Gerber® Good Start® Gentle, Good Start® Gentle for Supplementing, Good Start® Soy, & Good Start® Soothe

Mixing Instructions for **22 Calories** per Ounce

Gerber® Good Start® Gentle, Good Start® Protect, Good Start® Soy, and Good Start® Soothe infant formulas are mixed to provide 20 calories per ounce. Your infant needs higher calorie formula. Follow these instructions closely when mixing formula. Make sure you measure the infant formula powder and the water correctly. Please measure the water and powder separately.

Measure Water Fluid Ounces		**Formula Powder in unpacked, level scoops added**		**Final Volume**
5 ½ ounces*	+	3 scoops	=	6 ounces
9 ounces	+	5 scoops	=	10 ounces

* 1/2 ounce = 1 Tablespoon

Mixing Gerber® Good Start® using measuring cups:

Measure Water Fluid Ounces		**Formula Powder Added**		**Volume**
21 ½ ounces*	+	1 cup	=	24 ounces
32 ounces	+	1 ½ cups	=	36 ounces

* 1/2 ounce = 1 Tablespoon

Put formula in fridge for 24 hours then discard.
Do not heat formula in a microwave oven.

Use clean bottle or tap water to make infant formula. Check with your local health department about the safety of your tap water supply. If your water supply comes from a well, have the water tested to make sure it's safe before using it for your baby. To make water safe, bring water to a rolling boil for 1 minute, cool quickly (no longer than 30 minutes) and prepare formula.

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

- Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.
- Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#439.