

TABLE 6.97 Mean energy intake (kJ) of children by age, province and area of residence

Age (Yrs)	Energy Intake (kJ)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
	Number (n)	162	85	230	230	58	79	126	115	149	1249	631	603	
1 – 3 yrs RDA = 5460 (kJ)	Mean	6391	4690	6207	5444	3818	3973	5343	5504	7156	5650	6054	5319	UR* = 0.0
	SD	2692	2426	2674	2221	2531	2067	3004	2306	2400	2660	2611	2665	
	Median	6141	4442	5846	5055	3062	3478	4576	5384	7078	5282	5878	4898	Gende r = 0.5
	Q ₁ – Q ₃	4609	2852	4375	3761	2275	2330	2943	3440	5137	3585	4078	3316	
		8045	5576	7532	6747	4183	2067	7022	6721	8731	7185	7555	6728	
	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	
4 – 6 yrs RDA = 7200 (kJ)	Mean	7585	5388	7724	6739	7056	4990	6023	6352	9600	7025	7456	6668	UR = 0.001
	SD	2850	2966	3373	2487	3872	2483	3338	2949	3025	3249	3193	3228	
	Median	7385	4953	7190	6437	6378	4556	4990	5760	9559	6529	6914	6098	Gende r = 0.1
	Q ₁ – Q ₃	5514	3204	5310	5113	4008	3350	3471	4258	7462	4676	5285	4254	
		9494	6984	9088	8316	9072	6405	7720	7958	11570	8870	9271	8668	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
7 – 9 yrs RDA = 8400 (kJ)	Mean	8295	5898	8783	8190	7039	5790	6730	6229	10611	7901	8546	7373	U/R = 0.001
	SD	3535	4430	3822	3736	3756	2997	3460	2429	3542	3843	3827	3733	
	Median	7493	4306	8922	7456	6180	5249	6129	5921	10370	7257	8324	6426	Gende r = 0.8
	Q ₁ – Q ₃	5586	3037	5805	5466	4313	3443	3866	4423	7912	5025	5786	4250	
		10233	7498	10664	10238	8568	8017	8532	7490	12776	10213	11273	9257	
1 – 3 yrs	<50 % RDA	8	26	7	7	43	36	21	13	1	13	10	17	
	<67 % RDA	17	37	18	16	64	54	37	26	6	26	21	30	
	>100 % RDA	60	26	56	43	21	24	39	49	71	47	55	39	
4 – 6 yrs	<50 % RDA	7	31	5	10	21	36	30	15	1	15	10	18	
	<67 % RDA	18	48	17	19	39	54	47	35	4	27	20	32	
	>100 % RDA	38	21	49	38	40	24	31	33	79	43	48	38	
7 – 9 yrs	<50 % RDA	6	43	8	12	26	33	31	24	0	16	14	18	
	<67 % RDA	21	71	20	28	27	56	46	49	3	32	25	40	
	>100 % RDA	38	21	53	34	26	22	25	18	70	40	49	30	

*U/R = Urban/Rural

TABLE 6.98 Mean protein intake (g) of children by age, province and area of residence

Age (Yrs)	Protein (g)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
	Number(n)	162	85	230	230	58	79	126	115	149	1234	631	603	
1 – 3 yrs RDA = 16 g	Mean	43	32	46	37	29	31	41	39	52	41	44	37	U/R* = 0.0 Gender = 0.8
	SD	20	18	23	17	23	18	25	18	19	21	21	21	
	Median	39	30	42	34	21	26	34	36	51	37	44	33	
	Q₁ – Q₃	27	18	31	25	13	17	21	25	39	25	29	22	
		53	40	58	45	37	39	53	48	62	51	55	46	
	Number (n)	166	77	131	212	61	54	133	81	122	1037	490	547	
4 – 6 yrs RDA = 24 g	Mean	49	37	58	46	54	40	48	47	68	50	54	47	U/R = 0.0 Gender = 0.2
	SD	21	23	29	20	32	23	28	26	22	26	26	25	
	Median	49	33	52	43	44	33	39	42	67	47	51	42	
	Q₁ – Q₃	33	20	38	33	29	23	28	31	52	31	36	28	
		63	50	71	58	75	53	65	59	80	65	70	60	
	Number (n)	86	27	51	102	33	18	59	33	62	471	239	232	
7 – 9 yrs RDA = 28 g	Mean	55	42	64	55	53	44	52	45	76	56	62	51	U/R = 0.00 Gender = 0.8
	SD	28	30	29	26	25	24	30	19	29	29	29	28	
	Median	48	37	64	54	53	42	44	40	77	53	58	44	
	Q₁ – Q₃	36	21	42	38	32	32	29	31	53	35	42	30	
		71	52	78	70	69	51	74	57	92	74	81	66	
1 – 3	<50 % RDA	0	7	0	1	5	4	4	0	0	1.5	2	1	
	<67% RDA	2	11	1	1	9	13	5	0	0	3	3	3	
	>100 % RDA	94	80	96	93	66	76	85	95	99	90	92	88	
4 – 6	<50 % RDA	1	8	0	0.5	0	4	3	1	0	1.4	1	2	
	<67% RDA	5	14	2	3	0	9	7	4	0	4.5	3	6	
	>100 % RDA	87	66	95	88	82	66	79	84	100	86	91	81	
7 – 9	<50 % RDA	1	21	2	3	3	6	5	0	0	3	3	3	
	<67% RDA	2	21	6	4	6	11	8	3	0	5	6	5	
	>100 % RDA	85	54	92	85	86	78	74	85	100	84	88	80	

*U/R = Urban/Rural

TABLE 6.99 Mean carbohydrate intake (g) of children by age, province and area of residence

Age (Yrs)	Crb/hydrate (g)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
1 – 3 yrs	Number (n)	162	85	230	230	58	79	126	115	149	1249	631	603	U/R* = 0.3 Gender = 0.1
	Mean	237	178	207	198	135	146	195	203	227	201	204	198	
	SD	102	100	91	82	76	72	105	83	79	93	88	97	
	Median	221	163	192	188	121	141	172	200	219	190	196	184	
	Q ₁ – Q ₃	173	103	145	137	85	90	111	130	171	133	137	127	
		293	220	250	240	162	190	256	263	281	253	254	253	
4 – 6 yrs	Number (n)	166	77	131	212	61	54	133	81	122	1037	490	547	U/R = 0.3 Gender = 0.2
	Mean	290	202	261	247	244	178	218	229	311	251	255	248	
	SD	115	101	108	97	126	79	114	104	102	112	103	119	
	Median	276	198	241	227	201	178	195	206	304	229	240	247	
	Q ₁ – Q ₃	207	36	182	182	147	127	129	153	246	169	182	157	
		368	486	317	306	317	228	284	296	372	318	315	322	
7 – 9 yrs	Number (n)	86	27	51	102	33	18	59	33	62	471	239	232	U/R = 0.1 Gender = 0.5
	Mean	313	230	296	298	243	216	242	229	339	281	294	274	
	SD	127	180	127	142	122	111	126	93	109	134	129	138	
	Median	290	169	280	280	200	216	227	208	338	258	285	242	
	Q ₁ – Q ₃	220	95	211	191	166	115	143	157	251	185	200	172	
		393	300	377	382	303	325	316	285	419	362	380	342	

*U/R = Urban/Rural

TABLE 6.100 Mean added Sugar (g) intake of children by age, province and area of residence

Age (Yrs)	Sugar (g)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
1 – 3 yrs	Number (n)	162	85	230	230	58	79	126	115	149	1249	631	603	U/R* = 0.0 Gender = 0.6
	Mean	32	25	46	36	23	32	21	38	60	38	43	32	
	SD	28	32	30	29	23	28	30	27	33	32	31	31	
	Median	26	16	39	29	17	26	13	33	51	30	37	25	
	Q ₁ – Q ₃	12 44	11 31	24 62	19 44	8 34	12 44	6 26	21 48	35 78	17 50	22 57	13 41	
4 – 6 yrs	Number (n)	166	77	131	212	61	54	133	81	122	1037	490	547	U/R = 0.0 Gender = 0.6
Mean	32	27	55	39	38	32	23	35	85	44	52	37		
SD	21	18	38	28	31	21	23	23	45	36	37	33		
Median	26	24	45	33	30	36	17	27	75	35	44	29		
Q ₁ – Q ₃	15 46	12 36	30 70	21 48	13 57	15 46	7 29	21 43	54 110	20 58	25 69	16 49		
7 – 9 yrs	Number (n)	86	27	51	102	33	18	59	33	62	471	239	232	U/R = 0.0 Gender = 0.8
Mean	51	22	60	44	36	51	31	34	91	49	59	39		
SD	46	20	34	33	26	46	42	16	44	40	44	32		
Median	31	18	52	37	30	31	18	29	81	39	50	33		
Q ₁ – Q ₃	22 62	12 24	35 74	21 64	20 50	22 62	12 33	24 44	57 122	22 65	25 82	21 50		

*U/R = Urban/Rural

TABLE 6.101 Mean total fat intake (g) of children by age, province and area of residence

Age (Yrs)	Fat (g)	Province									RSA	Urban	Rural	t-Test p value	
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC					
1 – 3 yrs	Number (n)	162	85	230	230	58	79	126	115	149	1249	631	603	U/R* = 0.0 Gender = 0.3	
	Mean	38	25	45	33	23	23	30	33	52	37	44	30		
	SD	21	18	25	19	7	88	26	19	19	24	25	22		
	Median	36	20	40	29	28	17	20	29	29	32	40	24		
	Q ₁ – Q ₃	22 49	14 32	28 61	19 42	7 28	9 32	10 44	21 40	21 40	39 62	18 50	25 58		15 40
	Number (n)	166	77	131	212	61	54	133	81	122	1037	490	547		
4 – 6 yrs	Mean	41	30	55	39	54	30	36	40	76	44	52	38	U/R = 0.0 Gender = 0.2	
	SD	22	26	30	19	32	22	29	23	29	29	31	25		
	Median	37	24	49	38	44	24	25	35	76	38	47	32		
	Q ₁ – Q ₃	25 52	13 39	34 66	26 48	29 75	13 42	18 48	24 48	24 92	53 92	24 58	30 66		20 49
	Number (n)	86	27	51	102	33	18	59	33	62	471	239	232		
7 – 9 yrs	Mean	46	28	63	48	46	31	40	36	83	49	59	41	U/R = 0.0 Gender = 0.6	
	SD	30	22	33	28	39	22	27	15	36	36	35	29		
	Median	39	22	66	40	35	25	30	35	83	41	53	33		
	Q ₁ – Q ₃	25 60	12 39	35 81	29 60	20 62	15 37	18 61	25 45	25 101	58 68	25 68	32 81		21 52
	Number (n)														

*U/R = Urban/Rural

TABLE 6.102 Mean fibre intake (g) of children by age, province and area of residence

Age (Yrs)	Fibre (g)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
1 – 3 yrs	Number (n)	162	85	230	230	58	79	126	115	149	1249	631	603	U/R* = 0.2 Gender = 0.15
	Mean	15	11	14	15	10	8	15	11	14	13	14	13	
	SD	7	7	7	9	6	5	8	6	7	8	7	8	
	Median	14	10	13	13	8	8	13	11	13	12	12	11	
	Q ₁ – Q ₃	10 19	6 16	9 18	10 17	5 12	5 10	8 20	7 14	10 19	8 17	8 17	8 16	
Number (n)	166	77	131	212	61	54	133	81	122	1037	490	547	U/R = 0.3 Gender = 0.22	
Mean	19	12	18	19	19	11	17	13	21	18	17	18		
SD	8	7	10	9	13	7	9	6	10	9	8	10		
Median	18	12	16	17	14	11	14	12	20	16	16	16		
Q ₁ – Q ₃	13 25	7 16	11 22	13 23	10 25	6 13	11 19	9 16	15 25	11 22	11 22	11 22		
Number (n)	86	27	51	102	33	18	59	33	62	471	239	232	U/R = 0.5 Gender = 0.42	
Mean	22	15	21	23	18	13	19	14	23	20	20	21		
SD	11	13	12	18	9	7	12	9	10	13	10	15		
Median	20	11	19	20	15	11	15	12	22	17	19	16		
Q ₁ – Q ₃	14 26	6 13	13 23	12 28	13 20	8 16	11 24	9 15	16 27	12 26	13 26	12 25		

*U/R = Urban/Rural

TABLE 6.103 Energy distribution of macronutrients and nutrient ratios [mean (SD)]

Nutrient	GENDER		Province									RSA	Urban*	Rural*
	Boys	Girls	EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC			
Protein (% E) (SD)	12.0 2.6	12.2 2.6	11 2	11.8 3	13 2.6	11.5 2.5	12.9 3	13 3	13 3.3	12 2	12.2 2	12.1 3	12.5 3	11.8 3
Animal Protein (%E) (SD)	5.3 3.3	5.5 3.3	3.8 2.7	5.3 3.2	5.2 4	4.4 3	5.7 3.8	6.5 4	6.4 3	6 2.4	7 2.5	5.5 3	6.2 3	4.5 3.3
Plant Protein (% E) (SD)	6.6 1.7	6.5 1.7	7 1.6	6.5 1.4	7.6 1.7	7.1 1.6	1.9 7.1	6.3 1.4	5.9 1.5	6 1.1	5 1.4	6.6 2	6 1.6	7.2 1.6
Total Fat (% E)** (SD)	41 27	43 29	21 7	20 8	27 7	22 7	22 9	21 7.5	21 7	23 6	30 6	23 8	26.5 7.7	21 7.9
Sat. Fat (% E) (SD)	11.1 2.9	11.7 2.9	5 2.5	5 2.5	7.7 2.5	6 3	6 3.5	6 2.6	5.5 3	6 2	9 2	6 3	7.3 2.7	5.5 2.7
Mono. Fat (% E) (SD)	13.6 3.3	14.1 3.2	6 2.6	7 3	10 3	8 3	7 3.5	7 3	6.8 3.7	8 2	10.5 2.4	8 3	8.9 3	6.7 3.1
Poly. Fat (% E)** (SD)	10.1 2.5	11.0 2.8	6.5 2.8	5 3	6.5 2	6 3	6 2.6	5.5 2.3	6.2 3.2	6 2	7 2	6 2.5	6.5 2.4	6 2.8
CHO (% E)*** (SD)	61.8 8.9	60.9 8.9	65 8	65 9	58 7	62 8	62 10	63 9.5	63 10	62 6.6	55 6	62 9	58 8	64 9
Sugar (% E) (SD)	11.0 7.1	10.8 6.9	11 6	9 8	12 6	10.5 6.5	9.4 6.7	13 9	6.5 6.3	11 6	15 6	11 7	12 6.6	10 7.1
P:S Ratio (SD)	1.1 0.6	1.1 0.5	1.4 0.7	1.2 0.6	0.9 0.32	1.1 0.6	1.3 0.6	1.1 0.5	1.4 0.7	1.1 0.4	0.9 0.3	1.1 0.6	1.0 0.5	1.3 0.7

* Urban/rural: $p < 0.0$; ** Gender: Total fat $p < 0.01$, Polyunsaturated fat $p < 0.001$; *** Carbohydrate (CHO) $p < 0.01$