

Nutrient intake of children 12-36 months living in two selected communities in the Breede Valley, Western Cape, South Africa

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Objective: To describe current macro- and micronutrient intakes of young children in two selected communities in the Breede Valley, Worcester.

Design: A quantitative cross sectional study.

Setting: Two disadvantaged communities in Worcester (Avian Park and Zweletemba) in the Breede Valley, Western Cape Province.

Subjects: Two hundred and forty eight children (Avian Park, n=117, Zweletemba n=131) between the ages of 12–36 months.

Methods: Macro- and micronutrient intakes of the children were determined with a validated interviewer-administered quantitative food frequency questionnaire (QFFQ) and compared against the estimated average requirement (EAR), and Adequate Intake (AI) of nutrients. The Nutrient Adequacy Ratio (NAR) was

calculated as well as percentage deviation from EAR/AI.

Results: In both communities and for both genders, more than 20% of the children had calcium and folate intakes that deviated with more than 50% below the EAR. More participants in Zweletemba had intakes that deviated with more than 50% above the EAR/AI compared to Avian Park for carbohydrate, thiamin, niacin and iron.

Conclusion: With the exception of folate, calcium and selenium, average reported nutrient intakes of children (boys and girls) in both communities were adequate.

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