

# 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
<b>Birth–7 days</b>	Watch for cues of hunger and fullness. Expect baby to eat small amounts at a time. Baby will need to be fed often.		
<b>1–2 weeks</b>	2–3 ounces (60–90 mL)	6–10	14–26 ounces (420–780 mL)
<b>3–8 weeks</b>	3–5 ounces (90–150 mL)	5–8	17–35 ounces (510–1050 mL)
<b>2–5 months</b>	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.		
<b>6–8 months</b>	4–8 ounces (120–240 mL)	4–5	16–37 ounces (480–1110 mL)
<b>9–12 months</b>	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.		
<b>12 months and older</b>	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](http://www.healthyparentshealthychildren.ca/im-a-parent/feeding-your-baby/formula-feeding-your-baby/#preparing-storing-infant-formula)