

# Helping Your Baby Adjust to a New Formula



A slower phased approach may help your baby get used to a new formula.

You can start this by swapping one feed a day of your current formula, to your new one. Then, as each day goes on, you can swap out one extra feed.

Over the course of several days to a week, continue gradually adjusting your baby's diet to include the new formula, until they are exclusively on the new brand.

Most babies can change to a new formula without any problems. However, some babies may need time to adjust to their new formula. Talk with your WIC nutritionist and use the chart below to help support your baby's formula change.

If you are also breastfeeding your baby, WIC can help you maintain your breastmilk supply while supplementing.

	Feeding				
	1	2	3	4	5
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

current formula    new formula

