



How to Increase calories for Enfacare® Powder



Why do I need to adjust calories in my baby's formula?

Enfacare® is made specially for premature babies after they go home to help them “catch up” in weight and length. This formula contains 22 calories per ounce.

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. If you have city water it can be used directly from the tap. Well water may be used if it has been boiled first for at least 1 minute. Bottled water can also be used.
3. Check the recipe on the back of this sheet. 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.
4. Measure unpacked, level scoops or measuring cups of formula powder and add to the water. Use only the scoop provided in the can or measuring cups meant for dry ingredients. 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 prepared formula after 24 hours.

Throw away any unused powder formula one month after the can is opened,

Preparing to feed your baby

1. Shake the formula well.
2. Warm it in one of these ways:
 - Run warm tap water over the bottle.
 - Set the bottle in a pan of warm water.

Do not use a microwave because it heats unevenly, causing “hot spots” that could burn the baby.

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.

University of Michigan Hospitals & Health Centers

Special instructions for mixing:

Your doctor has ordered Enfacare® formula mixed to _____ calories per ounce.

At this time your baby takes about _____ ounces per feeding and about _____ ounces per day.

As your baby grows the amounts will increase. Check with your baby's doctor before changing your baby's feeding plan.

Questions?

If you have any questions call your pediatrician.

Nutrition Services can be reached during daytime hours for questions.

University of Michigan Health Systems.
Nutrition Services: 734-615-7868

Enfacare® recipe chart

Calories per ounce	Water	Formula powder (unpacked, level)	Approximate final volume
<input type="checkbox"/> 22	To make 22-calorie-per-ounce formula, follow the directions on the can.		
	5 ½ ounces	3 scoops	6 ounces
<input type="checkbox"/> 24	9 ounces	5 scoops	10 ounces
	21 ounces	1 cup	23 ½ ounces
	5 ounces	3 scoops	5 ½ ounces
<input type="checkbox"/> 26	10 ounces (1¼ cups)	6 scoops	11 ounces
	19 ounces	1 cup	21 ½ ounces
	8 ounces (1 cup)	5 scoops	9 ounces
<input type="checkbox"/> 27	18 ½ ounces	1 cup	21 ounces
	23 ounces	1 ¼ cups	26 ounces

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5/1/2006
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