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), 2019.

Source: UNICEF global databases, 2020, based on MICS, DHS and other nationally representative sources. Note: Data included in these global averages are the most recent for each country between 2014-2019 with the exception of China where the latest data are from 2013.
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

- 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), 2019.

Source: UNICEF global databases, 2020, based in MICS, DHS and other nationally representative surveys, 2014–2019
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.

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), 2019.

Source: UNICEF global databases, 2020, based on MICS, DHS and other nationally representative surveys, 2014–2019
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), 2019.

Source: UNICEF global databases, 2020, based on MICS, DHS and other nationally representative surveys, 2014-2019. *Regional estimates are not displayed as available data represent less than 50 percent of the region's birth population.
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
- Exclusive breastfeeding
- Introduction of solid, semi-solid or soft foods
- Minimum diet diversity
- Minimum meal frequency
- Minimum acceptable diet
- Continued breastfeeding

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), 2019.

**Source:** UNICEF global databases, 2020, based on MICS, DHS and other nationally representative surveys, 2014–2019
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 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), 2019.

**Source:** UNICEF global databases, 2020, based on MICS, DHS and other nationally representative surveys, between 2014-2019 with the exception of China where the latest data are from 2013. *To meet adequate population coverage, Continued Breastfeeding estimates for East Asia and Pacific exclude China.
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: 53%
- Exclusive breastfeeding: 38%
- Introduction of solid, semi-solid or soft foods: 86%
- Minimum diet diversity: 62%
- Minimum meal frequency: 75%
- Minimum acceptable diet: 46%
- Continued breastfeeding: 45%

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), 2019.*

**Source:** UNICEF global databases, 2020, based on MICS, DHS and other nationally representative surveys 2014–2019. *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 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), 2019.

Source: UNICEF global databases, 2020, based on MICS, DHS and other nationally representative surveys, 2014-2019. *Regional estimates are not displayed as available data represent less than 50 per cent of the region’s birth population. **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

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Early initiation of breastfeeding</td>
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<tr>
<td>&lt;1 hour</td>
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<tr>
<td>Exclusive breastfeeding</td>
<td>35%</td>
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<tr>
<td>0–5 months</td>
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<tr>
<td>Introduction of solid, semi–solid or soft foods</td>
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<tr>
<td>6–8 months</td>
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<tr>
<td>6–23 months</td>
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<tr>
<td>Continued breastfeeding</td>
<td>13%</td>
</tr>
<tr>
<td>12–23 months</td>
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</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), 2019.

**Source:** UNICEF global databases, 2020, based on MICS, DHS and other nationally representative surveys, 2014–2019. *No data is available for countries in North America.*