

# CHOOSING A FORMULA

There is no “best” formula. All infant formula is tested by the FDA to be safe and effective. The best formula for your baby is one that is in your budget, easy to find, and that your baby is comfortable on with daily soft stools.

## LOOK AT THE BACK OF THE CAN:

The information on the front of a formula can is marketing material, not nutritional information, and it can be confusing and misleading. Instead, look at the back of the can. Start with a formula that has the words “partially hydrolyzed” before the milk protein – this type of protein is easiest for most newborns to digest – and don’t be scared to buy generic. Also, don’t be scared by the presence of corn syrup in many formulas. Babies need a lot of sugar to grow, and corn syrup is a cheap and abundant source.

## HOW TO MIX A BOTTLE OF FORMULA:

most city water in the US is safe to make a bottle with. Add water to your bottle first and then follow the instructions on the can to mix powder second. If your baby prefers a warm bottle, you can place it in a cup of hot water to warm it up.

MORE INFORMATION ON HOW TO  
OFFER A BOTTLE & FORMULA FEEDING  
RESOURCES



# HOW TO KNOW IF YOUR BABY IS EATING ENOUGH:

The best way to know if your baby is eating enough is to follow their fullness and hunger cues.

## HUNGER CUES:



## FULLNESS CUES:



### **The First Seven Days**

For breastfed babies: 8– 12 feeds over 24 hours

For bottle-fed babies: From around approx. 5– 7 mL increasing to 60– 81 mL per feeding; or from approx. 1 to 3 ounces per feeding

### **Weeks one and two:**

For breastfed babies: 8– 12 feeds per 24 hours

For bottle-fed babies: Approx. 1– 3 ounces 8– 12 bottles per 24 hours

### **Weeks Three to Six**

For breastfed babies: 8– 12 feedings per 24 hours, still unpredictable in timing

For bottle-fed babies: 2– 4 ounces

### **Weeks Six to Twelve**

For breastfed babies: 6– 10 feeds in 24 hours, but at more regular intervals

For bottle-fed babies: 3– 4 ounces, but at more regular intervals

THESE RESOURCES WERE ADAPTED FROM FEED  
THE BABY, BY VICTORIA FACELLI, IBCLC. SCAN  
THIS CODE TO VISIT VICTORIA'S WEBSITE AND  
LEARN MORE ABOUT THE BOOK.

