Available indicators for recommended feeding practices

- **Early initiation of breastfeeding**
  Percentage of children born in the last 24 months who were put to the breast within one hour of birth.

- **Exclusive breastfeeding**
  Percentage of infants aged 0-5 months who only drank breastmilk the previous day.

- **Introduction of solid, semi-solid and soft foods**
  Percentage of infants aged 6-8 months who received solid, semi-solid or soft foods the previous day.

- **Minimum meal frequency**
  Percentage of children aged 6-23 months who were fed the minimum number of meals/snacks* the previous day.

- **Minimum diet diversity**
  Percentage of children aged 6-23 months who were fed at least 4 (out of 7) food groups** the previous day.

- **Minimum acceptable diet**
  Percentage of children aged 6-23 months who were fed the minimum number of meals/snacks*** as well as at least 4 food groups**** the previous day.

- **Continued breastfeeding at 1 and 2 years of age**
  Percentage of children aged 12-15 months and percentage of children aged 20-23 months who were fed breast milk the previous day.

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* Minimum number of meals/snacks per day: 2x for breastfed infants 6-8 months; 3x for breastfed children 9-23 months; 4 times for non-breastfed children 6-23 months (and can include milk/formula feeds for non-breastfed children).

** Minimum diet diversity is based on 7 food groups of: (1) grains, roots, tubers; (2) vitamin A rich fruits and vegetables; (3) flesh foods such as meat, fish and poultry; (4) legumes, nuts and seeds; (5) eggs; (6) other fruits and vegetables; (7) dairy products.

*** For the composite indicator of MAD, minimum meal frequency requires at least 2 milk feeds for non-breastfed children.

**** For the Composite indicator MAD, diet diversity is based out of 6 and not 7 food groups for non-breastfeeding children.
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.
- **Continued breastfeeding at 1 year***: Continue breastfeeding at 1 year
- **Continued breastfeeding at 2 years***: Continue breastfeeding at 2 years

Indicators

- **Percentage 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), 2015***.

Source: UNICEF global databases, 2016, based on MICS, DHS and other nationally representative sources. Note: Data included in these global averages are the most recent for each country between 2010-2016. *Aggregates for these indicators use China, 2008; **Aggregates for these indicators do not include China due to lack of data and while >50% of the global population coverage was met, almost all of the data for these indicators are from low and lower middle income countries.
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: 59%
- Exclusive breastfeeding 0-5 months: 57%
- Introduction of solid, semi-solid or soft foods 6-8 months: 72%
- Minimum meal frequency 6-23 months: 45%
- Minimum diet diversity 6-23 months: 21%
- Minimum acceptable diet 6-23 months: 10%
- Continued breastfeeding at 1 year 12-15 months: 91%
- Continued breastfeeding at 2 years 20-23 months: 59%

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), 2015.

Source: UNICEF global databases, 2016, based on MICS, DHS, and other nationally representative surveys, 2010-2016
West and Central Africa

**Recommended Practices**

- **Early initiation of 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**
  - Percentage: 40
- **Exclusive breastfeeding 0-5 months**
  - Percentage: 29
- **Introduction of solid, semi-solid or soft foods 6-8 months**
  - Percentage: 68
- **Minimum meal frequency 6-23 months**
  - Percentage: 47
- **Minimum diet diversity 6-23 months**
  - Percentage: 19
- **Minimum acceptable diet 6-23 months**
  - Percentage: 9
- **Continued breastfeeding at 1 year 12-15 months**
  - Percentage: 87
- **Continued breastfeeding at 2 years 20-23 months**
  - Percentage: 46

**Source:** UNICEF global databases, 2016, based on MICS, DHS, and other nationally representative surveys, 2010-2016

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), 2015.
**Middle East and North Africa**

### Indicators and Recommended Practices

<table>
<thead>
<tr>
<th>Recommended Practices</th>
<th>Age in months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early initiation of breastfeeding within one hour of birth</td>
<td>0</td>
</tr>
<tr>
<td>Breastfeeding exclusively for the first 6 months of life</td>
<td>5 6</td>
</tr>
<tr>
<td>Provide nutritionally adequate, age appropriate and safely prepared complementary foods starting at 6 months; and continue breastfeeding until age 2 or longer.</td>
<td>23 24</td>
</tr>
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### Indicators

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early initiation of breastfeeding &lt;1 hour</td>
<td>45%</td>
</tr>
<tr>
<td>Exclusive breastfeeding 0-5 months</td>
<td>35%</td>
</tr>
<tr>
<td>Introduction of solid, semi-solid or soft foods 6-8 months</td>
<td>61%</td>
</tr>
<tr>
<td>Minimum meal frequency 6-23 months</td>
<td>55%</td>
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<tr>
<td>Minimum diet diversity* 6-23 months</td>
<td>38%</td>
</tr>
<tr>
<td>Minimum acceptable diet* 6-23 months</td>
<td>21%</td>
</tr>
<tr>
<td>Continued breastfeeding at 1 year 12-15 months</td>
<td>71%</td>
</tr>
<tr>
<td>Continued breastfeeding at 2 years 20-23 months</td>
<td>32%</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), 2015. *Population Coverage less than 50 per cent.

**Source:** UNICEF global databases, 2016, based on MICS, DHS, and other nationally representative surveys, 2010-2016. *Note: population coverage is only 45% for these indicators for this region; interpret with caution.
South Asia

Source: UNICEF global databases, 2016, based on MICS, DHS, and other nationally representative surveys, 2010-2016

**Recommended Practices**

- **Early initiation of 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), 2015.

Source: UNICEF global databases, 2016, based on MICS, DHS, and other nationally representative surveys, 2010-2016
East Asia and the Pacific

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***: 44%
- **Exclusive breastfeeding***: 31%
- **Introduction of solid, semi-solid or soft foods***: 69%
- **Minimum meal frequency***: 72%
- **Minimum diet diversity***: 60%
- **Minimum acceptable diet***: 41%
- **Continued breastfeeding at 1 year***: 51%
- **Continued breastfeeding at 2 years***: 24%

Source: UNICEF global databases, 2016, based on MICS, DHS, and other nationally representative surveys, 2010-2016. Note: Data included in the East Asia and Pacific regional averages are the most recent for each country between 2010-2016. ***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

1. Early initiation of breastfeeding <1 hour: 49%
2. Exclusive breastfeeding 0-5 months: 32%
3. Introduction of solid, semi-solid or soft foods 6-8 months: 83%
4. Minimum meal frequency 6-23 months: 78%
5. Minimum diet diversity 6-23 months: 73%
6. Minimum acceptable diet 6-23 months: 53%
7. Continued breastfeeding at 1 year 12-15 months: 23%
8. 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), 2015.

Source: UNICEF global databases, 2016, based on MICS, DHS, and other nationally representative surveys, 2010-2016
Central and Eastern Europe and the Commonwealth of Independent States

**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: 55%
- Exclusive breastfeeding 0-5 months: 29%
- Introduction of solid, semi-solid or soft foods 6-8 months: 68%
- 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: 56%
- Continued breastfeeding at 2 years 20-23 months: 29%

**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), 2015.

**Source:** UNICEF global databases, 2016, based on MICS, DHS, and other nationally representative surveys, 2010-2016