



Feeding & Weight Charts



Birth-6 Months: Nutritional Requirements for a Full-Term, Healthy Infant

Age	Average Intake per Feeding	Average Intake per Day
<24 hours	2-10 mL	1 oz
24-48 hours	5-15 mL	2-4 oz
48-72 hours	15-30 mL (0.5-1 oz)	4-8 oz
3-6 days	30-60 mL (1-2 oz)	8-16 oz
1-2 weeks	30-75 mL (1-2.5 oz)	10-19 oz
2-4 weeks	60-90 mL (2-3 oz)	20-25 oz
1-6 months	90-120 mL (3-4 oz)	25-35 oz

Birth to the First Year

- Expect a weight loss of 7% of birth weight
- At 7-10 % of birth weight, lactation/pediatric consult with focus on latch, frequency of feedings and milk transferred.
- The goal is a minimum of 10-12 feedings in 24 hours.
- Encourage on demand feedings
- In 10-14 days: baby should be back at birth weight

Expected Growth:

- Weight: After birth weight is regained, infants are expected to gain 1oz/day for the first 4 months
- After 4 months: baby gains 0.5 oz/day
- 7-9 months: 0.25 oz/day
- In general, 3-7 oz/week
- In 4-6 Months: baby should double birth weight
- In 1st Year: baby triples their birth weight
- Length: 3/8" to 1/2" per month

Tummy Sizes:



Day 1:

Cherry or 1/2 tsp.



Day 3:

Walnut or 0.75 oz.



Day 7:

Apricot or 1.5-2 oz.



1 Month:

Egg or 2.5-5 oz.

Is My Baby Getting Enough?

Total amount of oz roughly needed in 24 hrs for the first 6 months. After 6 months, complementary solids are added.

150 ml x baby's weight
-OR-
2.5 oz per lb of body weight

Take this number and divide by # of feeds per 24 hours to get an average feeding amount



Key:

- Amount/feed: Amount per feed

Weight of baby in pounds	Total amount of oz needed in 24 hrs	Amount/feed for 15 feeds	Amount/feed for 14 feeds	Amount/feed for 13 feeds	Amount/feed for 12 feeds	Amount/feed for 11 feeds	Amount/feed for 10 feeds	Amount/feed for 9 feeds	Amount/feed for 8 feeds	Amount/feed for 7 feeds
6 lbs	15 oz	About 1 oz/feed	About 1 oz/feed	About 1.25 oz/feed	About 1.25 oz/feed	About 1.5 oz/feed	About 1.5 oz/feed	About 1.5 oz/feed	About 2 oz/feed	About 2.25 oz/feed
7 lbs	17.5 oz	About 1.25 oz/feed	About 1.25 oz/feed	About 1.25 oz/feed	About 1.5 oz/feed	About 1.5 oz/feed	About 1.75 oz/feed	About 1.75 oz/feed	About 2 oz/feed	About 2.25 oz/feed
8 lbs	20 oz	About 1.5 oz/feed	About 1.5 oz/feed	About 1.5 oz/feed	About 1.75 oz/feed	About 2 oz/feed	About 2 oz/feed	About 2.25 oz/feed	About 2.5 oz/feed	About 3 oz/feed
9 lbs	22.5 oz	About 1.5 oz/feed	About 1.75 oz/feed	About 1.75 oz/feed	About 2 oz/feed	About 2 oz/feed	About 2.25 oz/feed	About 2.5 oz/feed	About 3 oz/feed	About 3.25 oz/feed
10 lbs	25 oz	About 1.75 oz/feed	About 1.75 oz/feed	About 2 oz/feed	About 2 oz/feed	About 2.25 oz/feed	About 2.5 oz/feed	About 2.75 oz/feed	About 3 oz/feed	About 3.5 oz/feed
11 lbs	27.5 oz	About 2 oz/feed	About 2 oz/feed	About 2.25 oz/feed	About 2.25 oz/feed	About 2.5 oz/feed	About 2.75 oz/feed	About 3.25 oz/feed	About 3.5 oz/feed	About 4 oz/feed
12+ lbs	28 oz	About 2 oz/feed	About 2 oz/feed	About 2.25 oz/feed	About 2.25 oz/feed	About 2.5 oz/feed	About 2.75 oz/feed	About 3.25 oz/feed	About 3.5 oz/feed	About 4 oz/feed