

Helping Baby Change to a New Formula

Most babies change from one brand of formula to another without any problems.



What you can expect...

It is common to see more spit up or changes in your baby's poops. This also happens when babies start eating solid foods. You might see:

- Color of poops may get a little more green or brown
- Texture of poops may be a little looser or firmer
- Changes in how often your baby poops
- More gas for a few days. This can cause fussiness or changes in sleep.



Some babies may take more time to get used to a new brand of formula.

Older babies may notice a different taste or smell. They may turn their head away or refuse the bottle. It may take about a week for your baby to get used to the taste of a new formula. This is common.

Talk to your health care provider if you have questions or think your baby is having a difficult time with a new brand of formula.



All brands of milk based formulas have similar nutrients even if the ingredients are a little different.

What if I still have some of the old brand of formula?

Use the new formula after you finish the old formula. Make sure it is not expired. You do not need to mix formulas. If you have old formula and want to change slowly, use the steps below:



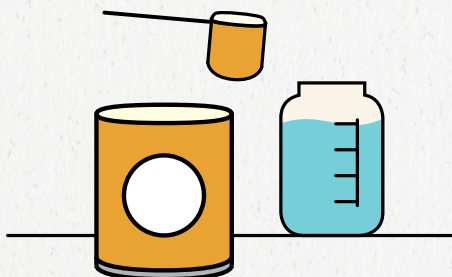
Powder Formula

Make a 4-ounce bottle with the old and new powder formulas:

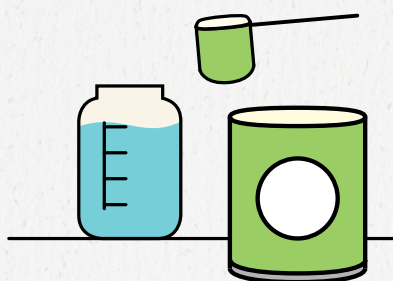
1. Put 4 ounces of water in a bottle.



2. Use the scoop from the can. Add 1 scoop of the **old** formula.



- 3.** Use the scoop from the can. Add 1 scoop of the **new** formula.



- 4.** Mix well.

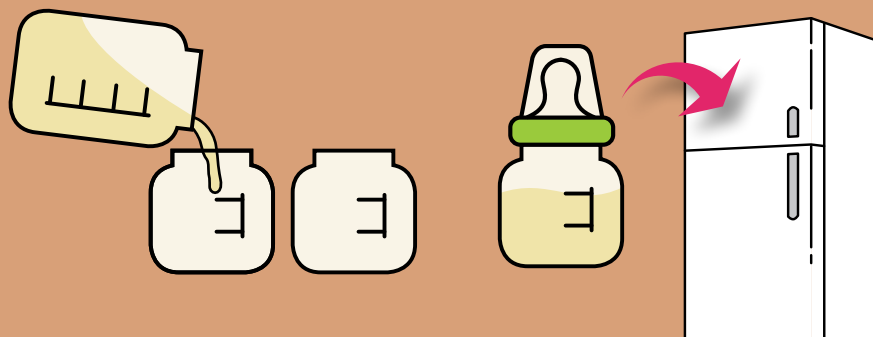


- 5.** Use prepared powder formula within **24 hours**. Continue mixing this way for a few days or until the old formula runs out.



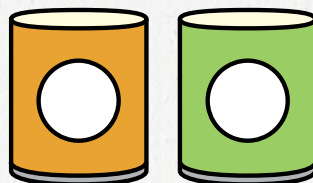
Now you are ready to switch fully to the new formula. Follow the mixing directions on the label for the **new** powder formula.

Tip for 2 oz bottles: Take the mixed 4 oz bottle and pour it into two separate bottles. Put one in the fridge for the next feeding.



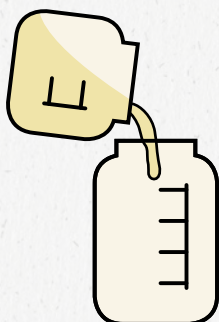
Liquid Concentrate Formula

Prepare 1 can of old and 1 can of new formula using the instructions on the cans.



Make a 4-ounce bottle with the prepared old and new formulas:

- 1.** Pour 2 ounces of the prepared **old** formula into a clean bottle.
- 2.** Add 2 ounces of the prepared **new** formula to the same bottle.



- 3.** Mix well.



- 4.** Use prepared formula within **48 hours**. Continue mixing the old and new formula for a few days or until the old formula runs out.



Now you are ready to switch fully to the new formula. Follow the mixing directions on the label for the **new** concentrate formula.

Read the **When You Feed Me Formula** handout for more information on how to prepare, store, and feed your baby formula.





WIC provides infant feeding support and breastfeeding services to all families. Learn more about **feeding your baby** at **MyFamily.WIC.ca.gov** or contact your local WIC office.



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