



# 如何为 \_\_\_\_\_ 准备 \_\_\_ 千卡/盎司

## 使用小勺

How to prepare \_\_\_ kcal/oz for \_\_\_\_\_  
Using scoops (Chinese)

### 说明: Instructions:

1. 用澄清液体量杯来测量列出的水量

Measure out listed amount of water using a clear liquid measuring cup.

2. 加入所列出的配方奶粉勺量。仅使用配方奶粉容器中提供的小勺。

Add listed amount of formula scoops. Use only the scoop provided in the formula container.

3. 搅拌均匀。Stir well.

4. 将冲调好的配方奶储存在密闭的容器中置于冰箱里，并在 24 小时内使用。

Store the formula in a tightly covered container in the refrigerator and use within 24 hours of mixing.

水量 Amount of Water		配方奶粉勺数 (未压紧和刮平小勺) Scoops of formula (unpacked and level scoops)		冲调出的盎司量 Approximate Ounces Made
___ 盎司 ounces	+		=	___ 盎司 ounces
___ 盎司 ounces	+		=	___ 盎司 ounces
___ 盎司 ounces	+		=	___ 盎司 ounces
___ 盎司 ounces	+		=	___ 盎司 ounces

## 需记住的重要事项: Important things to remember:

- 切勿使用微波炉加热配方奶。可将装有冲调好的配方奶奶瓶放在温水下冲淋或放置于温水中来进行加热。

Never use a microwave to heat the formula. Instead, heat the mixed formula in a bottle by running warm water over the bottle or by placing the bottle in a container of warm water.

- 喂食后2小时内倒掉瓶里剩余的配方奶。不要留作下次喂食时使用。

Throw away any formula left in the bottle within 2 hours after a feeding. Do not use for next feeding.

- 不要使用半勺。 Do not use half scoops.

如对本表上的食谱/信息有疑问或疑虑, 请联系:

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# 如何为 \_\_\_\_\_ 准备 \_\_\_ 千卡/盎司

## 使用家用测量容器

How to prepare \_\_\_ kcal/oz for \_\_\_\_\_  
Using household measurements (Chinese)

### 说明: Instructions:

1. 用澄清液体量杯来测量列出的水量

Measure out listed amount of water using a clear liquid measuring cup.

2. 使用量杯/小勺加入列出的配方奶粉量。

Add listed amount of formula using measuring cups/spoons.

3. 搅拌均匀。Stir well.

4. 将冲调好的配方奶储存在密闭的容器中置于冰箱里，并在 24 小时内使用。

Store the formula in a tightly covered container in the refrigerator and use within 24 hours of mixing.

水量 Amount of Water		配方奶粉量 (未压紧和刮平量器) Amount of Formula (unpacked and level measurements)		冲调出的盎司量 Approximate Ounces Made
___ 盎司 ounces	+	___ 汤匙 tablespoons + ___ 茶匙 teaspoons	=	___ 盎司 ounces
___ 盎司 ounces	+	___ 杯 cup + ___ 汤匙 tablespoons + ___ 茶匙 teaspoons	=	___ 盎司 ounces
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**MICHIGAN MEDICINE**  
UNIVERSITY OF MICHIGAN

# 如何使用\_\_\_\_\_来强化母乳

How to fortify breast milk

using \_\_\_\_\_ (Chinese)

## 说明: Instructions:

1. 用澄清液体量杯来测量列出的母乳量。

Measure out listed amount of breast milk using a clear liquid measuring cup.

2. 使用量勺加入列出的配方奶粉量。

Add listed amount of formula using measuring spoons.

3. 混合均匀。 Mix well

4. 将母乳储存在密闭的容器中置于冰箱里，并在混合后 24 小时内使用。

Store the breast milk in a tightly covered container in the refrigerator and use within 24 hours of mixing.

每盎司所含卡路里 Calories per Ounce	母乳量 Amount of Breast Milk		配方奶粉量 (未压紧和刮平量器) Amount of Formula (unpacked and level measurements)
□ 22	4 盎司 ounces	+	__汤匙 tablespoons + __茶匙 teaspoons
□ 24	4 盎司 ounces	+	__汤匙 tablespoons + __茶匙 teaspoons
□ 26	4 盎司 ounces	+	__汤匙 tablespoons + __茶匙 teaspoons
□ 28	4 盎司 ounces	+	__汤匙 tablespoons + __茶匙 teaspoons
□ 30	4 盎司 ounces	+	__汤匙 tablespoons + __茶匙 teaspoons

## 需记住的重要事项: Important things to remember:

- 切勿使用微波炉来加热母乳。 可将装有混合母乳的奶瓶放在温水下冲淋或放置于温水中来进行加热。

Never use a microwave to heat the formula. Instead, heat the mixed formula in a bottle by running warm water over the bottle or by placing the bottle in a container of warm water.

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