9N: HOW MUCH SHOULD BABIES EAT?

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A typical feeding schedule for the baby 0-12 months of age based on guidelines developed by the American Academy of Pediatrics.



A feeding of breast milk



A serving of formula



A serving of solid foods



0-1 MONTH

Feed BREAST MILK
as baby requests
or every 2-3
hours (about 8-10
feedings each day).
OR 60-90 ml (2-3 fl.
oz.) of FORMULA
every 3-4 hours
(about 6-8 feedings
each day).





1-4 MONTHS

Feed BREAST MILK
as baby requests or
about 6-8 feedings
each day. OR feed
120-180 ml (4-6 fl. oz.)
of FORMULA every
4-5 hours (about 5-6
feedings each day).
The number of feedings
will begin decreasing
as baby begins to
sleep longer at night.







4-6 MONTHS

Feed BREAST MILK as baby requests or about 6 feedings each day. OR feed 180-240 ml (6-8 fl. oz.) of FORMULA about 4-5 feedings each day (total of 960 ml or 32 fl. oz. each day).

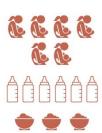






6-9 MONTHS

Feed BREAST MILK as baby requests or about 4-6 feedings each day. OR feed a total of 720-960 ml (24-32 fl. oz.) of FORMULA each day. Begin slowly introducing complementary food such as GRAINS or strained FRUITS and **VEGETABLES** about 1-2 times each day as baby tolerates. The number of BREAST MILK/FORMULA feedings will decrease as baby begins to accept more solid complementary food. Around 8 months, begin introducing food with slightly more texture.





9-12 MONTHS

Feed BREAST MILK as baby requests or about 4-6 feedings each day. OR feed a total of 720 ml (24 fl. oz.) of FORMULA each day. Begin offering a greater variety of solid food at steadily increasing amounts. For example: 2 servings o FRUIT and VEGETABLES, 1 serving of GRAINS, 1 serving of YOGURT and 1 serving of MEAT/ POULTRY each day. (Each serving = 1/4 - 1/2 cup).

