

Table 22-3. Approximate Weight Gain for Exclusively Nursing Babies in the First Year

Interval	Girls Weight Gain Increment (25th–75th Percentile)	Boys Weight Gain Increment (25th–75th Percentile)
0–1 month	Monthly: 697–1,068 g (25–38 oz.) Weekly: 160–246 g (6–9 oz.) Median: 29 g per day	Monthly: 805–1,229 g (28–43 oz.) Weekly: 186–284 g (7–10 oz.) Median: 34 g per day
1–2 months	Monthly: 829–1,198 g (29–42 oz.) Weekly: 191–280 g (7–10 oz.) Median: 33 g per day	Monthly: 992–1,408 g (35–50 oz.) Weekly: 231–329 g (8–12 oz.) Median: 39 g per day
2–3 months	Monthly: 571–869 g (20–31 oz.) Weekly: 133–203 g (5–7 oz.) Median: 24 g per day	Monthly: 658–980 g (23–35 oz.) Weekly: 154–229 g (5–8 oz.) Median: 27 g per day
3–4 months	Monthly: 448–726 g (16–26 oz.) Weekly: 105–169 g (4–6 oz.) Median: 19 g per day	Monthly: 476–764 g (17–27 oz.) Weekly: 111–178 g (4–6 oz.) Median: 20 g per day
4–5 months	Monthly: 355–627 g (13–22 oz.) Weekly: 83–145 g (3–5 oz.) Median: 16 g per day	Monthly: 383–666 g (14–23 oz.) Weekly: 89–155 g (3–5 oz.) Median: 17 g per day
5–6 months	Monthly: 271–537 g (10–19 oz.) Weekly: 63–125 g (2–4 oz.) Median: 13 g per day	Monthly: 287–563 g (10–20 oz.) Weekly: 67–131 g (2–5 oz.) Median: 14 g per day
6–7 months	Monthly: 214–480 g (8–17 oz.) Median: 11 g per day	Monthly: 223–496 g (8–18 oz.) Median: 12 g per day
7–8 months	Monthly: 178–450 g (11–16 oz.) Median: 10 g per day	Monthly: 181–457 g (6–16 oz.) Median: 10 g per day
8–9 months	Monthly: 139–412 g (5–15 oz.) Median: 9 g per day	Monthly: 148–429 g (5–15 oz.) Median: 9 g per day
9–10 months	Monthly: 110–385 g (4–14 oz.) Median: 8 g per day	Monthly: 120–405 g (4–14 oz.) Median: 9 g per day
10–11 months	Monthly: 95–378 g (3–13 oz.) Median: 8 g per day	Monthly: 100–394 g (4–14 oz.) Median: 8 g per day

11–12 months	Monthly: 88–383 g (3–13 oz.) Median: 8 g per day	Monthly: 91–397 g (3–14 oz.) Median: 8 g per day
-------------------------	---	---

Source:

Data from WHO 1-Month Increments Simplified Field Tables: Birth to 12 months by Percentile, and 1-month increments z-scores, Girls & Boys.