



www.milkworks.org

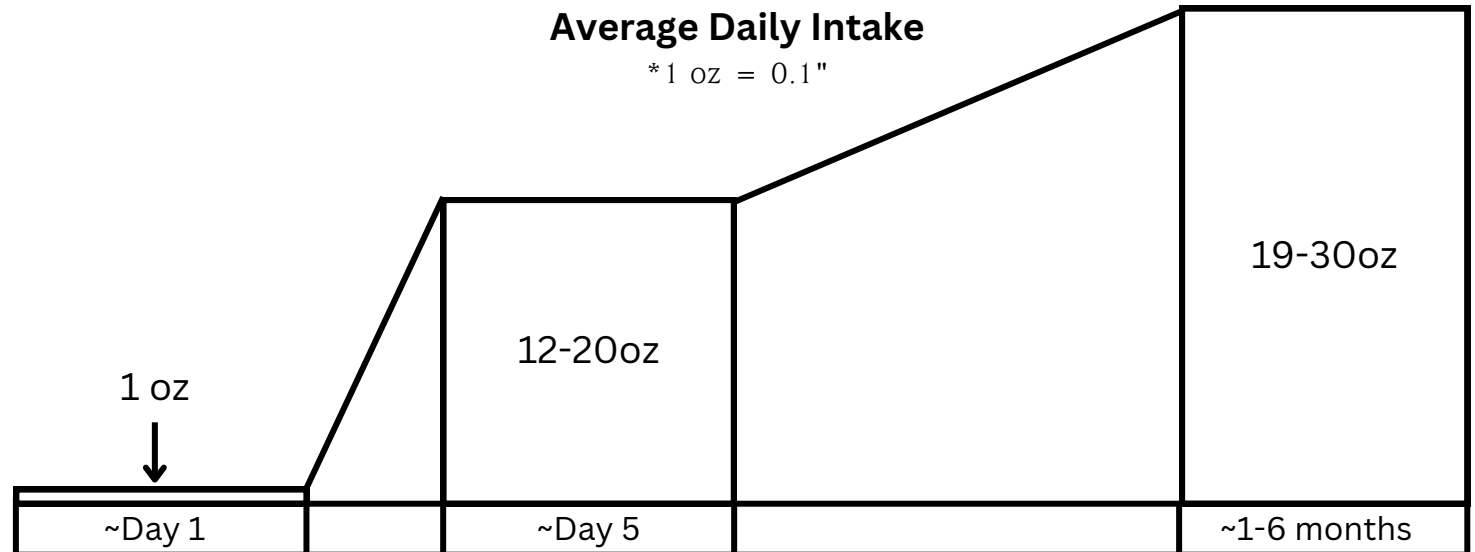
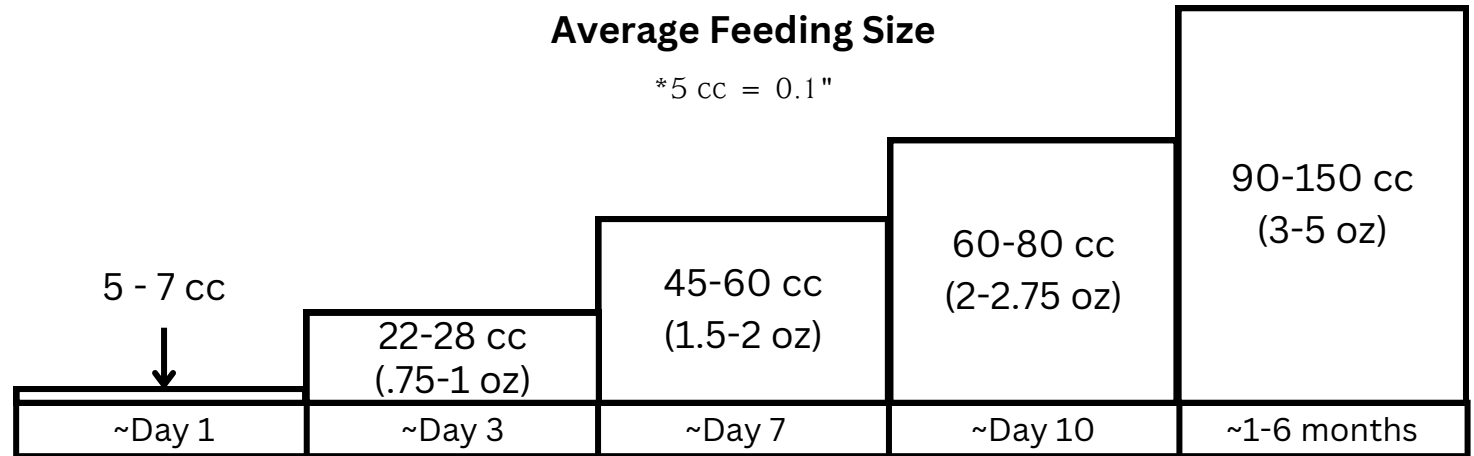
Overall weight gain is more important than the size of the individual feed or daily intake.

An individual baby's daily milk intake does not appear to change significantly between 1 and 6 months of age.

Milk intake decreases after six months of age (when solids are introduced), but breastmilk remains the major source of nutrients through the first year of life.

Average Feeding Size & Milk Intake: Birth to Six Months

General guidelines based on limited, available research | 30 cc/ml = ~1 ounce/oz*
See back side for reference



Reference List

Jacqueline C. Kent, PhDa, Leon R. Mitoulas, PhDa, Mark D. Cregan, PhDa, Donna T. Ramsay, PhDa, Dorota A. Doherty, PhD_{b,c}, Peter E. Hartmann, PhDa. Volume and Frequency of Breastfeedings and Fat Content of Breast Milk Throughout the Day. www.pediatrics.org/cgi/doi/10.1542/peds.2005-1417 doi:10.1542/peds.2005-1417

Yeung CHT, Fong S, Malik PRV, Edginton AN. Quantifying breast milk intake by term and preterm infants for input into pediatric physiologically based pharmacokinetic models. *Matern Child Nutr.* 2020;16:e12938. <https://doi.org/10.1111/mcn.12938>

<https://www.bfmed.org/assets/DOCUMENTS/PROTOCOLS/3-supplementation-protocol-english.pdf>