BREASTFEEDING CENTER MILKWorks www.milkworks.org

5930 South 58th Street Lincoln, NE 68516

> 10818 Elm Street Omaha, NE 68144

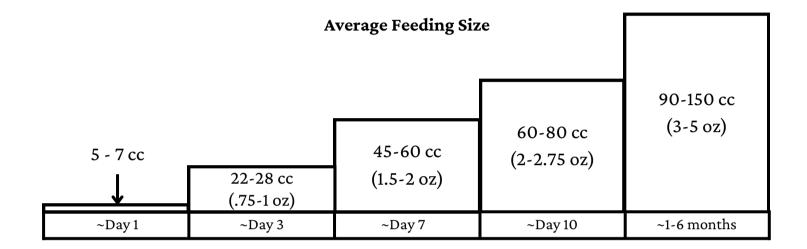
Overall weight gain is more important than the size of the individual feed or daily intake.

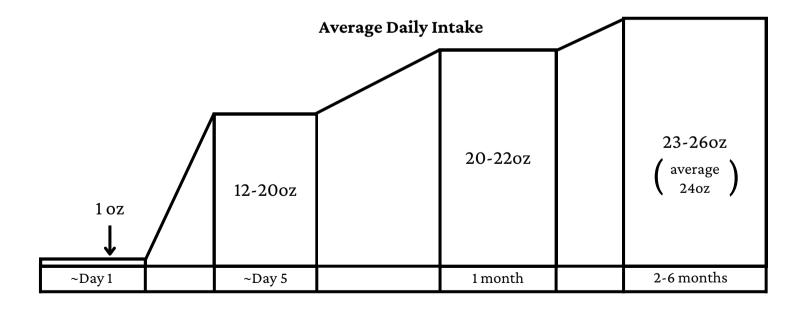
An individual baby's daily milk intake does not appear to change significantly between 1 and 6 months of age.

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





Rios-Leyvraz M, Yao Q. The Volume of Breast Milk Intake in Infants and Young Children: A Systematic Review and Meta-Analysis. Breastfeed Med. 2023 Mar;18(3):188-197. doi: 10.1089/bfm.2022.0281. Epub 2023 Feb 10. PMID: 36763610.