

Tips for preparing imported infant formula

Types of Infant Formula



Ready-to-feed
Do not add water

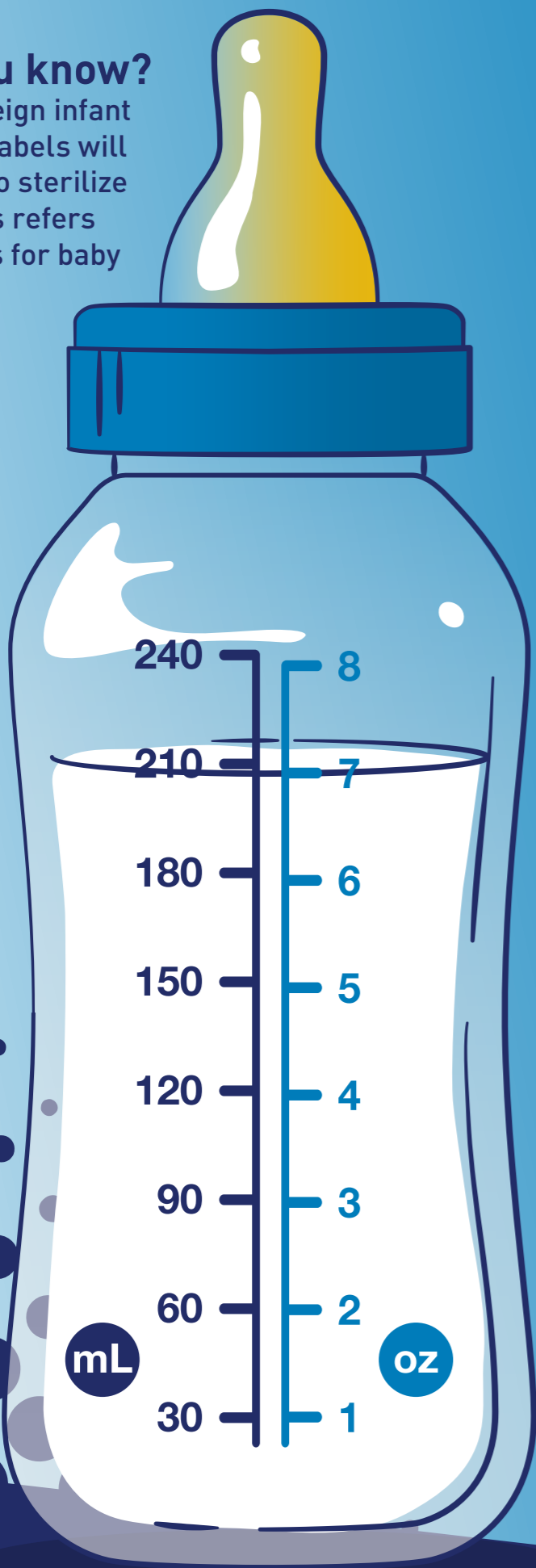


Liquid concentrate
Must be mixed with an equal amount of water



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*

Wash hands



Measure



Test temperature



Add clean water



Shake

*For specific directions, follow the manufacturers' instructions.

Milliliters to Fluid Ounces

Milliliters	Fluid Ounces	Milliliters	Fluid Ounces
30 mL	1 fl oz	150 mL	5 fl oz
60 mL	2 fl oz	180 mL	6 fl oz
90 mL	3 fl oz	210 mL	7 fl oz
120 mL	4 fl oz	240 mL	8 fl oz

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:
<https://www.fda.gov/consumers/consumer-updates/infant-formula-safety-dos-and-donts>

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