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.

Source: UNICEF global databases, 2018, 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.
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 (65%)
- Exclusive breastfeeding 0-5 months (56%)
- Introduction of solid, semi-solid or soft foods 6-8 months (77%)
- Minimum meal frequency 6-23 months (42%)
- Minimum diet diversity 6-23 months (21%)
- Minimum acceptable diet 6-23 months (11%)
- Continued breastfeeding at 1 year 12-15 months (87%)
- Continued breastfeeding at 2 years 20-23 months (51%)

Per cent of children: put to the breast within one hour of birth, exclusively breastfeeding (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, 2018, 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.

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.

Source: UNICEF global databases, 2018, based on MICS, DHS and other nationally representative surveys, 2013-2018
Middle East and North Africa

Source: UNICEF global databases, 2018, based on MICS, DHS and other nationally representative surveys, 2013-2018. *Aggregates for all indicators do not include Islamic Republic of Iran and Iraq due to lack of data. ** Aggregates not available as based on data covering less than 50 per cent of the region’s birth population.

**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.*

Source: UNICEF global databases, 2018, based on MICS, DHS and other nationally representative surveys, 2013-2018. *Aggregates for all indicators do not include Islamic Republic of Iran and Iraq due to lack of data. ** Aggregates not available as based on data covering less than 50 per cent of the region’s birth population.
**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.

**Source:** UNICEF global databases, 2018, 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

- 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.

Source: UNICEF global databases, 2018, based on MICS, DHS and other nationally representative surveys, 2013-2018. *Aggregates not available as based on data covering less than 50 per cent of the region’s birth population.
**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: 52%
- Exclusive breastfeeding 0-5 months: 39%
- Introduction of solid, semi-solid or soft foods**: 6-8 months: 57%
- Minimum meal frequency**: 6-23 months: 32%
- Minimum diet diversity**: 6-23 months: 32%
- Minimum acceptable diet**: 6-23 months: 32%
- 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.*

**Source:** UNICEF global databases, 2018, based on MICS, DHS and other nationally representative surveys 2013-2018. *Aggregates for all indicators do not include Brazil due to lack of data. ** Aggregates not available as based on data covering less than 50 per cent of the region’s birth population.
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>56%</td>
</tr>
<tr>
<td>Exclusive breastfeeding 0-5 months</td>
<td>32%</td>
</tr>
<tr>
<td>Introduction of solid, semi-solid or soft foods 6-8 months</td>
<td>76%</td>
</tr>
<tr>
<td>Minimum meal frequency**</td>
<td>63%</td>
</tr>
<tr>
<td>Minimum diet diversity**</td>
<td>29%</td>
</tr>
<tr>
<td>Minimum acceptable diet**</td>
<td></td>
</tr>
<tr>
<td>Continued breastfeeding at 1 year</td>
<td></td>
</tr>
<tr>
<td>Continued breastfeeding at 2 years</td>
<td></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.*

Source: UNICEF global databases, 2018, based on MICS, DHS and other nationally representative surveys, 2013-2018. *Aggregates for all indicators do no include Russian Federation due to lack of data. ** Aggregates not available as based on data covering less than 50 per cent of the region’s birth population.
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

<table>
<thead>
<tr>
<th>Early initiation of breastfeeding*</th>
<th>Exclusive breastfeeding 0-5 months</th>
<th>Introduction of solid, semi-solid or soft foods* 6-8 months</th>
<th>Minimum meal frequency* 6-23 months</th>
<th>Minimum diet diversity* 6-23 months</th>
<th>Minimum acceptable diet* 6-23 months</th>
<th>Continued breastfeeding at 1 year 12-15 months</th>
<th>Continued breastfeeding at 2 years 20-23 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>No data</td>
<td>26</td>
<td>No data</td>
<td>No data</td>
<td>No data</td>
<td>No data</td>
<td>9</td>
<td>6</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.