

TABLE 5.11 Mean energy intake (kJ) of children by age and area of residence (n = 2868)

Age (Yrs)	Energy Intake (kJ)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
1 – 3 yrs RDA = 5460 (kJ)	Number (n)	168	96	241	237	60	82	147	115	162	1308	664	644	U/R* = 0.0001 Gender = 0.05
	Mean	4623	3431	3827	4763	3627	3279	3670	4083	5197	4200	4403	3992	
	SD	2327	1722	1511	1918	1712	1864	1754	1657	1894	1933	2043	1790	
	Median	4166	3174	3706	4488	3320	2945	3255	3892	4870	3887	4209	3678	
	Q ₁ – Q ₃	3118 5753	2098 4033	2762 4744	3429 5852	2472 4525	2134 3850	2428 4565	2930 4950	3850 6206	2839 5263	2933 5571	2743 4832	
4 – 6 yrs RDA = 7200 (kJ)	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	UR = 0.0001 Gender = 0.63
Mean	5331	4267	4829	5939	4740	4397	4597	5180	6600	5271	5614	4963		
SD	2226	2145	1814	2222	2273	2180	2062	2934	2457	2349	2375	2283		
Median	4964	3878	4728	5587	4328	3545	4459	4520	6283	4988	5331	4695		
Q ₁ – Q ₃	3885 6382	2668 5427	3439 6025	4505 7129	3025 5889	2913 5871	3149 5626	3246 6268	4786 8450	3545 6508	3878 6870	3269 6075		
7 – 9 yrs RDA = 8400 (kJ)	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	U/R = 0.007 Gender = 0.06
Mean	5767	4552	5067	6349	5387	5207	5259	5654	7119	5800	6098	5502		
SD	2626	2682	1864	2097	2094	2948	2318	2596	2314	2428	2436	2388		
Median	5734	3972	5014	6383	5284	4998	4550	4775	6540	5614	5840	5100		
Q ₁ – Q ₃	3857 6912	2969 5883	3637 6517	4620 7721	3880 6140	3245 6356	3730 6737	4070 6681	5614 8437	4066 7183	4414 7482	3766 6912		
1 – 3 yrs	<50 % RDA	21	42	24	11	30	39	33	21	6	22	20	25	
	<67 % RDA	37.5	61.5	49	32	63	72	58.5	45	23	45	41	49	
	>100 % RDA	29	13.5	14	29.5	13	10	18	17	38	22	26	18	
4 – 6 yrs	<50 % RDA	20	41	26	13	37	51	34	33	13	26	21	30	
	<67 % RDA	47	66	54	33	58.5	62	56	57	25	47	41	53	
	>100 % RDA	13.5	11	9	24	11	13	11	16	39	18	21	14	
7 – 9 yrs	<50 % RDA	28	55	30	21	30	37.5	39	26.5	4.8	27	20.5	34	
	<67 % RDA	48	72	64	37	59.5	56	64	65	29	50.5	45	56	
	>100 % RDA	10.5	14	4	19	5	6	8	18	25	13	15	12	

*U/R = Urban/Rural

TABLE 5.12 Mean protein intake (g) of children by age and area of residence (n = 2868)

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)	168	96	241	237	60	82	147	115	162	1308	664	644	
1 – 3 yrs RDA = 16 g	Mean	29.5	24.5	29	33.5	28.5	24.5	29	29	41.5	30.5	33	28.5	U/R* = 0.0001
	SD	17.5	13.5	15.5	16	15.5	16.5	20.5	14.5	19	17.5	18	16.5	
	Median	26	22.5	26.5	30.5	25	21.5	23	26	40	28	30	25.5	Gender = 0.12
	Q ₁ – Q ₃	17	14	19	21	17	12	16	19	27	18.3	20	17	
		38	33	37	45	40	34	38	36	52	40.5	44	36	
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	
4 – 6 yrs RDA = 24 g	Mean	34.5	33.5	38	43	35	35.5	37	37	49.5	39	43	35.5	U/R = 0.0001
	SD	18	19.5	17	20.5	17	20.5	21	22	22.5	20.5	21	19	
	Median	31.5	29	37	38	34	31.5	35	34	46.5	35.5	41	32	Gender = 0.15
	Q ₁ – Q ₃	22	21	25	28	21	18	20	21	32	23.4	27	21	
		43	43	49	56	45	52	47	49	64	51	57	46	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
7 – 9 yrs RDA = 28 g	Mean	37.5	34	40	46	41.5	42	45	40.5	55	43.5	48	39	U/R = 0.0001
	SD	21	18.7	19	21.5	20.5	31.5	26	22	23.5	23	23.5	21	
	Median	35	30	38.5	43.5	37.5	39.5	39.5	33.5	49.5	39	43.5	35	Gender = 0.35
	Q ₁ – Q ₃	22	21	27	29	26	14	25	26	37	27	31	23	
		50	42	52	62	48	52	58	52	69	56.4	61	52	
1 – 3	<50 % RDA	4	3	4.5	1.5	6.5	12	5	2.5	0.5	4	4	3.5	
	<67% RDA	12	13.5	7	4.5	10	20.5	11.5	5	2	8.5	8.5	8	
	>100 % RDA	78.5	71	81.5	86.5	78.5	63.5	75	82.5	93	80.5	82.5	78.5	
4 – 6	<50 % RDA	5.5	8.5	4.5	2	4.5	7.5	6.5	7.5	1	4.5	2.5	6.5	
	<67% RDA	12.4	13.5	7.5	4	9	18	15.5	18.5	4.5	10	6.5	13.5	
	>100 % RDA	66	65	78	81	69	65.5	67.5	65.5	90	73.5	80	67.5	
7 – 9	<50 % RDA	6	10.5	8	3	3	25	3.5	6	0	5	4	6	
	<67% RDA	20	17	16	7	8	31.5	13	6	0	11.5	7.5	15.5	
	>100 % RDA	61.5	58.5	74	77	70.5	62.5	67	73.5	97	73	82	64	

*U/R = Urban/Rural

TABLE 5.13 Mean carbohydrate intake (g) of children by age and area of residence (n = 2868)

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)	168	96	241	237	60	82	147	115	162	1308	664	644	U/R* = 0.45 Gender = 0.005*
	Mean	182	134	133	175	127	120	139	156	162	152	154	151	
	SD	86	78	53	76	60	64	66	66	62	72	72	71	
	Median	161	109	128	166	120	109	132	144	151	141	140	141	
	Q ₁ – Q ₃	119	80	95	123	83	80	89	108	118	101	103	100	
		235	166	165	215	152	141	175	188	194	188	194	181	
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	
4 – 6 yrs	Mean	217	158	165	220	170	159	177	192	209	193	192	193	U/R = 0.92 Gender = 0.78
	SD	94	85	64	86	80	76	74	99	78	86	80	91	
	Median	198	156	163	205	150	146	174	156	203	180	181	179	
	Q ₁ – Q ₃	154	85	121	161	113	99	127	128	155	132	134	130	
		264	198	193	267	211	216	225	241	270	240	238	241	
		Number (n)	86	29	50	101	37	16	61	34	63	477	239	
7 – 9 yrs	Mean	230	174	173	235	193	163	198	207	225	210	206	214	U/R = 0.31 Gender = 0.02
	SD	113	110	61	78	71	71	78	85	71	88	78	97	
	Median	210	151	180	232	186	182	183	193	226	193	197	193	
	Q ₁ – Q ₃	156	98	126	174	155	116	142	159	178	155	159	148	
		287	239	217	294	218	221	256	228	269	265	250	274	
		Number (n)												

*U/R = Urban/Rural

TABLE 5.14 Mean added sugar (g) intake of children by age and area of residence (n = 2868)

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)	168	96	241	237	60	82	147	115	162	1408	664	644	U/R* = 0.0001 Gender = 0.56
	Mean	23	10	21	20	15	25	14	24	39	22	26	18	
	SD	22	12	19	17	13	22	13	16	27	21	23	17	
	Median	18	9	15	15	12	21	12	24	33	18	20	12	
	Q ₁ – Q ₃	6 36	0 12	9 29	7 28	9 18	12 36	3 21	12 36	19 55	8 30	12 36	6 24	
Number (n)	170	83	136	217	65	55	144	81	132	1983	513	570	U/R = 0.0001 Gender = 0.95	
Mean	35	16	28	26	23	28	15	28	52	29	36	24		
SD	53	18	23	23	21	23	15	29	33	33	30	34		
Median	26	12	24	21	18	22	12	24	51	24	28	18		
Q ₁ – Q ₃	15 45	0 22	12 38	12 35	12 30	12 40	0 23	12 36	34 74	12 38	15 48	9 30		
Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	U/R = 0.0001 Gender = 0.58	
Mean	36	14	31	26	24	27	19	25	60	31	39	24		
SD	35	19	23	20	19	24	16	15	39	29	33	21		
Median	29	12	22	24	18	24	18	21	57	24	30	18		
Q ₁ – Q ₃	12 51	0 18	12 46	13 34	12 30	0 46	12 24	14 34	30 78	12 42	17 55	12 31		

*U/R = Urban/Rural

TABLE 5.15 Mean fat intake (g) of children by age and area of residence (n = 2868)

Age (Yrs)	Fat (g)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TE NG	KZN	M/GA	NC	NP	NW	WC				
	Number (n)	168	96	241	237	60	82	147	115	162	1308	664	644	
1 – 3 yrs	Mean	23	16	25	27	23	20	19	22	43	25	29	22	U/R* = 0.0001
	SD	22	10	16	15	18	19	17	15	22	19	21	16	
	Median	19	15	22	25	18	16	13	18	41	21	25	18	Gender = 0.38
	Q ₁ – Q ₃	8	8	12	16	13	7	6	12	28	12	14	10	
		33	23	33	37	32	25	28	30	53	35	39	30	
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	
4 – 6 yrs	Mean	22	23	32	34	29	25	21	30	54	31	38	24	U/R = 0.0001
	SD	18	16	19	22	22	21	18	32	29	24	25	21	
	Median	17	19	28	30	24	19	16	23	51	25	33	19	Gender = 0.91
	Q ₁ – Q ₃	8	12	17	20	11	10	7	11	31	13	19	10	
		29	32	47	44	42	30	32	40	73	43	52	32	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
7 – 9 yrs	Mean	26	22	33	35	32	42	24	33	57	34	42	26	U/R = 0.0001
	SD	20	16	20	21	25	53	23	24	29	26	29	20	
	Median	22	17	29	35	27	27	17	27	54	29	38	22	Gender = 0.81
	Q ₁ – Q ₃	10	12	21	20	15	17	9	15	40	15	23	11	
		36	29	47	47	41	40	32	50	68	45	55	35	

*U/R = Urban/Rural

TABLE 5.16 Mean fibre intake (g) of children by age and area of residence (n = 2868)

Age (Yrs)	Fibre (g)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
	Number (n)	168	96	241	237	60	82	147	115	162	1308	664	644	
1 – 3 yrs	Mean	10	8	8	12	9	6	11	8	10	9	9	10	U/R* = 0.33
	SD	7	6	5	8	5	6	6	5	5	6	6	7	
	Median	8	6	7	10	8	4	9	7	9	8	8	8	Gender = 0.0001
	Q₁ – Q₃	5	4	5	7	6	3	6	4	6	5	5	5	
	Number (n)	13	11	10	15	13	8	15	11	12	12	12	12	
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	
4 – 6 yrs	Mean	14	9	11	16	12	9	15	10	14	13	13	13	U/R = 0.09
	SD	9	6	6	8	8	7	7	6	8	8	7	8	
	Median	12	8	10	14	11	7	14	8	12	12	11	12	Gender = 0.96
	Q₁ – Q₃	8	5	7	10	7	5	10	6	9	8	8	8	
	Number (n)	17	12	14	20	16	12	20	12	16	17	16	18	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
7 – 9 yrs	Mean	15	13	13	18	14	9	16	13	15	15	14	16	U/R = 0.04
	SD	10	10	7	15	6	4	8	11	10	11	9	12	
	Median	12	9	10	15	13	9	15	9	13	13	12	14	Gender = 0.002
	Q₁ – Q₃	8	6	7	10	10	6	10	7	9	8	8	9	
	Number (n)	17	17	18	22	18	13	20	16	18	18	17	20	

*U/R = Urban/Rural

TABLE 5.17 Energy distribution of macronutrients and nutrient ratios [mean (SD)] (n = 2868)

Nutrient	GENDER		Province									RSA	Urban	Rural
	Boys	Girls	EC	FS	G/TENG	KZN	M/LA	NC	NP	NW	WC			
Number (n)	1446	1422	424	208	427	555	162	153	352	230	357	2868	1416	1452
Protein (% E) (SD)	13 4.5	13 4.5	11.5 3.5	14 5	13.5 4	12.5 3.5	13.5 4	14 6.5	14.5 7	12.5 3.5	13.5 3.5	13 4.5	13.5 4	13 5
Animal Protein (%E) (SD)	5.5 5.5	6 5.5	3.5 4	6.5 6	7 5	5 4.5	6 5	7 7	5.5 7.5	5.5 4	8 4.5	6 5.5	7 5	5 5.5
Plant Protein (% E) (SD)	7.5 2.5	7 2.5	8 2.5	7 2	6.5 2	7.5 2.5	7.5 2.5	6.5 2.5	8.5 2.5	7 2	5 2	7 2.5	6.5 2.7	8 2.5
Total Fat (% E) (SD)	22 11	23 11	17.5 10	20.5 10	25.5 10	22 9.5	23 11	22 12.5	18 11	21 10	31 9.5	22.5 11	25 10.5	19.5 10.5
Sat. Fat (% E) (SD)	6 4.5	6.5 4	5 4	5 3.5	7.5 4.5	6.5 4	6.5 4	7 5.5	4.5 4	5 4	8.5 3.5	6 4	7 4	5.5 4
Mono. Fat (% E) (SD)	7 4.5	7.5 4	5.5 3.5	6 3.5	8.5 4.5	7 3.5	7.5 4.5	7.5 5	6 4.5	6.5 4	10.7 4	7.4 4.4	8.5 4	6 4
Poly. Fat (% E) (SD)	5 3.5	6 4	5 4	5 4	6 3.5	6 4.5	6 4	4.5 3.5	4.5 3	5.5 3.5	7 3.5	5.5 4	6 3.5	5 4
CHO (% E) (SD)	70.5 14.5	70 14	77 14	72 14	66.5 12.5	71 12.3	69 14	69 16.5	75.5 13.5	72 12	59.5 12	71 14	66.5 13.5	74 14
Sugar (% E) (SD)	9.5 8	10 8.5	10.5 10	6 6	10 7.4	8 6.5	8.5 6	13 10	6.5 6.5	10.5 10	14.5 8	9.5 8.5	11 8.5	8.5 8
P:S Ratio (SD)	1.2 0.9	1.3 1	1.5 1.2	1.3 1.0	1.0 0.8	1.3 1.1	1.3 0.9	0.9 0.8	1.5 0.9	1.4 1.0	0.9 0.6	1.3 1.0	1.1 0.8	1.4 1.0