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

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early initiation of breastfeeding</td>
<td>44%</td>
</tr>
<tr>
<td>Exclusive breastfeeding 0–5 months</td>
<td>42%</td>
</tr>
<tr>
<td>Introduction of solid, semi–solid or soft foods 6–8 months</td>
<td>69%</td>
</tr>
<tr>
<td>Minimum meal frequency 6–23 months</td>
<td>53%</td>
</tr>
<tr>
<td>Minimum diet diversity 6–23 months</td>
<td>29%</td>
</tr>
<tr>
<td>Minimum acceptable diet 6–23 months</td>
<td>19%</td>
</tr>
<tr>
<td>Continued breastfeeding 12–23 months</td>
<td>65%</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 (12–23 months), 2018.

Source: UNICEF global databases, 2019, based on MICS, DHS and other nationally representative sources. Note: Data included in these global averages are the most recent for each country between 2013–2018.
Eastern and Southern Africa

Recommended Practices

- Start breast-feeding 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 (12–23 months), 2018.

Source: UNICEF global databases, 2019, based in MICS, DHS and other nationally representative surveys, 2013–2018
West and Central 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.

<table>
<thead>
<tr>
<th>Age in months</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>41</td>
</tr>
<tr>
<td>5</td>
<td>34</td>
</tr>
<tr>
<td>6</td>
<td>68</td>
</tr>
<tr>
<td>23</td>
<td>25</td>
</tr>
<tr>
<td>24</td>
<td>42</td>
</tr>
<tr>
<td>23–24</td>
<td>12</td>
</tr>
<tr>
<td>23–24</td>
<td>64</td>
</tr>
</tbody>
</table>

**Indicators**
- Early initiation of breastfeeding (<1 hour)
- Exclusive breastfeeding (0–5 months)
- Introduction of solid, semi-solid or soft foods (6–8 months)
- Minimum diet diversity (6–23 months)
- Minimum meal frequency (6–23 months)
- Minimum acceptable diet (6–23 months)
- Continued breastfeeding (12–23 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 (12–23 months), 2018.

Source: UNICEF global databases, 2019, based on MICS, DHS and other nationally representative surveys, 2013–2018
Middle East and North 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**
- Early initiation of breastfeeding <1 hour
- Exclusive breastfeeding 0–5 months
- Introduction of solid, semi-solid or soft foods 6–8 months
- Minimum diet diversity 6–23 months
- Minimum meal frequency 6–23 months
- Minimum acceptable diet 6–23 months
- Continued breastfeeding 12–23 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 (12–23 months), 2018.

**Source**: UNICEF global databases, 2019, based on MICS, DHS and other nationally representative surveys, 2013–2018.
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
- Exclusive breastfeeding 0–5 months
- Introduction of solid, semi-solid or soft foods 6–8 months
- Minimum diet diversity 6–23 months
- Minimum meal frequency 6–23 months
- Minimum acceptable diet 6–23 months
- Continued breastfeeding 12–23 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 (12–23 months), 2018.

Source: UNICEF global databases, 2019, based on MICS, DHS and other nationally representative surveys, 2013–2018
**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**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early initiation of breastfeeding</td>
<td>38%</td>
</tr>
<tr>
<td>Exclusive breastfeeding 0–5 months</td>
<td>30%</td>
</tr>
<tr>
<td>Introduction of solid, semi-solid or soft foods 6–8 months</td>
<td>84%</td>
</tr>
<tr>
<td>Minimum diet diversity 6–23 months</td>
<td>40%</td>
</tr>
<tr>
<td>Minimum meal frequency 6–23 months</td>
<td>71%</td>
</tr>
<tr>
<td>Minimum acceptable diet 6–23 months</td>
<td>30%</td>
</tr>
<tr>
<td>Continued breastfeeding 12–23 months</td>
<td>60%</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 (12–23 months), 2018.

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)
- Exclusive breastfeeding (0–5 months)
- Introduction of solid, semi–solid or soft foods (6–8 months)
- Minimum diet diversity (6–23 months)
- Minimum meal frequency (6–23 months)
- Minimum acceptable diet (6–23 months)
- Continued breastfeeding (12–23 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 (12–23 months), 2018.*

Source: UNICEF global databases, 2019, based on MICS, DHS and other nationally representative surveys 2013-2018. *Aggregates for all indicators do not include Brazil due to lack of data.
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)
- 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 (6–8 months)
- Minimum diet diversity (6–23 months)
- Minimum acceptable diet (6–23 months)
- Continued breastfeeding (12–23 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 (12–23 months), 2018.*

Source: UNICEF global databases, 2019, based on MICS, DHS and other nationally representative surveys, 2013–2018. *Aggregates for all indicators do not include the 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 diet diversity: 6–23 months
- Minimum meal frequency: 6–23 months
- Minimum acceptable diet: 6–23 months
- Continued breastfeeding: 12–23 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 (12–23 months), 2018.

**Source:** UNICEF global databases, 2019, based on MICS, DHS and other nationally representative surveys, 2013-2018. * No data is available for countries in North America.