



Feeding guide:

Breastfed or bottle-fed babies with expressed breastmilk



Breastmilk needs

Age	Stomach capacity	Amount per feed	Number of feeds per 24 hours
1 day	Size of a cherry	5 - 7ml	8 - 12
2 days	Size of a walnut	22 - 27ml	8 - 12
7 days	Size of an apricot	45 - 60ml	8 - 12
1 month - 6 months	Size of a large egg	80 - 150ml	6 - 12
6-12 months	Baby's small stomach is growing. Approximately size of a grapefruit	Breastmilk remains the main drink, but your baby will adapt their volume of feeds in line with the consumption of solid foods	3 - 6

This is just a rough guide to help you visualise how much breastmilk your baby needs. Some babies might need more, whilst others might need less, so the amount of breastmilk they have may vary. Don't worry too much about your milk production. As long as your baby is feeding regularly or you're expressing 8-12 times a day, your milk supply will adapt to match your baby's growing appetite.



Example feeding guide:

Formula fed babies



Approx. baby weight*		Quantity of water per feed		No. of level scoops per formula feed	No. of feeds per 24 hours
kg	lb	ml	fl		
3.5	7 ¾	90	3	3	6
3.9	8.5	120	4	4	5
4.7	10.5	150	5	5	5
5.4	12	180	6	6	5
6.2	13 ¾	180	6	6	5
6.9	15 ¼	210	7	7	5
7.6	16 ¾	210	7	7	5
7.9 - 9.6	17.4 - 21.2	210	7	7	3

*Approximate weight based on WHO 50th percentile weight for full term babies from birth to 12 months. This is just a guide, and if you're worried about your baby's weight or number of feeds, be sure to contact your healthcare provider. Always follow the manufacturer's instructions and feeding guide for the correct dosage and preparation of feeds.