

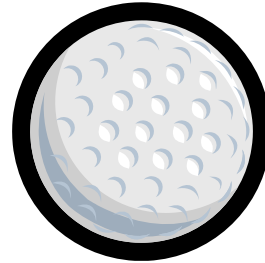
# Stomach Capacity



24 hours  
old



3 days  
old



8-10 days  
of age

Did you know that you CAN over feed a bottle fed baby? But infants fed at the breast CAN NOT be over fed. Over feeding an infant can lead to problems now and later in life. Signs of over feeding may include: stomach ache, frequent spitting or vomiting, gas and diarrhea. Breast feeding has been shown to lower infant susceptibility to skin disorders and allergies, diabetes mellitus, the herpes simplex virus, certain types of cancer, Crohn's disease as well as other gastrointestinal problems.

Supplementation or early cessation of breastfeeding has been shown to contribute to overweight and obesity in childhood and adolescence; a condition that acts as a trigger to subsequent increased risk of obesity and cardiovascular disease in adult life. Thus eliminating the practice of formula supplementation and early weaning onto formula feeding will have the potential to help reduce the current obesity epidemic.

Breastfeeding allows the infant to control the amount and the rate of his feeding and the hormone Prolactin, which is released during nursing, acts as a relaxant both to the mother and infant.

The stomach capacity of the newborn infant changes over the first two weeks of life. The pictures above give you an idea of the size of your baby's stomach. The chart below gives an estimated capacity of your baby's stomach. **This does vary with each child and is only estimation.**

- **Day 1 (24 hours / age) : approx. 1 tablespoon**
- **Day 3 (72 hours / age) : ½ to 1 oz.**
- **Day 8-10 (< 2 weeks): 1 ½ to 2 oz.**
- **1 week – 1 month: 2 to 4 oz.**
- **1 month – 3 months: 4 to 6 oz.**
- **3 months – 6 months: 6 to 7 oz.**
- **6 months – 9 months: 7 to 8 oz.**
- **9 months – 12 months: 7 to 8 oz.**