

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 of **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).



