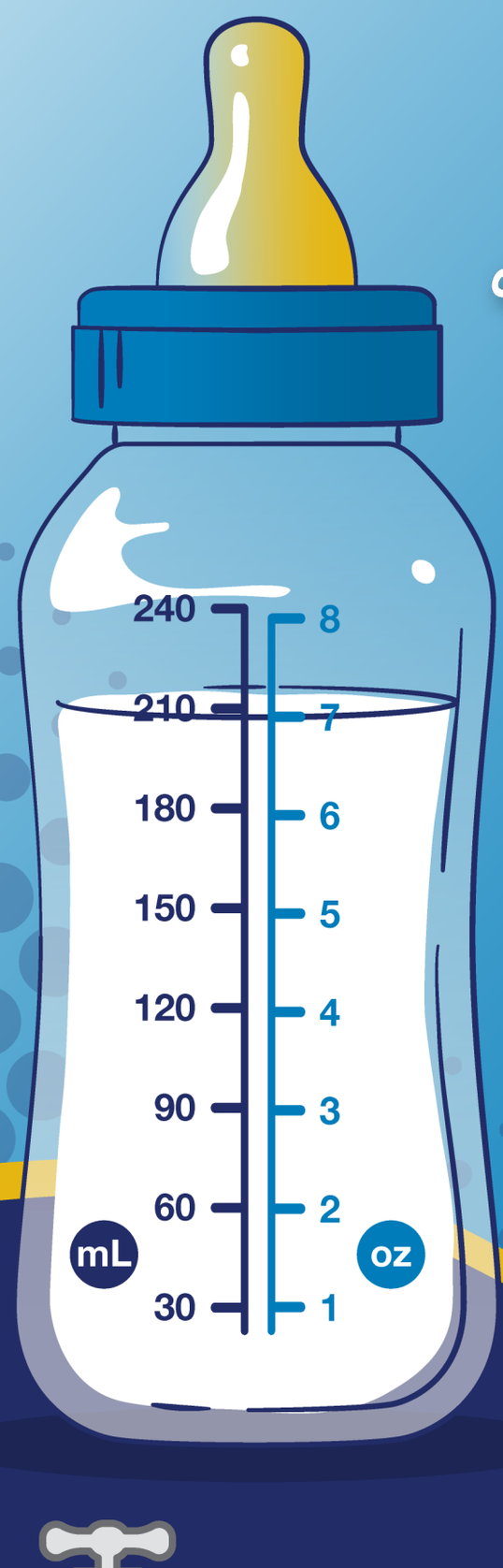
Safe Feeding of Babies at Higher Risk of Foodborne Illness

U.S. FOOD & DRUG ADMINISTRATION

Babies who are at higher risk for foodborne illness:

- Two months and younger
- Weakened immune system
- Born prematurely
- Receiving medical treatment, such as chemotherapy for cancer



Safest method

- Breastfeeding
- Ready-to-feed
- Liquid concentrate
- Powdered

If your baby is at higher risk of foodborne illness, consider the following:

Breastfeeding is the safest method for infant nutrition, but if you can't, consider using liquid ready-to-feed formula, as this is the safest option for formula-fed infants. The next safest are liquid concentrate formulas.

If liquid ready-to-feed and liquid concentrate formulas are not available, use powdered infant formula.

Keep powdered infant formula and scoop dry to reduce the risk of contamination.

For powder, boil water, let it cool in the pot for 5 minutes, then add to the bottle. Add the powder, shake to mix, then let it cool to body temperature. Boil water when using liquid concentrate if you are uncertain about the safety of your water source. Certain metabolic and specialty products include label warnings against heating above 100°F which could result in a loss of vitamins and nutrients. Follow the label instructions for specialty metabolic formulas.

Additional information about preparing and handling formula safely can be found at:
https://www.fda.gov/food/buy-store-serve-safe-food/handling-infant-formula-safely-what-you-need-know

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