

HOW MUCH MILK DOES MY BABY NEED?

Formula needs and breastmilk needs are different.

Because breastmilk changes composition with every feed based on babies needs, the amount varies and is less than formula as baby grows. This is primarily based on a calculation with babies weight.

For formula-only babies this amount has to change as baby grows to be formulated to babies growth.

For supplemented babies we keep the same amount as breastmilk ounces required by weight in most cases.



FORMULA

Age	Per Feed AVG
1-4 weeks	1.5-3 oz (6-12 feeds)
1 month	2-4oz (7-10 feeds)
2 months	3-4oz (6-8 feeds)
3 months	3-5oz (5-7 feeds)
4 months	4-5oz (5-6 feeds)
5 months	5-7oz (5-6 feeds)
6-11 months	6-8oz (4-5 bottles)
1 yr +	8oz (3-4 bottles)

BREASTMILK

Age	Per Feed AVG
1-4 weeks	0.5oz - 3oz (8-12 feeds)
1 month	3-4oz (8-12 feeds)
2 months	3-5 oz (8-12 feeds)
3 months	3-5 oz (8-12 feeds)
4 months	3-5oz (8-12 feeds)
5 months	3-5 oz (8-12 feeds)
6-11 months	3-5oz (6-12 feeds)
1 yr +	3-6oz (6-12 feeds)

*Note this is avg intake, but changes drastically based on your breastmilk composition, babies growth and feeding schedules. Talk to an LC to find exactly what your baby should be getting.