

## Infant Formula: Amount to Prepare Calculations For Professional Use Only<sup>1</sup>

**NOTE: ACTUAL AMOUNT CONSUMED IS DETERMINED BY THE INFANT'S APPETITE**

Age <sup>2</sup>	Weight (kg) <sup>3</sup>	Weight (lbs) <sup>3</sup>	Estimated Daily Energy Needs from Formula (kcal) <sup>4</sup>	Estimated Complementary Food Energy (kcal) <sup>5</sup>	Formula Amount to Prepare (ounces; calculation based on 20 kcal/ounce) <sup>6</sup>	Formula Amount to Prepare (mL) <sup>6</sup>
<b>Birth</b>	2.4 - 4.4	5.3 - 9.7	289 - 467	n/a	14 - 23	414 - 680
<b>1 week</b>	2.5 - 4.6	5.5 - 10.1	298 - 484	n/a	15 - 24	444 - 710
<b>2 weeks</b>	2.7 - 4.9	6.0 - 10.8	315 - 511	n/a	16 - 26	473 - 769
<b>1 month</b>	3.2 - 5.8	7.1 - 12.8	360 - 591	n/a	18 - 30	532 - 887
<b>2 months</b>	3.9 - 7.1	8.6 - 15.7	422 - 707	n/a	21 - 35	621 - 1035
<b>3 months</b>	4.5 - 8.0	9.9 - 17.6	476 - 787	n/a	24 - 39	710 - 1153
<b>4 months</b>	5.0 - 8.7	11.0 - 19.2	401 - 730	n/a	20 - 37	591 - 1094
<b>5 months</b>	5.4 - 9.3	11.9 - 20.5	437 - 784	n/a	22 - 39	651 - 1153
<b>6 months</b>	5.7 - 9.8	12.6 - 21.6	333 - 698	130	17 - 35	503 - 1035
<b>7 months</b>	6.0 - 10.3	13.2 - 22.7	326 - 709	130	16 - 35	473 - 1035
<b>8 months</b>	6.3 - 10.7	13.9 - 23.6	353 - 744	130	18 - 37	532 - 1094
<b>9 months</b>	6.5 - 11.0	14.3 - 24.3	190 - 591	310	10 - 30	296 - 887
<b>10 months</b>	6.7 - 11.4	14.8 - 25.1	208 - 627	310	10 - 31	296 - 917
<b>11 months</b>	6.9 - 11.7	15.2 - 25.8	226 - 653	310	11 - 33	325 - 976
<b>12 months</b>	7.0 - 12.0	15.4 - 26.5	0 - 410	580	0 - 21	0 - 621

Due to changes in complementary food intake and/or growth rate, the amount of infant formula decreases at four months, six months, nine months and twelve months.

## Notes:

1. For healthy term infants, dietary guidelines consistently recommend exclusive breastfeeding for about the first six months of life. Breastmilk provides optimal nutritional, immunological and emotional benefits for growth and development. However, breastfeeding may not be possible or chosen by some parents and caregivers. While health care professionals should encourage breastfeeding, parents and caregivers need instruction on choosing an appropriate infant formula and on the safe preparation, use, handling and storage of infant formula if formula is chosen. Education and support provided in a non-judgmental manner are important.
2. Represents the age that should be reached/completed.
3. The weight ranges presented here were obtained from the WHO growth standards and represent the weight-for-age of -2 SD for girls and + 2SD for boys on the WHO weight-for-age growth standard. Available from: [http://www.who.int/childgrowth/standards/weight\\_for\\_age/en/index.html](http://www.who.int/childgrowth/standards/weight_for_age/en/index.html)
4. Represents the estimated energy requirements based on weight, using the predictive equations from the Food and Nutrition Board, Institute of Medicine. Dietary reference intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids. Washington, D.C.: National Academies Press; 2005. Available from: [http://books.nap.edu/openbook.php?record\\_id=10490&page=107](http://books.nap.edu/openbook.php?record_id=10490&page=107)
5. Represents the additional energy requirements to be met through complementary food, estimated from World Health Organization Guiding principles for complementary feeding of the breastfed child. 2004. Available from: [http://www.who.int/child\\_adolescent\\_health/documents/a85622/en/index.html](http://www.who.int/child_adolescent_health/documents/a85622/en/index.html)
6. Based on the number of calories found in most formula volumes.

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