



www.milkworks.org

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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.

Revised September 2024

AVERAGE FEEDING SIZE & MILK INTAKE: BIRTH TO SIX MONTHS

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

