Tips for preparing imported infant formula

**Types of Infant Formula**

- **Ready-to-feed**
  - Do not add water

- **Liquid concentrate**
  - Must be mixed with an equal amount of water

- **Powdered**
  - Must be mixed with water according to label instructions

**Did you know?**

Many foreign infant formula labels will indicate to sterilize teats, this refers to nipples for baby bottles.

**How to Prepare Powdered Infant Formula**

1. Wash hands
2. Add clean water
3. Measure
4. Mix
5. Test temperature

*For specific directions, follow the manufacturers’ instructions.

**Milliliters to Fluid Ounces**

<table>
<thead>
<tr>
<th>Milliliters</th>
<th>Fluid Ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 mL</td>
<td>1 fl oz</td>
</tr>
<tr>
<td>60 mL</td>
<td>2 fl oz</td>
</tr>
<tr>
<td>90 mL</td>
<td>3 fl oz</td>
</tr>
<tr>
<td>120 mL</td>
<td>4 fl oz</td>
</tr>
<tr>
<td>150 mL</td>
<td>5 fl oz</td>
</tr>
<tr>
<td>180 mL</td>
<td>6 fl oz</td>
</tr>
<tr>
<td>210 mL</td>
<td>7 fl oz</td>
</tr>
<tr>
<td>240 mL</td>
<td>8 fl oz</td>
</tr>
</tbody>
</table>

**Common conversions from Celsius to Fahrenheit (°C to °F)**

- **0 °C = 32 °F**
  - Freezing point of water
- **37 °C = 98.6 °F**
  - Average human body temperature
- **100 °C = 212 °F**
  - Boiling point of water

For more information on infant formula please visit:

If you have any questions, talk to your baby’s healthcare provider.