**Why am I fortifying the breast milk or formula I am giving my child?**

Some babies need more calories in less volume in order to help them grow. It is critical for growth and development of your baby to ensure they are receiving adequate calories with each feeding.

**How long can I keep the fortified breast milk or fortified formula?**

Store fortified formula or fortified breast milk in a covered container in the refrigerator for up to twenty-four hours.

**Recipes for Fortifying Breast Milk**

|  |  |  |
| --- | --- | --- |
| **Calories Per Ounce** | **Breast Milk** | **Formula Powder** |
| 22 | 3 oz | 1/2 tsp |
|  | 5 oz | 1 tsp |
|  | 8 oz | 1.5 tsp |
|  |  |  |
| 24 | 2 oz | 1.25 tsp |
|  | 5 oz | 2 tsp |
|  | 8 oz | 1 tbsp |

**Recipes for Fortifying Formula**

|  |  |  |
| --- | --- | --- |
| **Calories Per Ounce** | **Water** | **Formula Powder** |
| 22 | 2 oz | 1 scoop |
|  | 4 oz | 2 scoops |
|  | 7 oz | 4 scoops |
|  |  |  |
| 24 | 2 oz | 1.25 scoops |
|  | 5 oz | 3 scoops |
|  | 8 oz | 5 scoops |

Additionally, we have partnered with New England Mothers First, a group of nurse practitioners and certified lactation consults who are available for office and home visits. To request an appointment, go to [www.nemf1.com](http://www.nemf1.com)

**Questions?**

If you have any questions, please feel free to call our office at 781-772-1527.