you give your baby a higher calorie formula. Please follow the instructions below for mixing. You can make high calorie milk using formula or pumped breast milk.

Normal breast milk or formula usually has 20 calories per ounce.

Premature follow-up formulas have extra calories when you follow package directions. These formulas should not be used by babies who were full-term. You do not need to use a special premature formula to fix high-calorie breast milk for a premature baby. Regular formula works fine.

Measure carefully when making high-calorie formula. Use a special measuring spoon to make sure you get the right dose. The average household teaspoon may not hold the right amount.

**BREAST-FED BABIES (FULL-TERM AND PREMATURE)**

**\_\_\_\_ To make 22-calorie per ounce breast milk:**

Add 1/2 teaspoon of regular formula powder to 3 ounces of pumped breast milk.

**\_\_\_\_ To make 24-calorie per ounce breast milk:**

Add 1 teaspoon of regular formula powder to 3 ounces of pumped breast milk.

**FORMULA-FED FULL-TERM BABIES**

**\_\_\_\_ To make 22-calorie per ounce formula:**

If you have the concentrated liquid formula, mix 2.5 ounces of formula with 3 ounces of water.

If you have the powder formula, mix 2 level scoops with 3.5 ounces of water.

**\_\_\_\_ To make 24-calorie per ounce formula:**

If you have the concentrated liquid formula, mix 3 ounces of formula for 2 ounces of water.

If you have the powder formula, mix 3 level scoops of powder with 5 ounces of water.

**FORMULA-FED PREMATURE BABIES**

Using premature follow-up formula (Neosure or Enfacare). You can buy these products at the store.

**\_\_\_\_ To make 22-calorie per ounce formula:**

Mix 2 scoops of premature follow-up formula with 4 ounces of water.

**\_\_\_\_ To make 24-calorie per ounce formula:**

Mix 2 scoops of premature follow-up formula with 3.5 ounces of water.

Discard bottles of formula left out of the refrigerator for 1 hour or more. Throw away any refrigerated formula after 24 hours.

Call our office if you have questions about how to fix formula for your baby.