**Recommended Practices**

- **Early initiation of breastfeeding**
  - Start breastfeeding within one hour of birth
- **Exclusive breastfeeding**
  - Breastfeed exclusively for the first 6 months of life
- **Introduction of solid, semi-solid or soft foods**
  - Provide nutritionally adequate, age appropriate and safely prepared complementary foods starting at 6 months; and continue breastfeeding until age 2 or longer.

**Indicators**

- **Early initiation of breastfeeding**
  - Percentage: 45%
  - Age in months: 0-5 months
- **Exclusive breastfeeding**
  - Percentage: 40%
  - Age in months: 0-5 months
- **Introduction of solid, semi-solid or soft foods**
  - Percentage: 66%
  - Age in months: 6-8 months
- **Minimum meal frequency**
  - Percentage: 52%
  - Age in months: 6-23 months
- **Minimum diet diversity**
  - Percentage: 30%
  - Age in months: 6-23 months
- **Minimum acceptable diet**
  - Percentage: 17%
  - Age in months: 6-23 months
- **Continued breastfeeding at 1 year**
  - Percentage: 74%
  - Age in months: 12-15 months
- **Continued breastfeeding at 2 years**
  - Percentage: 45%
  - Age in months: 20-23 months

Source: UNICEF global databases, 2017, based on MICS, DHS and other nationally representative sources. Note: Data included in these global averages are the most recent for each country between 2011-2017. *Aggregates for these indicators use China, 2008.
Eastern and Southern Africa

Recommended Practices

- Start breastfeeding within one hour of birth
- Breastfeed exclusively for the first 6 months of life
- Provide nutritionally adequate, age appropriate and safely prepared complementary foods starting at 6 months; and continue breastfeeding until age 2 or longer.

Indicators

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early initiation of breastfeeding</td>
<td>63</td>
</tr>
<tr>
<td>Exclusive breastfeeding 0-5 months</td>
<td>55</td>
</tr>
<tr>
<td>Introduction of solid, semi-solid or soft foods 6-8 months</td>
<td>75</td>
</tr>
<tr>
<td>Minimum meal frequency 6-23 months</td>
<td>43</td>
</tr>
<tr>
<td>Minimum diet diversity 6-23 months</td>
<td>24</td>
</tr>
<tr>
<td>Minimum acceptable diet 6-23 months</td>
<td>13</td>
</tr>
<tr>
<td>Continued breastfeeding at 1 year 12-15 months</td>
<td>87</td>
</tr>
<tr>
<td>Continued breastfeeding at 2 years 20-23 months</td>
<td>53</td>
</tr>
</tbody>
</table>

Per cent of children; put to the breast within one hour of birth, exclusively breastfed (0-5 months); introduced to solids (6-8 months), with a minimum meal frequency, minimum diet diversity and minimum acceptable diet (6-23 months) and continued breastfeeding at 1 year (12-15 months) and 2 years (20-23 months), 2017.

West and Central Africa

Recommend Practices

- Start breastfeeding within one hour of birth
- Breastfeed exclusively for the first 6 months of life
- Provide nutritionally adequate, age appropriate and safely prepared complementary foods starting at 6 months; and continue breastfeeding until age 2 or longer.

Indicators

- Early initiation of breastfeeding <1 hour
- Exclusive breastfeeding 0-5 months
- Introduction of solid, semi-solid or soft foods 6-8 months
- Minimum meal frequency 6-23 months
- Minimum diet diversity 6-23 months
- Minimum acceptable diet 6-23 months
- Continued breastfeeding at 1 year 12-15 months
- Continued breastfeeding at 2 years 20-23 months

Per cent of children: put to the breast within one hour of birth, exclusively breastfed (0-5 months); introduced to solids (6-8 months), with a minimum meal frequency, minimum diet diversity and minimum acceptable diet (6-23 months) and continued breastfeeding at 1 year (12-15 months) and 2 years (20-23 months), 2017.

Middle East and North Africa

**Recommended Practices**

- **Early initiation of breastfeeding (<1 hour)**
- **Exclusive breastfeeding 0-5 months**
- **Introduction of solid, semi-solid or soft foods 6-8 months**
- **Minimum meal frequency 6-23 months**
- **Minimum diet diversity 6-23 months**
- **Minimum acceptable diet 6-23 months**
- **Continued breastfeeding at 1 year (12-15 months)**
- **Continued breastfeeding at 2 years (20-23 months)**

**Indicators**

- Start breastfeeding within one hour of birth
- Breastfeed exclusively for the first 6 months of life
- Provide nutritionally adequate, age appropriate and safely prepared complementary foods starting at 6 months; and continue breastfeeding until age 2 or longer.

Per cent of children: put to the breast within one hour of birth, exclusively breastfed (0-5 months); introduced to solids (6-8 months), with a minimum meal frequency, minimum diet diversity and minimum acceptable diet (6-23 months) and continued breastfeeding at 1 year (12-15 months) and 2 years (20-23 months), 2017.

**Source:** UNICEF global databases, 2012, based on MICS, DHS, and other nationally representative surveys, 2011-2017
South Asia

Recommended Practices

- Start breastfeeding within one hour of birth
- Breastfeed exclusively for the first 6 months of life
- Provide nutritionally adequate, age appropriate and safely prepared complementary foods starting at 6 months; and continue breastfeeding until age 2 or longer.

Indicators

- Early initiation of breastfeeding <1 hour: 39%
- Exclusive breastfeeding 0-5 months: 52%
- Introduction of solid, semi-solid or soft foods 6-8 months: 56%
- Minimum meal frequency 6-23 months: 47%
- Minimum diet diversity 6-23 months: 23%
- Minimum acceptable diet 6-23 months: 12%
- Continued breastfeeding at 1 year 12-15 months: 86%
- Continued breastfeeding at 2 years 20-23 months: 68%


Per cent of children: put to the breast within one hour of birth, exclusively breastfed (0-5 months); introduced to solids (6-8 months), with a minimum meal frequency, minimum diet diversity and minimum acceptable diet (6-23 months) and continued breastfeeding at 1 year (12-15 months) and 2 years (20-23 months), 2017.
East Asia and the Pacific

**Recommended Practices**
- Start breastfeeding within one hour of birth
- Breastfeed exclusively for the first 6 months of life
- Provide nutritionally adequate, age appropriate and safely prepared complementary foods starting at 6 months; and continue breastfeeding until age 2 or longer.

### Indicators

- **Early initiation of breastfeeding***
  - <1 hour
  - 43%

- **Exclusive breastfeeding**
  - 0-5 months
  - 28%

- **Introduction of solid, semi-solid or soft foods***
  - 6-8 months
  - 69%

- **Minimum meal frequency***
  - 6-23 months
  - 71%

- **Minimum diet diversity***
  - 6-23 months
  - 57%

- **Minimum acceptable diet***
  - 6-23 months
  - 40%

- **Continued breastfeeding at 1 year***
  - 12-15 months
  - 50%

- **Continued breastfeeding at 2 years***
  - 20-23 months
  - 23%

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Per cent of children: put to the breast within one hour of birth, exclusively breastfed (0-5 months); introduced to solids (6-8 months), with a minimum meal frequency, minimum diet diversity and minimum acceptable diet (6-23 months) and continued breastfeeding at 1 year (12-15 months) and 2 years (20-23 months), 2017.

Source: UNICEF global databases, 2017, based on MICS, DHS, and other nationally representative surveys, 2011-2017. Note: Data included in the East Asia and Pacific regional averages are the most recent for each country between 2011-2017. *Aggregates for these indicators use China, 2008; **Aggregates for these indicators do not include China due to lack of data.
**Latin America and the Caribbean**

**Recommended Practices**

- Start breastfeeding within one hour of birth
- Breastfeed exclusively for the first 6 months of life
- Provide nutritionally adequate, age appropriate and safely prepared complementary foods starting at 6 months; and continue breastfeeding until age 2 or longer.

**Indicators**

- Early initiation of breastfeeding <1 hour: 54%
- Exclusive breastfeeding 0-5 months: 38%
- Introduction of solid, semi-solid or soft foods 6-8 months: 82%
- Minimum meal frequency 6-23 months: 77%
- Minimum diet diversity 6-23 months: 72%
- Minimum acceptable diet 6-23 months: 51%
- Continued breastfeeding at 1 year 12-15 months: 57%
- Continued breastfeeding at 2 years 20-23 months: 32%

*Per cent of children: put to the breast within one hour of birth, exclusively breastfed (0-5 months); introduced to solids (6-8 months), with a minimum meal frequency, minimum diet diversity and minimum acceptable diet (6-23 months) and continued breastfeeding at 1 year (12-15 months) and 2 years (20-23 months), 2017.*

Eastern Europe and Central Asia

**Recommended Practices**

- Start breastfeeding within one hour of birth
- Breastfeed exclusively for the first 6 months of life
- Provide nutritionally adequate, age appropriate and safely prepared complementary foods starting at 6 months; and continue breastfeeding until age 2 or longer.

**Indicators**

- **Early initiation of breastfeeding <1 hour**: 57%
- **Exclusive breastfeeding 0-5 months**: 30%
- **Introduction of solid, semi-solid or soft foods 6-8 months**: 69%
- **Minimum meal frequency 6-23 months**: No data
- **Minimum diet diversity 6-23 months**: No data
- **Minimum acceptable diet 6-23 months**: No data
- **Continued breastfeeding at 1 year 12-15 months**: 58%
- **Continued breastfeeding at 2 years 20-23 months**: 28%

Per cent of children: put to the breast within one hour of birth, exclusively breastfed (0-5 months); introduced to solids (6-8 months), with a minimum meal frequency, minimum diet diversity and minimum acceptable diet (6-23 months) and continued breastfeeding at 1 year (12-15 months) and 2 years (20-23 months), 2017.

**Source:** UNICEF global databases, 2012, based on MICS, DHS, and other nationally representative surveys, 2011-2017. Aggregates for all indicators do not include Russian Federation due to lack of data.
North America

Recommended Practices

- Start breastfeeding within one hour of birth
- Breastfeed exclusively for the first 6 months of life
- Provide nutritionally adequate, age appropriate and safely prepared complementary foods starting at 6 months; and continue breastfeeding until age 2 or longer.

Indicators

- Early initiation of breastfeeding: <1 hour
- Exclusive breastfeeding: 0-5 months
- Introduction of solid, semi-solid or soft foods: 6-8 months
- Minimum meal frequency: 6-23 months
- Minimum diet diversity: 6-23 months
- Minimum acceptable diet: 6-23 months
- Continued breastfeeding at 1 year: 12-15 months
- Continued breastfeeding at 2 years: 20-23 months

Per cent of children: put to the breast within one hour of birth, exclusively breastfed (0-5 months); introduced to solids (6-8 months), with a minimum meal frequency, minimum diet diversity and minimum acceptable diet (6-23 months) and continued breastfeeding at 1 year (12-15 months) and 2 years (20-23 months), 2017.