Baby Feeding Chart

HOW MUCH BY AGE, PER BOTTLE AND PER DAY

BABY _____

BORN _____

- **Per feed** one bottle of formula or pumped milk
- **Per day** per feed times feeds, up to 32 oz (960 ml)

AGE	PER FEED	FEEDS A DAY	PER DAY	YOUR BABY
First week	**1 to 2 oz** (30 to 60 ml)	8 to 12	**8 to 24 oz** (240 to 720 ml)	
1 to 4 weeks	**2 to 4 oz** (60 to 120 ml)	8 to 12	**16 to 32 oz** (480 to 960 ml)	
1 to 3 months	**3 to 4 oz** (90 to 120 ml)	7 to 9	**21 to 32 oz** (630 to 960 ml)	
3 to 6 months	**5 to 6 oz** (150 to 180 ml)	5 to 7	**25 to 32 oz** (750 to 960 ml)	
6 to 12 months	**6 to 8 oz** (180 to 240 ml)	4 to 6	**24 to 32 oz** (720 to 960 ml)	
12+ months	Whole milk replaces formula, in a cup instead of a bottle: 2 to 3 cups, **16 to 24 oz (480 to 720 ml) a day**.			

Formula by weight, after the first week

WEIGHT	ABOUT PER DAY
Under 9 lb (4.1 kg)	About 22.5 oz (675 ml) a day or less
9 to 12.8 lb (4.1 to 5.8 kg)	Roughly 22.5 to 32 oz (675 to 960 ml) a day
12.8 lb (5.8 kg) and up	About 32 oz (960 ml) a day, the AAP ceiling, split across the usual feeds

The AAP rule of thumb: about 2.5 oz (75 ml) of formula a day for every pound (453 g) your baby weighs, up to about 32 oz (960 ml). In the first week it is about 1 to 2 oz (30 to 60 ml) a feed, whatever the birth weight.

Breastfed babies between 1 and 6 months take on average 25 to 35 oz (750 to 1035 ml) of breast milk a day, and the amount does not climb with weight in that window. For a pumped bottle, split that across the day's feeds.

Typical ranges, not targets: every baby is different. Feed on hunger cues, and ask your pediatrician if intake or weight gain worries you.

General information, not medical advice. Sources: AAP HealthyChildren.org, NASEM, La Leche League GB.