

# Giving Human Milk Extra Calories

22 calories   
  24 calories   
  27 calories   
  30 calories   
  Other \_\_\_\_\_

## Why add calories to my milk?

Human milk (breast milk) is the healthy first choice for feeding babies. On its own, human milk has about 20 calories in each 30 mL or one ounce of milk. **Sometimes, babies need more calories than this to help them grow.**

Adding infant formula powder to your milk gives the extra calories your baby needs. We call this fortified human milk.

## What formula should I buy?

Buy any brand of **powdered** baby formula. Check the label. Make sure the powder you choose is for babies **0 to 12 months old**.

## What do I do to prepare?

Before adding powder to your milk, always wash and sterilize the bottles and the measuring tools used for mixing.

1. Wash your hands in warm, soapy water.
2. Wash the bottles, nipples, rings, caps, small measuring cup, measuring spoons, tongs, and knife in hot, soapy water. Rinse well.
3. Place all these items in a large pot. Add water to the pot until you cover the items with water. Keep the tong handles out of the water.
4. Bring the water to a rolling boil for 2 minutes. Leave the pot uncovered.
5. After 2 minutes, remove the items with clean tongs and place them on a clean towel.
6. Use items right away or allow them to air-dry on the towel if not using right away.

## How do I add formula to my milk?

Use expressed milk that is at room temperature, or slightly above. Powder can clump in cold human milk.

1. Wash your hands in warm, soapy water.
2. Wash the top of the formula can before you open it. This stops any germs from getting into the milk.
3. Measure the amount of human milk needed. Use either a bottle with clear measurement markings or a small measuring cup.
4. Fill the measuring spoon with formula powder. Level the powder with the flat side of the knife.



## How much formula do I add to my milk?

Calories	Amount of Human Milk	Amount of Formula
<input type="checkbox"/> 22 calories	45 mL	¼ tsp
	90 mL	½ tsp
<input type="checkbox"/> 24 calories	45 mL	½ tsp
	90 mL	1 tsp
<input type="checkbox"/> 27 calories	45 mL	1 tsp
	90 mL	2 tsp
<input type="checkbox"/> 30 calories	45 mL	1½ tsp
	90 mL	3 tsp
<input type="checkbox"/> ____ calories	____ mL	____ tsp

45mL = 3 tbsp    90mL = 6 tbsp  
 mL = millilitre    tsp = teaspoon    tbsp. = tablespoon

**Always use standard measuring cups, spoons, and bottles**

### How long is my fortified milk safe?

You can keep fortified human milk in a covered container for up to 24 hours in the refrigerator. Throw away all unused milk after 24 hours.

You should use any warmed bottles of fortified breast milk within one hour after the feed starts.

If you have extra expressed milk that you have not yet fortified (no powder added), you can keep the milk in the freezer for up to 6 months as long as the freezer is -18°C or colder.

Two ways to thaw frozen expressed milk:

- Put the bottle in the refrigerator overnight.
- Place the bottle in a container of warm water.

Wait until after the milk has thawed to room temperature before adding formula powder.

**Never freeze fortified human milk.**

**Never freeze human milk that has been frozen before.**

### How long is the powdered formula safe?

Once opened, tightly cover the container and keep in a clean and dry place.

Label the container with the date you opened it.



Use the powder within one month. **You must throw away any powder left in the can after one month.**

### How long will my baby need fortified milk?

Every baby is different. Some babies need fortified human milk longer than others. Your child's doctor (pediatrician) or dietitian will check your baby's growth and help you to decide when to stop fortifying your milk.

### How do I feed my baby the fortified milk?

1. Gently shake the bottle of fortified milk.
2. Warm the bottle by placing the bottle in warm water. **Do not** use a microwave to heat the milk. This creates hot spots and can burn your baby's mouth.
3. Gently shake the bottle again. Always test the temperature of the breast milk before you feed your baby.
4. Throw away any fortified breast milk left in the bottle after a feed.

### What if my baby and I are away from home when it is time for a feed?

If you will be away from home for **less than 2 hours**, keep the fortified milk in a cooler bag with an ice pack. After 2 hours, you must throw the fortified milk away.

If you will be away from home for **more than 2 hours**, it is safest to breastfeed / chestfeed your baby. If this is not an option, you can keep expressed milk at room temperature for up to 4 hours.

### What if I have questions?

Ask your hospital dietitian

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ ext. \_\_\_\_\_

Speak to a registered dietitian or registered nurse at [HealthLinkBC](#). Phone: 8-1-1

Contact a nurse with Fraser Health Virtual Care. Available 10:00 a.m. to 10:00 p.m. daily.

Phone: 1-800-314-0999

Live chat: [fraserhealth.ca/virtualcare](https://fraserhealth.ca/virtualcare)