

TABLES

LIST OF TABLES

Table 5.1	p values for the comparison of the mean nutrient intake between the age groups studied that had a repeated (x 3) 24-H-R completed
Table 5.2	Day of the week recalled for all 24-H-Rs conducted during the survey (n = 2797)
Table 5.3	Percentage children whose 24-H-Rs were considered “normal” or “usual” by the interviewee (n = 2756)
Table 5.4	The type of fat usually eaten on bread (n = 2747)
Table 5.5	The type of fat usually used in cooking (n = 2808)
Table 5.6	The type of bread usually eaten by the child (n = 2802)
Table 5.7	Type of milk usually drunk by the child (n = 2757)
Table 5.8	Percentage of children who had eaten at a feeding scheme/crèche on the previous day (n = 2746)
Table 5.9	Type of scheme where the child ate the day preceding the interview (n = 252)
Table 5.10	The caregiver’s perception of hunger, whether the child ate from the family pot and shared a plate with siblings on the day preceding the interview
Table 5.11	Mean energy intake (kJ) of children by age and area of residence (n = 2868)
Table 5.12	Mean protein intake (g) of children by age and area of residence (n = 2868)
Table 5.13	Mean carbohydrate intake (g) of children by age and area of residence (n = 2868)
Table 5.14	Mean added sugar (g) intake of children by age and area of residence (n = 2868)
Table 5.15	Mean fat intake (g) of children by age and area of residence (n = 2868)

Table 5.16	Mean fibre intake (g) of children by age and area of residence (n = 2868)
Table 5.17	Energy distribution of macronutrients and nutrient ratios [mean (SD)] (n = 2868)
Table 5.18	Mean vitamin A intake (RE) of children by age and area of residence (n = 2868)
Table 5.19	Mean vitamin D intake (μg) of children by age and area of residence (n = 2868)
Table 5.20	Mean vitamin E intake (IU) of children by age and area of residence (n = 2868)
Table 5.21	Mean vitamin C intake (mg) of children by age and area of residence (n = 2868)
Table 5.22	Mean thiamin intake (mg) of children by age and area of residence (n = 2868)
Table 5.23	Mean riboflavin intake (mg) of children by age and area of residence (n = 2868)
Table 5.24	Mean niacin intake (NE) of children by age and area of residence (n = 2868)
Table 5.25	Mean vitamin B6 intake (mg) of children by age and area of residence (n = 2868)
Table 5.26	Mean vitamin B12 intake (μg) of children by age and area of residence (n = 2868)
Table 5.27	Mean folate intake (μg) of children by age and area of residence (n = 2868)
Table 5.28	Mean calcium intake (mg) of children by age and area of residence (n = 2868)
Table 5.29	Mean phosphorus intake (mg) of children by age and area of residence (n = 2868)
Table 5.30	Mean iron intake (mg) of children by age and area of residence (n = 2868)
Table 5.31	Mean zinc intake (mg) of children by age and area of residence (n = 2868)

Table 5.32	Mean selenium intake (μg) of children by age and area of residence (n = 2868)
Table 5.33	Mean magnesium intake (mg) of children by age and area of residence (n = 2868)
Table 5.34	Summary of the mean intake of nutrients by province* and age group as determined by the 24-H-R
Table 5.34(cont'd)	Summary of the mean intake of nutrients by province* and age group as determined by the 24-H-R
Table 5.35	Frequency of food items eaten by children in South Africa (n = 2868) as determined by the 24-H-R
Table 5.36	Frequency of food items eaten by children in the Eastern Cape (n = 424) as determined by the 24-H-R
Table 5.37	Frequency of food items eaten by children in the Free State (n = 208) as determined by the 24-H-R
Table 5.38	Frequency of food items eaten by children in Gauteng (n = 427) as determined by the 24-H-R
Table 5.39	Frequency of food items eaten by children in KwaZulu/Natal (n = 555) as determined by the 24-H-R
Table 5.40	Frequency of food items eaten by children in Mpumalanga (n = 162) as determined by the 24-H-R
Table 5.41	Frequency of food items eaten by children in Northern Cape (n = 153) as determined by the 24-H-R
Table 5.42	Frequency of food items eaten by children in Northern Province (n = 352) as determined by the 24-H-R
Table 5.43	Frequency of food items eaten by children in North West (n = 230) as determined by the 24-H-R
Table 5.44	Frequency of food items eaten by children in Western Cape (n = 357) as determined by the 24-H-R
Table 5.45	Univariate Analysis of risk factors for a child being stunted in children aged 1 – 9 years
Table 5.46	Univariate Analysis of risk factors of a child being underweight in children aged 1 – 9 years

Table 5.47	Comparison of mean nutrient intake from the present survey with other studies using the 24-H-R methodology
Table 5.48	The most frequently consumed food items in the present survey compared with a study in adults in the Northern Province