



SUPPLEMENT

Nutrient Intake Profile Among Children Aged 6–24 Months in Indonesia: A Descriptive Analysis

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Abstract

Background: Adequate nutrient intake in early childhood is critical for growth, cognitive development, and immune function. The first two years of life are a sensitive period where nutritional deficiencies may lead to long-term consequences. However, many children in low- and middle-income countries fail to meet dietary needs due to limited diversity and poor feeding practices.

Objectives: To describe the intake of energy, macronutrients, and key micronutrients among Indonesian children aged 6–24 months.

Methods: This descriptive cross-sectional study used secondary data from the South East Asian Nutrition Survey II (SEANUTS II) conducted in Indonesia (2019–2020), involving 1,154 children aged 6–24 months from 21 regencies. Dietary intake was assessed through a single 24-hour recall. Energy intake was compared with the Estimated Energy Requirement (EER), while macronutrients and micronutrients were compared with the Indonesian Recommended Dietary Allowance (RDA).

Results: The median energy intake was 740 kcal/day; 57.1% of children had inadequate intake. Carbohydrate and protein intakes were 97.4 g/day and 30.6 g/day, with inadequacy rates of 12.5% and 38.6%. Fat intake was 27.4 g/day, with 83.6% inadequacy. Median intakes of vitamin D, iron, calcium, and zinc were 2.5 µg/day, 5.2 mg/day, 365.9 mg/day, and 4.1 mg/day, with inadequacy rates of 91.6%, 71.1%, 57.5%, and 24.3%, respectively. Crosstab analysis showed that iron inadequacy was more prevalent among children aged 6–11 months (82.9% vs 64.5%), while energy, calcium, and zinc inadequacies were higher among those aged 12–24 months. These differences were statistically significant ($p < 0.001$).

Conclusions: Most Indonesian children aged 6–24 months did not meet recommended intake levels for energy and several essential nutrients. Targeted interventions are needed to improve complementary feeding practices and access to nutrient-rich foods.

Keywords: nutrient intake, nutrient adequacy, children aged 6–24 months, complementary feeding

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