



## Your baby's diet:

Breastmilk plus Enfamil Enfacare powder  
28 calories per ounce


Your baby should receive 28 calories in each ounce of feeding. You can achieve this by mixing your pumped breastmilk with formula powder.

### General guidelines

- Do not use a blender. It can be difficult to clean thoroughly. Mix by shaking well.
- All glass bottles, plastic bottles, bottle tops/caps, nipples, and mixing materials such as measuring spoons or cups should be cleaned with hot, soapy water and rinsed well with hot water before using. Wash again after each use. If you prefer, you may wash durable items in the dishwasher instead. (Plastic nurser bags do not need to be washed. They are disposable and should be thrown away after one use.)

### How to prepare

- Use the powder form of Enfamil Enfacare formula.
- Add 2 teaspoons of unpacked formula powder to 70 mls (about 2 ½ ounces) of breastmilk.
- Mix well.
- Keep any un-used mixed formula in the refrigerator. Use within **24 hours** after preparation. After 24 hours, throw it away.

 Please call us any time, (day or night) if you have any questions about feeding your baby:

**617-667-4042**