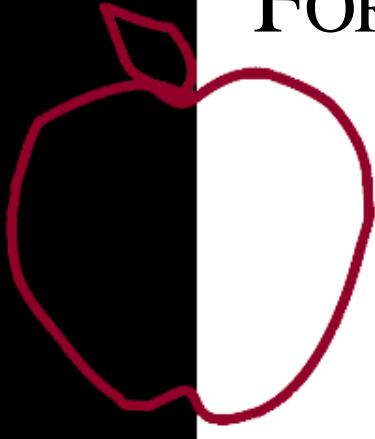


INFANT

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: _____

