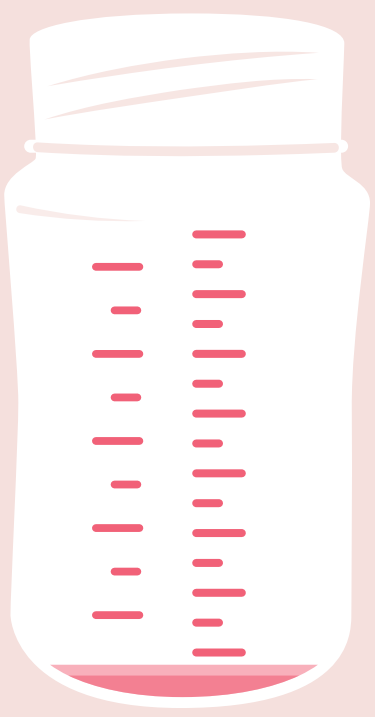


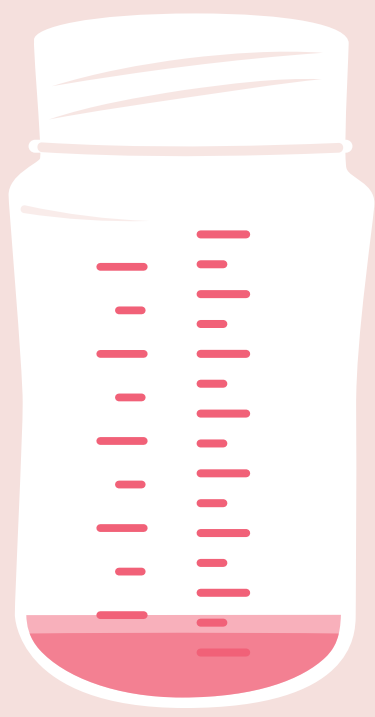
Amount of Breast Milk Your Baby Needs

This chart shows a range for the amount of breast milk the average baby needs per feeding as she grows. Remember, every baby is different and will require different amounts for healthy growth. More breast milk is not necessarily better.



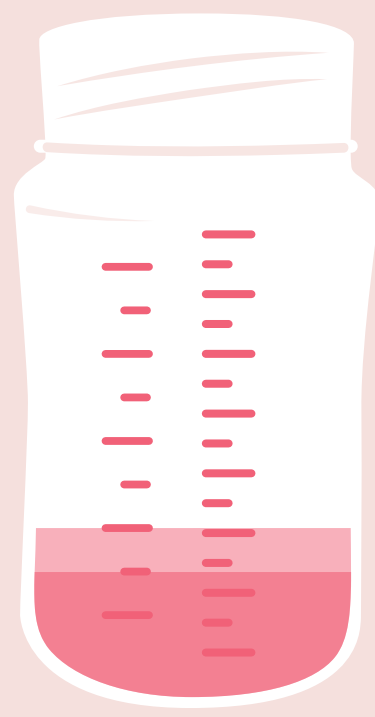
5-7 mL /
1/2 Tbs

ONE DAY



22-27 mL /
.75-1 oz

THREE DAYS



45-60 mL /
1.5-2 oz

ONE WEEK



80-150 mL /
2.5-5 oz

ONE MONTH