

Average Healthy Term Newborn Milk Requirements

Newborn Weight in kg	Newborn Weight in lbs	Daily Milk Requirement	Ounces per feed (if every 2 hours)	Ounces per feed (if every 3 hrs)
2.500	5.51	13.89	1.16	1.74
2.525	5.57	14.03	1.17	1.75
2.550	5.62	14.17	1.18	1.77
2.575	5.68	14.31	1.19	1.79
2.600	5.73	14.44	1.20	1.81
2.625	5.79	14.58	1.22	1.82
2.650	5.84	14.72	1.23	1.84
2.675	5.90	14.86	1.24	1.86
2.700	5.95	15.00	1.25	1.88
2.725	6.01	15.14	1.26	1.89
2.750	6.06	15.28	1.27	1.91
2.775	6.12	15.42	1.28	1.93
2.800	6.17	15.56	1.30	1.94
2.825	6.23	15.69	1.31	1.96
2.850	6.28	15.83	1.32	1.98
2.875	6.34	15.97	1.33	2.00
2.900	6.39	16.11	1.34	2.01
2.925	6.45	16.25	1.35	2.03
2.950	6.50	16.39	1.37	2.05
2.975	6.56	16.53	1.38	2.07
3.000	6.61	16.67	1.39	2.08
3.025	6.67	16.81	1.40	2.10
3.050	6.72	16.94	1.41	2.12
3.075	6.78	17.08	1.42	2.14
3.100	6.83	17.22	1.44	2.15
3.125	6.89	17.36	1.45	2.17
3.150	6.94	17.50	1.46	2.19
3.175	7.00	17.64	1.47	2.20
3.200	7.05	17.78	1.48	2.22
3.225	7.11	17.92	1.49	2.24
3.250	7.17	18.06	1.50	2.26
3.275	7.22	18.19	1.52	2.27
3.300	7.28	18.33	1.53	2.29
3.325	7.33	18.47	1.54	2.31
3.350	7.39	18.61	1.55	2.33
3.375	7.44	18.75	1.56	2.34
3.400	7.50	18.89	1.57	2.36
3.425	7.55	19.03	1.59	2.38
3.450	7.61	19.17	1.60	2.40
3.475	7.66	19.31	1.61	2.41

3.500	7.72	19.44	1.62	2.43
3.525	7.77	19.58	1.63	2.45
3.550	7.83	19.72	1.64	2.47
3.575	7.88	19.86	1.66	2.48
3.600	7.94	20.00	1.67	2.50
3.625	7.99	20.14	1.68	2.52
3.650	8.05	20.28	1.69	2.53
3.675	8.10	20.42	1.70	2.55
3.700	8.16	20.56	1.71	2.57
3.725	8.21	20.69	1.72	2.59
3.750	8.27	20.83	1.74	2.60
3.775	8.32	20.97	1.75	2.62
3.800	8.38	21.11	1.76	2.64
3.825	8.43	21.25	1.77	2.66
3.850	8.49	21.39	1.78	2.67
3.875	8.54	21.53	1.79	2.69
3.900	8.60	21.67	1.81	2.71
3.925	8.65	21.81	1.82	2.73
3.950	8.71	21.94	1.83	2.74
3.975	8.76	22.08	1.84	2.76
4.000	8.82	22.22	1.85	2.78
4.025	8.87	22.36	1.86	2.80
4.050	8.93	22.50	1.88	2.81
4.075	8.98	22.64	1.89	2.83
4.100	9.04	22.78	1.90	2.85
4.125	9.09	22.92	1.91	2.86
4.150	9.15	23.06	1.92	2.88
4.175	9.20	23.19	1.93	2.90
4.200	9.26	23.33	1.94	2.92
4.225	9.31	23.47	1.96	2.93
4.250	9.37	23.61	1.97	2.95
4.275	9.42	23.75	1.98	2.97
4.300	9.48	23.89	1.99	2.99
4.325	9.53	24.03	2.00	3.00
4.350	9.59	24.17	2.01	3.02
4.375	9.65	24.31	2.03	3.04
4.400	9.70	24.44	2.04	3.06
4.425	9.76	24.58	2.05	3.07
4.450	9.81	24.72	2.06	3.09
4.475	9.87	24.86	2.07	3.11
4.500	9.92	25.00	2.08	3.12

“Human Energy Requirements Report of a Joint FAO/WHO/UNU Expert Consultation,” <http://www.org/3/y5686e/y5686e.pdf>.