



Breast milk feeding chart

Typical amounts of expressed breast milk for healthy, full-term babies. Ranges, not targets.

Baby's age	Per feed	Per day (with 8 feeds)
Day 1 (first 24 hours)	2–10 ml (under 0.5 oz)	16–80 ml (0.5–2.7 oz) of colostrum
Day 2	5–15 ml	40–120 ml (1.4–4 oz)
Day 3	15–30 ml (0.5–1 oz)	120–240 ml (4–8 oz)
Days 4–7	30–60 ml (1–2 oz)	240–480 ml (8–16 oz)
Weeks 2–4	depends on weight (about 150 ml per kg per day)	e.g. about 19 oz (560 ml) for an 8 lb 4 oz baby
1–6 months	2.4–3.8 oz (70–115 ml)	about 25 oz (750 ml), typical range 19–30 oz (570–900 ml)
Over 6 months	varies with solid foods	follow your baby's cues

Good to know

- First-week daily totals assume 8 feeds a day (our calculation). Babies who feed more often take more.
- Feed on demand and follow your baby's hunger and fullness cues; pace the bottle and offer breaks.
- Call the pediatrician for fewer than 6 wet diapers a day after the first week, a baby who is hard to wake for feeds, or no return to birth weight by about 2 weeks.

Sources: Academy of Breastfeeding Medicine Clinical Protocol #3: Supplementary Feedings in the Healthy Term Breastfed Neonate; Kent JC et al. Volume and frequency of breastfeedings and fat content of breast milk throughout the day (Pediatrics, 2006); CDC: How Much and How Often to Breastfeed; AAP HealthyChildren.org: How Often and How Much Should Your Baby Eat?

Updated October 14, 2026. General information, not medical advice: ask your pediatrician or an IBCLC about your baby.

More at breastfeeding-mom.com/tools/breast-milk-intake-calculator/