

A GUIDE TO PEDIATRIC Formula Transitions

Created with compassion and understanding to provide *helpful* information on what to expect when switching to a new formula.

Developed with the expert feeding guidance of a Registered Dietitian to help your child transition onto Kate Farms.

Some children have no issues with transitioning to a new formula, while others may need a little time to adjust. For some children, new adjustments to their diet may cause gastrointestinal (GI) changes. To help your child have a successful transition to their new Kate Farms formula, we have developed this guide in partnership with a Registered Dietitian. Contact your child's healthcare provider to discuss your child's transition. You can also reach the Kate Farms Customer Care team at [katefarms.com/contact-us](https://www.katefarms.com/contact-us). We are here to support you and your child every step of the way.



FREQUENTLY ASKED QUESTIONS

Have questions? You're not alone! It's completely normal to have questions about what to expect when transitioning to a new formula.

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Great Product!

Our daughter needed some help gaining weight and has some dietary restrictions. We are so thankful for Kate Farms, it's been so great and our daughter loves it!”

★★★★★

—Kristy J.

► How long does it take to successfully transition to a new formula?

Every child is different. In general, most children transition successfully within about 3-5 days. For some children, transitioning may take longer or a longer transition may be recommended by your healthcare professional. Following a transition plan can help ease into the change and allow you time to observe your child's tolerance to a new formula.

While GI changes when transitioning are common, any frequent, severe, or prolonged distress (as defined by your child's medical team), should be discussed with a healthcare professional.

→ **TIP:** Keep a log of any symptom your child experiences during the transition process.

► What symptoms should I be aware of when my child is transitioning to a new formula?

Every child adjusts differently. Some children have no noticeable symptoms after switching to a new formula, while others may experience GI changes.

Common symptoms can include:

- bloating
- distention or cramping
- constipation
- abdominal discomfort or tenderness
- vomiting
- diarrhea
- excessive flatulence or burping
- nausea or sleep trouble

It's okay to worry about these symptoms. If symptoms like vomiting or diarrhea present in short, isolated spurts, it does not necessarily indicate intolerance to the formula. Contact your child's healthcare professional for medical advice.



→ TIP FOR TRANSITION SYMPTOMS

If your child shows common symptoms during a transition, it doesn't mean they are on the wrong formula – they may just need a bit more time to adjust or a slower transition.

Consult your child's healthcare professional for medical advice.

More severe symptoms of formula intolerance or an allergic reaction include:

- trouble breathing or swallowing
- sudden rash or hives
- blood in feces
- severe abdominal pain
- excessive vomiting or bloody vomit (may look like coffee grounds)

If your child experiences any of these severe symptoms, contact your medical team right away.

► What ingredients can cause formula tolerance changes?

Fiber-containing formulas can cause changes in tolerance during a transition, especially if your child's previous formula lacked fiber. In fact, a sudden increase in fiber in *anyone's* diet can lead to symptoms like a change in stooling patterns or gas.

Fiber is a gut-loving ingredient that promotes better bowel movements and a healthy gut microbiome. Kate Farms formulas contain fiber. To ease the transition, start slow and keep your child hydrated. Talk to your child's medical team about this transition. Symptoms may resolve and tolerance may improve once your child adjusts to a higher amount of fiber.

have more QUESTIONS?

We're here for you! Contact the Kate Farms Customer Care team at [katefarms.com/contact-us](https://www.katefarms.com/contact-us) with any questions, comments, or concerns.

TIPS FOR TRANSITIONING

There are many things you can do to ease discomfort. Before making any changes to your child's feeding regimen, make sure to get approval from your child's healthcare provider.

Bring the formula to room temperature before a feeding



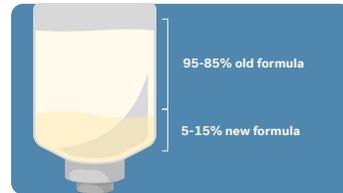
Cold formula can possibly cause stomach discomfort, bloating and cramping in sensitive children. Room temperature formula tends to help relieve these issues and makes feedings easier for your child.

Prop up your child's head and upper body to at least 30-degrees or higher



Don't feed when lying flat. Food and liquid can bubble back up into the esophagus, leading to acid reflux or regurgitation. An upright position during feeds may help prevent discomfort and aspiration by keeping liquid down in the stomach.

Start slow and work up to full feedings after 3-5 days



Your doctor or dietitian may recommend starting slow or mixing old and new formulas to help your child adjust. Easing into a new formula, rather than giving them the full amount all at once, can help to smooth the transition and allow monitoring of tolerance. Contact your child's healthcare team for medical advice about feeding times and volumes.

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Delicious!

My son loves the taste and I love that they're good for him!”

★★★★★

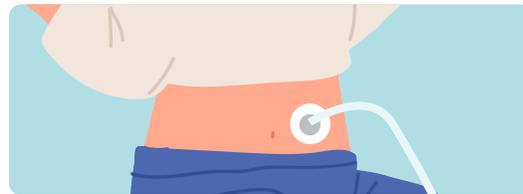
—Sherrie T.

Minimize physical activity before and after feeding



Make feeding times relaxing and calm. Too much activity around feeding time, especially after, can lead to acid reflux, cramping and bloating. Give the formula time to move down the GI tract.

Confirm placement of feeding tube (if applicable)



Feeding tubes can become dislodged, especially nasal tubes. If you are concerned that your child's feeding tube is dislodged or not in the correct position, contact your healthcare professional right away.

90.6% of pediatric patients gained or maintained weight¹

Pediatric patients on Kate Farms Pediatric Standard 1.2, Pediatric Peptide 1.5, Standard 1.0, and Peptide 1.5 demonstrated improved tolerance, weight gain, and adherence.



Easily digested pea protein



Great taste kids love



Contains fiber for gut microbiome support



Free of common allergens



No artificial sweeteners, flavors, colors, or preservatives



USDA organic and non-GMO

1. Cohen, S.A., et al. JPGN. 2020;71(Supp1):S454-456.

HOW TO BEGIN THE TRANSITION TO KATE FARMS

Your child's doctor or dietitian may provide you with exact volume amounts as well as how you should transition giving formula to your child.

Always follow the individualized feeding plan provided by your healthcare provider.



▶ Starting slow and increase over time

If your child is on a continuous feeding regimen (usually for tube feeds with a pump), you may need to start feeding 1-25mL/hr and increase by 1-25mL/hr every 4-24 hours until your child is accepting the fully prescribed amount and rate.

EXAMPLE: A slower transition for continuous feeding
Start at 10mL per hour and increase by 10mL every 12 hours until goal rate is reached.

EXAMPLE: A quicker transition for continuous feeding
Start at 25mL per hour and increase by 25mL every 4 hours until goal rate is reached.

If your child receives their formula via bolus tube feeding or through oral intake, you may need to start feeding 5-120mL every 3-4 hours and increase by 30-90mL per feeding every 3-4 hours until your child is accepting the fully prescribed amount and rate.

EXAMPLE: A slower transition for bolus or gravity feeding
Start at 10mL every 4 hours and increase by 25mL every feeding until goal rate is reached.

EXAMPLE: A quicker transition for bolus or gravity feeding
Start at 60mL every 3 hours and increase by 60mL every feeding until goal rate is reached.

Starting and advancing feeds will depend on your child's age, weight, and medical condition. Always consult your child's healthcare team for medical advice. Always consult your child's healthcare team for medical advice.

▶ Switching from a different formula

Some children can switch immediately from one formula to another. Others may benefit from incorporating new and old formulas together, giving the child an opportunity to "test out" the new formulation while still receiving nutrition from a previous formula. If your child takes formula orally, mixing new and old may help them adjust to the taste and consistency.

The rate in which you increase the new formula depends on many factors. Your healthcare provider will have a specific transition plan for you, however, here are some examples of transition rates:



SLOW THE FEEDING RATE OR EXTEND THE NUMBER OF FEEDS

If your child gets too full during or after a feed, they may just have an issue with the amount of formula. Big meals can bother anyone! Ask your healthcare team about giving smaller, more frequent feedings instead to avoid stomach distention.

Gradual increase of Kate Farms formula

| Day | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|-------|--------|--------|--------|--------|--------|---------|
| % of Kate Farms formula (compared to old formula) | 5-15% | 15-30% | 30-45% | 45-60% | 60-75% | 75-85% | 85-100% |

Faster increase of Kate Farms formula

| Day | 1 | 2 | 3 | 4 |
|---|-----|-----|-----|------|
| % of Kate Farms formula (compared to old formula) | 25% | 50% | 75% | 100% |

For more information on Kate Farms products, visit katefarms.com

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Great supplement!

My 3yo who has dietary and digestion issues relies on his Kate Farms and as a mom it's a huge relief that he enjoys the taste.”

★★★★★

—Brandy B.