

FORMULA

INFANT, Powdered

for use in the USDA Household
Commodity Food Distribution Programs

11/22/05

Product Description

Powdered infant formula is made with cow's milk that has been altered so that it closely resembles breast milk. It may be used as an alternative for infants who are not breast-fed. The formula is iron-fortified, easy to digest, and gives the right amount of carbohydrates, protein, and fat for infants.

Pack/Yield

Powdered infant formula is packed in a 14.3-ounce container. One container, when mixed as directed, makes approximately 104 fluid ounces of reconstituted formula.

Storage

- Store unopened powdered formula off the floor in a cool, dry place.
- Cover opened cans of powdered formula with the plastic lid, store at room temperature, and use within 30 days. Throw away any remaining powder after that time.
- Once prepared, most formulas can be kept in the refrigerator, covered, for up to 24-48 hours. (Be sure to check the label for exact instructions.)
- Discard any formula that's left in the bottle within one hour after feeding begins.

Preparation

- For starters, wash your hands.
- Use 1 packed, level scoop of powder for each 2 fl oz of warm water.

Uses and Tips

- Follow exact mixing instructions on the container.
- Ask your pediatrician if you need to boil the water in your area before you mix it with formula. Ask about bottled water as well.



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- Use a standard measuring cup rather than the markings on the bottle.
- Adding too much water dilutes the formula, which means your baby may not get the nutrients or calories needed.
- Too little water is just as bad because the formula will be too concentrated and difficult for your baby to digest.
- Do not microwave. This can cause uneven heating of the formula and can result in "hot spots" that could burn your baby.
- Infant formula should not be frozen either before or after mixing. Freezing formula may cause it to become grainy or cause the fat to separate.

Nutrition Information

- Powdered infant formula provides all the nutritional needs for infants less than one year of age.
- It contains antioxidants to support an infant's immune system.

Nutrition Facts			
Serving size 5 fl oz (148 mL) reconstituted			
Amount Per Serving			
Calories	100	Fat Cal	49
Total Fat 5.3g 8%			
Saturated Fat 1.1g 6%			
Cholesterol 0.8mg 0%			
Sodium 25.5mg 1%			
Total Carbohydrate 10.8g 4%			
Dietary Fiber 0g 0%			
Sugars 10.8g			
Protein 2.1g			
Vitamin A	6%	Vitamin C	18%
Calcium	10%	Iron	7%