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: 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.