Formula Adjustments

(Standard 20 kcal/oz formula)

Cardinal Pediatrics
304-599-8000

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 30-60 seconds 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.

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 3. 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 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 scoops of formula powder to the water. Use only the scoop provided in the formula can.
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.

Powdered Formula Recipe Chart
(Use only the scoop provided in can)

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Calories per ounce	Water	Formula powder (unpacked, level)	Approximate final volume
☐ 22	105 mL (3½ oz)	2 scoops	4 ounces
	165 mL (5½ oz)	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
	630 mL (21 oz)	12 scoops	24 ounces
☐ 24	50 mL	1 scoop	2 ounces
	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
☐ 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
☐ 28	120 mL (4 oz)	3 scoops	4½ ounces
	200 mL	5 scoops	8 ounces
	360 mL (12 oz)	9 scoops	14 ounces
	400 mL	10 scoops	15½ ounces
	480 mL (16 oz)	12 scoops	18½ ounces
☐ ____			

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Remember we are only a phone call/text away!

Liquid Concentrate Recipe Chart

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Calories per ounce	Concentrate	Water	Final volume
☐ 22	13 ounces (1 can)	11 ounces	24 ounces
☐ 24	13 ounces (1 can)	9 ounces	22 ounces
☐ 26	13 ounces (1 can)	7 ounces	20 ounces
☐ 27	13 ounces (1 can)	6 ounces (¾ cup)	19 ounces
☐ ____	13 ounces (1 can)		

To make 20-calorie-per-ounce formula, please follow direction on the can

Note: Formula made from liquid concentrate may be kept in the refrigerator for upto 48 hours. See information on the can.