

How Much Infant Formula to Prepare for Baby

All babies are different. The chart below is a guide. Your baby may eat more or less than the amounts listed below. It's okay if your baby doesn't finish the whole bottle.

Follow baby's signs of hunger and fullness.


Signs of hunger

- sucks or smacks lips
- searches with an open mouth
- sucks on his hands or fists

Signs of fullness

- closes mouth
- turns head away
- falls asleep



Baby's age	Amount of formula in each bottle 1 ounce = 30 mL	Number of bottles in 24 hours	Total formula in 24 hours
Birth–7 days	Watch for cues of hunger and fullness. Expect baby to eat small amounts at a time. Baby will need to be fed often.		
1–2 weeks	2–3 ounces (60–90 mL)	6–10	14–26 ounces (420–780 mL)
3–8 weeks	3–5 ounces (90–150 mL)	5–8	17–35 ounces (510–1050 mL)
2–5 months	4–6 ounces (120–180 mL)	5–7	20–39 ounces (600–1170 mL)
	At around 6 months, your baby will start to eat solid foods. Once baby begins to eat more solid foods, she will begin to drink less formula.		
6–8 months	4–8 ounces (120–240 mL)	4–5	16–37 ounces (480–1110 mL)
9–12 months	When your baby is 9–12 months old, you can start replacing formula with pasteurized 3.25% (homogenized) milk as long as he's eating iron-rich foods at most meals. As your baby eats more solid foods, she will begin to drink less formula/ 3.25% milk. By 12 months of age, your baby needs 16 ounces (500 mL) of 3.25% milk per day.		
12 months and older	Infant formula isn't needed for most healthy babies after 12 months. Offer 2–3 cups (500 mL–750 mL) of 3.25% milk each day as part of meals and snacks.		

For information on safely preparing and handling infant formula see:

www.healthyparentshealthychildren.ca/im-a-parent/feeding-your-baby/formula-feeding-your-baby/#preparing-storing-infant-formula