

HIGH CALORIE DIET FOR INFANTS

Infants requiring increased calories may benefit from increasing the caloric density of their formula and/or modifying their solid food intake.

FORMULA CONCENTRATION:

To make 22, 24 or 27 calorie per ounce formula you can increase the concentration:

For powdered formula:

Calories/Ounce	Scoops of Powder	Ounces of Water to Add
22	2	3.5
24	3	5
27	3	4.25

For concentrated formula:

Calories/Ounce	Ounces of Formula	Ounces of Water to Add
22	2.5	2
24	3	2
27	2	1

INCREASE CALORIC INTAKE:

1. Read labels and choose the strained foods with the highest calorie content.
2. Begin the addition of strained meats if your baby is accepting vegetables and fruits.
3. Make your own baby foods. Home prepared meats, vegetables and fruits provide more calories.

ADD CALORIES:

1. Add vegetable oil to strained or blended meats and vegetables.
2. Add margarine to cereals, vegetables and other starches.
3. Add dry infant cereal to formula or pumped breast milk.
4. Mash up avocado and mix in strained foods or formula.
5. Buy regular yogurt made with whole milk or strained yogurt made for infants.

FOR BREASTFED INFANTS:

1. Try to keep the baby on the breast for a longer period of time to ensure intake of higher calorie hindmilk. Make sure the baby is latched correctly and actively sucking. Use breast compression to continue the flow of milk once the baby no longer drinks on his own.
2. Pump for 3 to 4 minutes before offering the breast. The hindmilk is higher in calories.
3. If you offer pumped breastmilk, add one teaspoon powdered formula to every 3 ounces of breastmilk or add one teaspoon rice cereal per every one to two ounces. These additives will increase caloric content.

OTHER SUGGESTIONS:-----

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