



## How much milk intake should an infant take?



# Baby Feeding Chart



**Baby's Age**

4-6 months



**Breast Milk/Formula**

24-36 oz. daily  
(5-8 nursing sessions)



**Solid Food**

1-4 tbsp. cereal  
(1-2 times a day)

1-4 tbsp.  
fruit and veggies  
(1-2 times a day)



### Tracking Template (by date)

Time	Volume	BM/ FM	Pee	Poop	Temp