

Preparation instructions NAN 1 Infant Formula



Breast milk is best for babies and should continue for as long as possible. Before you decide to use an infant formula, always consult your childcare clinic for advice.

Name of the child:

Signature:

Date:

How much infant formula should be given?

Dosage table*:

Age of child	Amount/meal Boiled, cooled water (40°– 45° C) ml	No. of level measures*	No. of meals/ day***
1-2 weeks	90	3	6
3-4 weeks	120	4	5
2 months	150	5	5
3-4 months	180	6	5
5-6 months**	210	7	5

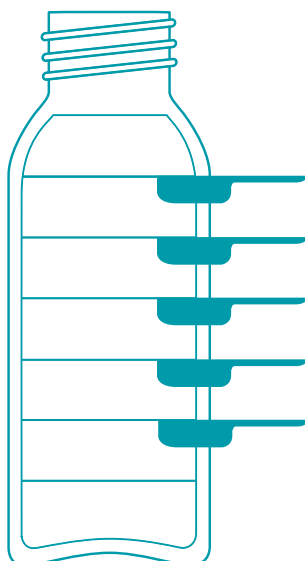
*Always use the measuring cup from packaging. Too much powder could lead to dehydration. Too little powder will not give your child sufficient energy and nutrition. Do not change the ration of water and powder without first consulting a physician

** After 6 months its time to start weaning, consult your physician or nurse

*** Depending on the child's need

This table is only a guide. Your child's appetite and weight determines the final amount.

WARNING: Unboiled water, unboiled bottles or incorrect dilution can make your baby ill. Incorrect storage, handling, preparation and feeding can potentially lead to adverse effects for the health of your baby.



210 ml + 7 measure cup

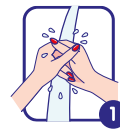
180 ml + 6 measure cup

150 ml + 5 measure cup

120 ml + 4 measure cup

90 ml + 3 measure cup

Before cooking



Wash your hands before you start prepare the infant formula.



Carefully clean the bottle, teat and lid. Boil the bottle, teat and lid for a few minutes. Store covered until the next meal.



Boil water from the cold water tap and let it boil for a few minutes. Leave it to cool to approx. 40° C and pour the water into the clean bottle.



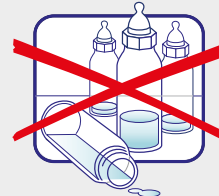
Add the correct amount of level measures of powder.



Close the bottle and shake until the powder is dissolved. Make sure the mixture is not too hot. Always taste it yourself before feeding the baby.



Close the bag / tin carefully after each use and keep the package dry and cool.



Never save leftovers!

Always make just enough for one meal at a time, so that the infant formula is as freshly made as possible.

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SE: 020-29 92 00
Nestlé Sverige AB,
Barnmatsforum
Box 7173, 250 07 Helsingborg
www.nestlebarnmat.se
barnmatsforum@se.nestle.com

DK: 80 300 100
www.nestlebornemad.dk
forbrugerkontakt@dk.nestle.com

FI: 0800-06161
www.hyvatevaat.fi
kuluttajapalvelu@fi.nestle.com

NO: 800 80 730
www.nestlebarnemat.no

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