

Guide: How Much Infant Formula to Prepare for Your Baby

All babies are different and will drink different amounts. Some days, they'll drink more, and other days less. Your baby will tell you when they are hungry or full.

Follow your baby's hunger and fullness cues to guide feeding



Hunger Cues

- Brings hands to mouth
- Searches with an open mouth
- Makes sucking motions or sounds



Fullness Cues

- Turns away from bottle
- Closes mouth
- Falls asleep

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Watch Your Baby – Not the Bottle

- The chart below is a **guide only**. Use these amounts to prepare formula, not to decide how much your baby should drink. Let your baby decide **when** they are hungry and **how much** to drink.
- Don't encourage your baby to finish their bottle if they are showing fullness cues. Trust your baby's cues more than the numbers.

Age	Amount of formula in each bottle (30 ml = 1 oz)	Number of bottles in 24 hours	Total amount of formula in 24 hours
Birth – 7 days	• Watch your baby’s hunger and fullness cues. • Expect your baby to drink small amounts at least 6-10 times in 24 hours.		
1 – 2 weeks	60 – 90 ml (2 – 3 oz)	6 – 10	420 – 780 ml (14 – 26 oz)
3 – 8 weeks	90 – 150 ml (3 – 5 oz)	5 – 8	510 – 1050 ml (17 – 35 oz)
2 – 5 months	120 – 180 ml (4 – 6 oz)	5 – 7	600 – 1170 ml (20 – 39 oz)
6 months	• At around 6 months, your baby will start to eat solid foods. • As they eat more solid foods, they may drink less infant formula.		
6 – 8 months	120 – 240 ml (4 – 8 oz)	4 – 5	480 – 1100 ml (16 – 37 oz)
9 – 12 months	• Start to offer homogenized (3.25% M.F.) cow’s milk in an open cup. • Begin to replace infant formula with homogenized (3.25%) cow’s milk, if your baby eats iron-rich foods at most meals.		
12 months and older	• Most babies do not need infant formula after 12 months. • Offer 2 cups (500 ml) of homogenized (3.25%) cow’s milk daily in an open cup; do not exceed 3 cups (750 ml).		
Remember: Let your baby guide feeding. Trust your baby’s hunger and fullness cues.			