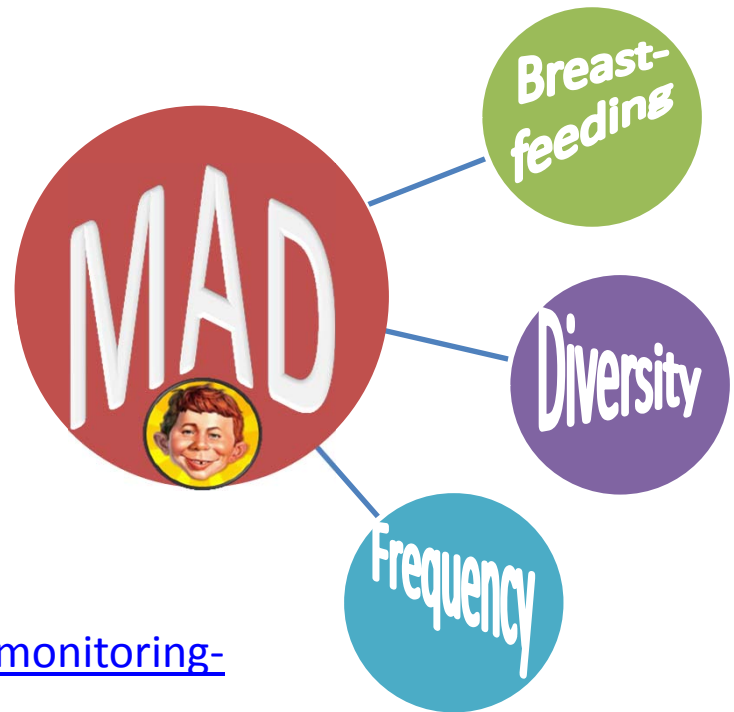


# Are you MAD??

## A Minimum Acceptable Diet (MAD) Primer

MAD is a new indicator measuring the proportion of children age 6-23 months who receive the minimum acceptable diet.

MAD uses the FANTA2 guidelines on Infant and Young Child Feeding from 2010 found at: <http://www.fantaproject.org/monitoring-and-evaluation/iycf-indicators>



### 1. CHILDREN (age 6-23 months)

### 2. BREASTFEEDING

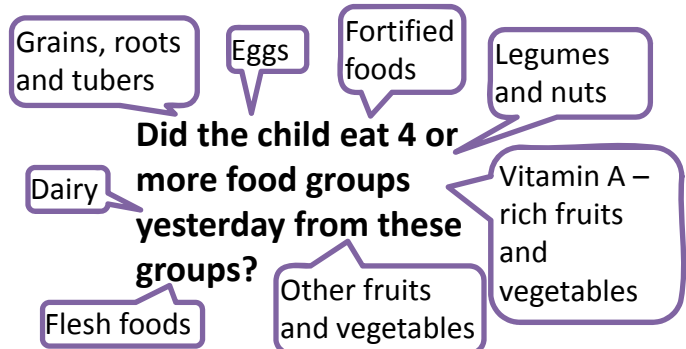
YES?

How old is the child? (This matters as minimum frequency changes with age.)

NO?

How many times did the child consume infant formula, milk or yogurt yesterday?

### 3. MINIMUM DIETARY DIVERSITY



### 4. MINIMUM MEAL FREQUENCY



# Does a child (age 6-23 months) meet the MAD?

**BREASTFED**

**IF**

**NON-BREASTFED**

**the child consumes the Minimum Dietary DIVERSITY**

Children aged 6-23 months  
Who received foods yesterday,  
from the following list of  
**8 food groups,**  
**4 or more food groups\***

1. Grains, roots and tubers; 2. Legumes and nuts; 3. Dairy products; 4. Flesh foods; 5. Eggs; 6. Vitamin-A rich fruits and vegetables; 7. Other fruits and vegetables; 8. Fortified foods

Children aged 6-23 months  
Who received foods yesterday,  
from the following list of  
**7 food groups,**  
**4 or more food groups\***

1. Grains, roots and tubers; 2. Legumes and nuts; 3. Flesh foods; 3. Eggs; 5. Vitamin-A rich fruits and vegetables; 6. Other fruits and vegetables; 7. Fortified foods

**AND**

consumed  
infant  
formula,  
milk, or  
yogurt  
**2 or more  
times\***

**AND**

**the child consumes the Minimum Meal FREQUENCY**

**AGE**

**6-8 months**  
Who received solid,  
semi-solid or soft  
foods yesterday  
**2 or more  
meals\***

**9-23 months**  
Who received solid,  
semi-solid or soft  
foods yesterday  
**3 or more  
meals\***

**AGE**

**6-23 months**  
Who received solid,  
semi-solid or soft  
foods yesterday  
**4 or more  
meals\***

**THEN**

**the child has met the Minimum ACCEPTABLE DIET (MAD)**

**NOW CALCULATE**

**Number of children who**

consumed **4 or  
more food  
groups** from  
**8 group list**

**AND**

received  
**minimum meal  
frequency**

**Divided by total  
number of children  
aged 6-23 months**

**Number of children who**

consumed **4  
or more  
food groups**  
from  
**7 group list**

**AND**

consumed  
infant  
formula,  
milk, or  
yogurt **2 or  
more times\***

**AND**

received  
**minimum  
meal  
frequency**

**Divided by total  
number of children  
aged 6-23 months**

\*indicates standard threshold