Formula Feeding Chart, Birth to 12 Months

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Ounces (ml) per feed and per day, by age and by weight. Every number names its source.

Age	Per feed	Feeds a day	About how much a day
First days	CDC: 1 to 2 oz (30 to 60 ml) every 2 to 3 hours, more if hungry. AAP: maybe ½ oz for a day or two, then 1 to 2 oz. WIC: 2 to 3 oz (60 to 90 ml)	8 to 12 (CDC, WIC); at least 8 (AAP)	None given by AAP, CDC, NHS or WIC; follow your baby's cues
First week	No more than about 1 to 2 oz (30 to 60 ml) (AAP)	As above	As above
Rest of month 1	Gradually up to 3 to 4 oz (90 to 120 ml) (AAP)	About every 3 to 4 hours (CDC, AAP)	150 to 200 ml per kg from the end of week 1 (NHS Wales)
1 month	At least 3 to 4 oz (120 ml) (AAP)	About every 3 to 4 hours (AAP)	By weight (below)
2 to 4 months	None given by AAP, CDC, NHS or WIC; follow your baby's cues	Most no longer need a night feed; day gaps occasionally up to 4 or 5 hours (AAP)	Usually no more than about 32 oz (960 ml) (AAP)
6 months	6 to 8 oz (180 to 240 ml) (AAP)	4 or 5 (AAP)	32 oz (960 ml) by 6 months (WIC); usually no more than about 32 oz (AAP)
6 to 12 months, with solids	AAP sample day, 8 to 12 months: 4 to 6 oz (120 to 180 ml) at meals and a snack, 6 to 8 oz before bed	Formula or solids about 5 to 6 times (CDC); NHS: around 4 milk feeds from about 7 months, about 3 from 10	About 24 to 32 oz at 6 to 8 months, about 24 oz at 8 to 12 (WIC); roughly 24 oz (720 ml) at 8 to 12 (AAP). NHS: around 600 ml (about 20 oz) from 7 months, about 400 ml (about 13.5 oz) from 10
12 months	Formula not needed (NHS); switch gradually to whole cow's milk (CDC)	n/a	16 oz (2 cups) of whole milk a day, 12 to 24 months (AAP)

By weight

AAP: about 2½ oz (75 ml) of formula a day per pound (453 g), usually no more than about 32 oz (960 ml) a day. NHS Wales: around 150 to 200 ml per kilo a day, from the end of the first week to 6 months. For a 10 lb (4.5 kg) baby: about 25 oz (750 ml) by the AAP, 675 to 900 ml by NHS Wales (our arithmetic). Both are averages; your baby's cues come first.

Hungry or full

Crying is often a late sign of hunger. Earlier signs: hands to the mouth, turning toward the bottle, puckering, smacking or licking lips, clenched hands. Full: closes the mouth, turns the head away, relaxes the hands (CDC). Never force a baby to finish a bottle (WIC).

Call your pediatrician

Fewer than six wet diapers a day, a dry mouth, fewer tears or a sunken soft spot: notify the pediatrician immediately (AAP). Forceful vomiting after every feeding, or blood in the vomit (AAP). Dark green vomit: contact the health care provider immediately; sleepiness or lack of hunger should be assessed (WIC).

Making a bottle

Use the water amount on the container, water first, then powder (CDC); never add extra powder or extra water (NHS). Under 2 months, born before 37 weeks or with a weakened immune system: boil the water, wait about 5 minutes, then mix (CDC). Cool the bottle and test a few drops on your wrist: warm, not hot (CDC, NHS). Use within 2 hours, and within 1 hour once feeding begins; throw out leftovers; no microwave (CDC). No homemade formula (FDA).

Vitamin D: a baby on less than 32 ounces of formula a day needs extra vitamin D, such as drops (CDC); the NHS says no vitamin D supplement above 500 ml of formula a day. At 12 months, switch gradually to whole cow's milk (CDC). Questions about how much your baby drinks or grows? Ask your pediatrician. Sources: AAP (HealthyChildren.org), CDC, FDA, USDA WIC (2019), NHS, NHS Wales; ml are our conversion where a source gives ounces. sito.kids/blog/formula-feeding-chart, October 2026. General information, not medical advice: your baby's doctor has the final word.

Made by Sito, a food app for babies, toddlers and kids. Log every bottle with your formula by name in Sito, from birth. Scan to open this chart online.

sito.kids