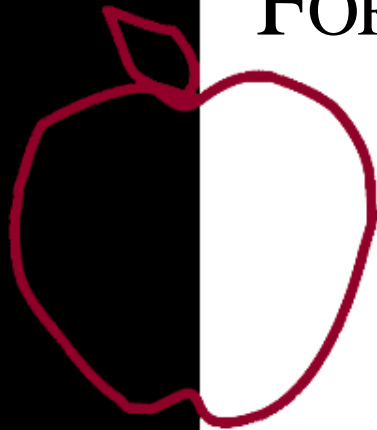


# INFANT

## FORMULA PREPARATION



As a parent you have a lot of responsibilities to take care of your baby. One of the most important parts of parenthood is giving your child good nutrition. To make that tough job a little easier, follow these simple guidelines to formula-feed your infant.

### FORMULA IS USUALLY AVAILABLE IN THREE FORMS:

- Ready to feed liquids formula. (Do not add any water.)
- Concentrated liquid formula that comes in 13 oz. cans. It is usually prepared by mixing equal amounts of liquid concentrate and water.
- Powdered formula that comes in 1 pound cans. It is usually prepared by adding 1 scoop (usually provided with the formula) of powder with each 2-oz of water.

### READ THE INSTRUCTIONS CAREFULLY WHEN MIXING FORMULA.

- Too much or too little water could be dangerous to your baby's health.
- Powdered formulas are measured by level scoop.
- When measuring water, use a clear measuring cup or pitcher with the volume marked on the side.
- Place the measuring cup on a flat surface with your eyes level to the liquid.
- When making one bottle at a time you may use the marks on the bottle. (Do not use this method if you are using disposable plastic liners. Your measurements will not be accurate.)



## GUIDELINES FOR CLEAN FORMULA PREPARATION.

Before preparing formula or bottles:

1. Wash your hands with soap and water. Use a clean dry towel to dry your hands.
2. Clean your sink and work area with detergent and hot water. Rinse with hot water.
3. If hand-washing your bottles and nipples, scrub the insides well, especially areas where milk can collect. Squeeze soap and water through the hole in the nipple.
4. Dry all surfaces with a clean dry cloth. Store nipples upside down in the clean bottle or covered with a nipple cap.
5. Liquid formula left in the can may be stored in the refrigerator for up to 24 hours.

## FEED YOUR BABY:

**Powdered Formula:** \_\_\_\_\_ ( \_\_\_\_\_ calories/oz)

To make one bottle: Add \_\_\_\_\_ scoops powder to \_\_\_\_\_ oz water.

To make a full day's supply: Measure \_\_\_\_\_ scoops of powder into measuring cup/pitcher.

Add water to make \_\_\_\_\_ oz.

**Liquid Formula Concentrate:** \_\_\_\_\_ ( \_\_\_\_\_ calories/oz)

To make one bottle: Add \_\_\_\_\_ oz formula concentrate to \_\_\_\_\_ oz water.

To make a full day's supply: Add \_\_\_\_\_ oz formula concentrate to \_\_\_\_\_ oz water.

**Additional Instructions** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

MCT Oil \_\_\_\_\_

Polycose Powder \_\_\_\_\_

Other \_\_\_\_\_

Vegetable Oil \_\_\_\_\_

Polycose Liquid \_\_\_\_\_

Date: \_\_\_\_\_

Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_

