

STANDARD 8 OZ. MEASURING CUPS PER DAY*

BODY WEIGHT (LBS)	6-11 WKS	3-4 MNTHS	5-7 MONTHS	8-12 MONTHS
3 lbs - 5 lbs	1 – 1 1/2	1 – 1/2	2/3 - 1	1/2 - 1
5 lbs - 10 lbs	1 1/2 – 2 1/2	1 1/2 – 2 1/4	1 - 1 1/2	1 – 1 1/3
10 lbs - 20 lbs	2 1/2 – 4 1/4	2 1/4 – 3 3/4	1 1/2 – 2 1/4	1 1/3 – 2
20 lbs - 30 lbs	4 1/4 – 5	3 3/4 – 4 3/4	2 1/4 – 3	2 – 2 1/2
30 lbs - 40 lbs	5 – 6 1/4	4 3/4 – 5 3/4	3 – 3 3/4	2 1/2 – 3
40 lbs - 60 lbs	–	5 3/4 – 7 1/2	3 3/4 – 4 3/4	3 – 4
60 lbs - 80 lbs	–	7 1/4 – 9	4 3/4 – 6	4 – 4 3/4
80 lbs - 100 lbs	–	–	6 – 6 3/4	4 3/4 – 5 3/4

*ONE 8oz MEASURING CUP EQUALS 4.2oz (119 grams)

