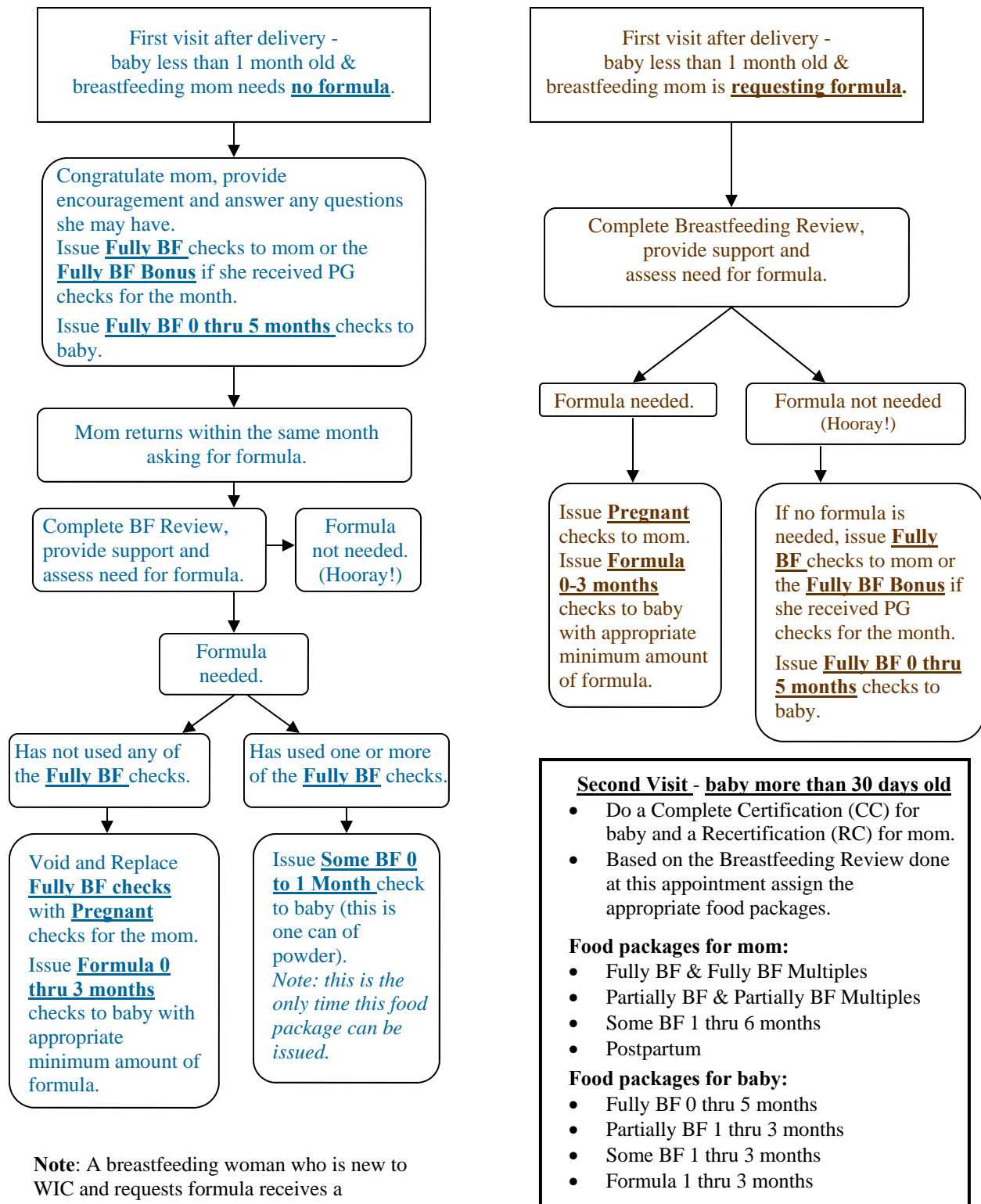




Food Packages for Breastfeeding Mom and Baby in the First Month of Life





Determining Supplemental Formula Amounts



- Use the table below to estimate the number of cans of powder formula for a breastfeeding infant needing some formula.
- During the Breastfeeding Review if a need for infant formula has been determined; this table serves as a *guide* to calculate the *minimal* amount of formula needed. Keep in mind that every baby is different and some babies may need more or less formula. To help find out how much formula is needed ask mom, “How much formula do you give your baby each day?”

Estimated number of 12.9 ounce cans of Similac Advance powder or Isomil Advance powder formula based on ounces/day		
0 - 3 oz. per day	→	1 can powder
4 - 6 oz. per day	→	2 cans powder
7 - 9 oz. per day	→	3 cans powder
10 - 12 oz. per day	→	4 cans powder
13 - 15 oz. per day	→	5 cans powder
16 - 18 oz. per day	→	6 cans powder
19 - 21 oz. per day	→	*7 cans powder
22 - 24 oz. per day	→	*8 cans powder
25 - 27 oz. per day	→	*9 cans powder

One 12.9 ounce can of Similac Advance or Isomil Advance powder yields about 94 ounces.

*This quantity may exceed the maximum allowed as determined by infant age and category. Refer to Chapter 23 WIC Foods.

For amounts and yields of other WIC formulas, see DOH 960-141 August 2009 Can Sizes, Yields and Maximum Amounts of Formula.

MORE BREASTFEEDING MEANS MORE FOOD AND FOOD CHOICES FOR MOM AND BABY!

Breastfeeding Staff Tool #2

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