



**WAIMĀNALO**  
HEALTH CENTER

# SIZE OF YOUR NEWBORN'S STOMACH

*Your breastmilk is all your baby needs!*



## DAY ONE

Baby's 'ōpū is about 1 tsp  
or about the size of a

**GRAPE**



## DAY THREE

Baby's 'ōpū is about 1oz  
or about the size of two

**KUKUI NUTS**



## ONE WEEK

Baby's 'ōpū is about 2oz  
or about the size of a

**LIME**



## ONE MONTH

Baby's 'ōpū is about 3-4oz  
or about the size of a

**LILIKO'I**