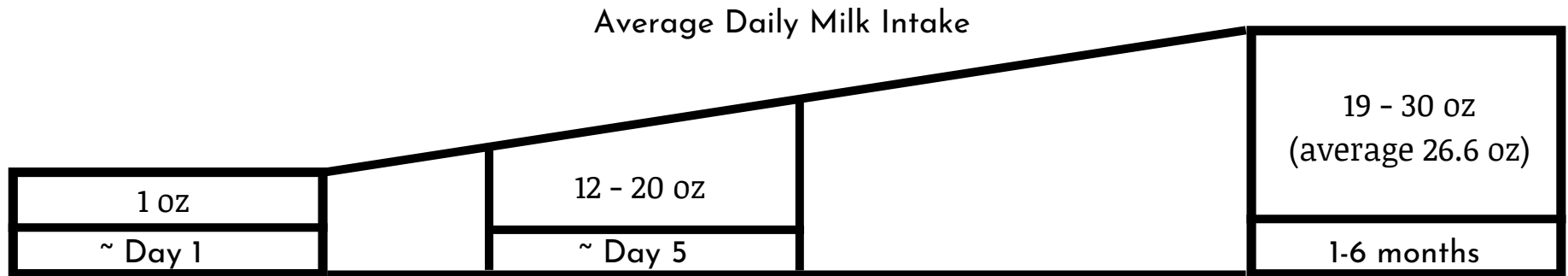
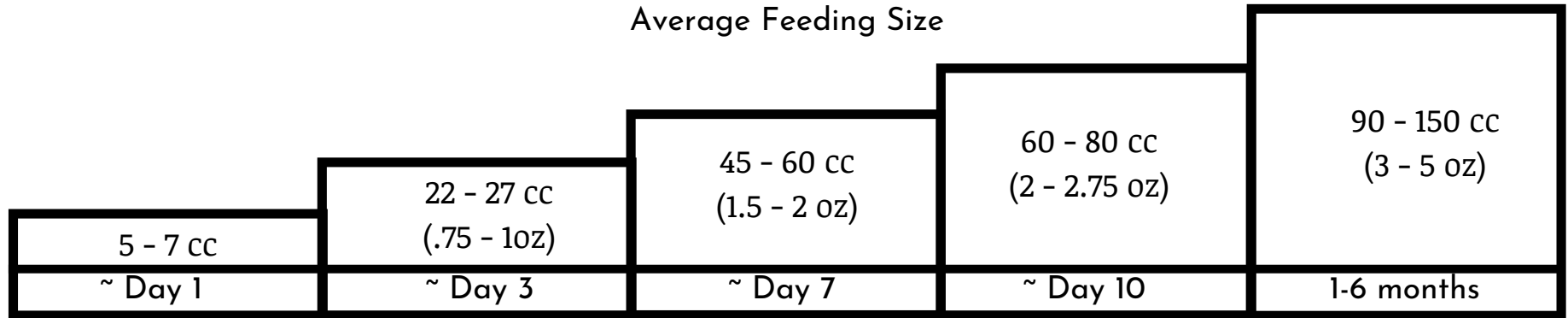


Average Feeding Size & Milk Intake: Birth to Six Months

General guidelines based on limited, available research | 30 cc or ml = ~1 ounce/oz

Please see backside for reference list



- **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.

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Creating a healthier community by empowering families to reach their feeding goals.

Revised 3/2022

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Reference List

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