

TABLE 5.18 Mean vitamin A intake (RE) of children by age and area of residence (n = 2868)

Age (Yrs)	Vitamin A (RE)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
1 – 3 yrs RDA = 400(RE)	Number (n)	168	96	241	237	60	82	147	115	162	1308	664	644	U/R* = 0.0001 Gender = 0.89
	Mean	311	331	394	310	194	241	353	276	633	359	463	252	
	SD	550	1016	982	474	247	490	446	722	865	723	943	349	
	Median	181	111	166	212	117	86	186	107	386	176	204	133	
	Q1 – Q3	54 366	59 252	77 314	101 355	50 194	12 274	34 481	40 222	202 657	71 384	95 425	51 322	
Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	U/R = 0.001 Gender = 0.29	
Mean	354	296	513	413	241	499	478	315	599	425	544	319		
SD	966	578	1668	1540	369	1295	771	675	1132	1167	1313	1007		
Median	141	130	190	185	124	97	345	107	338	181	209	155		
Q1 – Q3	49 337	71 301	101 426	94 326	51 226	50 258	77 588	47 201	198 499	78 400	109 461	51 362		
Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	U/R = 0.06 Gender = 0.53	
Mean	350	430	311	293	1159	535	683	389	653	493	604	382		
SD	686	946	467	468	3583	1454	1298	1240	1045	1328	1589	991		
Median	145	126	197	197	149	147	319	95	416	188	236	145		
Q1 – Q3	22 364	59 379	71 347	72 354	68 368	70 335	75 630	50 146	235 620	71 419	107 510	47 357		
1 – 3 yrs	<50 % RDA	57	71	58	48	75	73	50	74	25	55	48	62	
	<67% RDA	68	76	71	62	85	74	56	79	36	65	60	70	
	>100% RDA	22	13	20	22	15	18	31	14	49	24	27	20	
4 – 6 yrs	<50 % RDA	68	71	60	65	77	75	40	78	34	60	55	65	
	<67% RDA	75	78	65	76	82	80	49	81	50	69	64	73	
	>100% RDA	15	14	19	12	12	16	29	13	25	18	22	14	
7 – 9 yrs	<50 % RDA	74	69	76	73	70	75	52	91	43	68	62	73	
	<67% RDA	83	83	84	86	84	87	66	94	56	79	72	85	
	>100% RDA	13	7	8	7	14	6	20	6	19	12	14	9	

*U/R = Urban/Rural

TABLE 5.19 Mean vitamin D intake (μg) of children by age and area of residence (n = 2868)

Age (Yrs)	Vitamin D (μg)	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 = 10 μg	Mean	0.9	1.4	1.9	1.4	1.8	1.8	1.3	1.7	2.6	1.7	1.9	1.4	U/R* = 0.006
	SD	2.0	3.7	3.2	2.4	2.8	3.3	5.9	3.1	3.0	3.4	3.0	3.7	
	Median	0.2	0.1	0.4	0.4	0.2	0.2	0.02	0.2	1.5	0.3	0.6	0.2	Gender = 0.48
	Q1 – Q3	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.7	0.0	0.1	0.0	
		0.6	0.3	2.3	1.2	4.1	1.2	0.5	1.8	4.3	1.5	2.4	0.9	
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	
4 – 6 yrs RDA = 10 μg	Mean	1.3	1.8	2.4	1.9	1.8	1.4	1.3	1.7	2.8	1.8	2.4	1.3	U/R = 0.0001
	SD	2.4	4.2	3.7	3.2	3.1	2.4	3.3	3.3	2.7	3.2	3.5	2.8	
	Median	0.2	0.1	0.8	0.6	0.3	0.2	0.0	0.2	1.8	0.4	0.9	0.1	Gender = 0.19
	Q1 – Q3	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.7	0.0	0.2	0.0	
		0.9	1.1	3.1	2.1	2.4	1.2	0.4	1.2	4.4	2.0	3.3	0.8	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
7 – 9 yrs RDA = 10 μg	Mean	1.5	1.1	2.5	1.5	1.5	1.8	1.0	2.8	2.7	1.8	2.3	1.2	U/R = 0.0001
	SD	2.8	2.2	3.6	2.6	2.7	3.3	2.6	4.2	2.4	2.9	3.2	2.5	
	Median	0.3	0.1	1.0	0.6	0.4	0.3	0.0	0.9	1.9	0.5	1.1	0.2	Gender = 0.91
	Q1 – Q3	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	1.0	0.0	0.1	0.0	
		1.4	0.7	4.3	1.4	1.4	1.7	0.5	4.5	3.8	2.0	3.7	1.1	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
1 – 3 yrs	<50 % RDA	96	89	86	91	88	82	95	86	80	88	86	91	
	<67% RDA	98	92	91	95	90	90	97	91	89	93	93	93	
	>100% RDA	1	4	2	1	2	2	1	3	2	2	2	2	
4 – 6 yrs	<50 % RDA	91	88	82	90	85	89	90	88	80	87	83	91	
	<67% RDA	95	92	87	94	91	95	94	90	88	92	89	94	
	>100% RDA	2	6	6	4	3	0	2	4	2	3	4	2	
7 – 9 yrs	<50 % RDA	88	90	82	90	92	88	95	79	84	88	84	92	
	<67% RDA	95	97	86	96	92	94	97	85	90	93	92	95	
	>100% RDA	2	0	4	3	3	6	2	6.0	2	3	3	2	

*U/R = Urban/

TABLE 5.20 Mean vitamin E intake (IU) of children by age and area of residence (n = 2868)

Age (Yrs)	Vitamin E (IU)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
1 – 3 yrs RDA = 6 IU	Number (n)	168	96	241	237	60	82	147	115	162	1308	664	644	U/R* = 0.03 Gender = 0.18
	Mean	4.8	3.3	3.8	4.9	3.6	2.9	2.7	3.9	5.2	4.1	4.3	3.8	
	SD	9.1	3.8	3.9	4.5	3.7	3.4	2.8	3.3	3.7	4.8	5.5	4.0	
	Median	2.4	1.5	2.6	3.2	2.3	1.4	1.6	3.1	4.1	2.6	3.0	2.2	
	Q1 – Q3	1.1 5.3	0.8 4.2	1.2 5.0	1.8 6.4	0.8 6.0	0.8 4.1	0.8 4.0	0.8 6.1	1.3 6.1	2.4 7.0	1.3 5.6	1.4 5.9	
4 – 6 yrs RDA = 7 IU	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	U/R = 0.15 Gender = 0.20
	Mean	4.1	3.6	4.5	6.2	4.0	4.0	3.1	4.8	6.0	4.7	4.9	4.4	
	SD	4.6	4.0	4.3	8.0	4.2	5.6	3.7	6.3	3.9	5.5	4.7	6.1	
	Median	2.3	2.2	3.1	4.2	2.1	2.2	1.7	2.6	5.1	2.9	3.5	2.4	
	Q1 – Q3	1.2 5.3	0.9 4.7	1.3 5.9	2.1 6.6	1.1 5.8	1.4 4.6	1.1 3.6	1.3 5.7	1.3 8.5	3.0 6.0	1.4 6.7	1.6 6.7	
7 – 9 yrs RDA = 7 IU	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	U/R = 0.13 Gender = 0.73
	Mean	5.2	4.7	4.1	6.3	3.9	4.7	2.7	5.5	6.7	5.1	5.4	4.7	
	SD	5.6	6.1	3.2	7.0	4.0	6.6	2.5	6.5	4.1	5.4	5.0	5.7	
	Median	3.4	2.4	2.9	3.8	2.6	2.5	2.0	2.4	6.1	3.1	3.9	2.4	
	Q1 – Q3	1.4 7.6	1.1 6.5	1.6 5.4	1.8 7.2	1.1 4.8	1.3 4.9	1.3 2.7	1.2 6.5	1.2 9.5	3.4 6.8	1.5 6.8	2.0 7.7	
1 – 3 yrs	<50 % RDA	59	70	55	49	58	71	69	50	35	55	50	60	
	<67% RDA	69	74	68	62	67	74	75	63	49	66	63	69	
	>100% RDA	20	20	20	27	25	18	13	26	33	23	24	21	
4 – 6 yrs	<50 % RDA	65	66	53	47	65	73	74	65	30	57	50	64	
	<67% RDA	72	77	65	56	69	76	83	67	43	66	59	72	
	>100% RDA	17	13	18	24	22	15	14	20	36	21	23	18.	
7 – 9 yrs	<50 % RDA	51	66	56	49	65	62	80	59	25	54	46	62	
	<67% RDA	64	72	68	60	73	75	87	62	36	64	59	69	
	>100% RDA	28	17	24	26	14	19	8	24	40	24	28	19	

*U/R = Urban/Rural

TABLE 5.21 Mean vitamin C intake (mg) of children by age and area of residence (n = 2868)

Age (Yrs)	Vitamin C (mg)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
1 – 3 yrs RDA = 40 mg	Number (n)	168	96	241	237	60	82	147	115	162	1308	664	644	U/R* = 0.0001 Gender = 0.41
	Mean	25	22	31	43	23	26	14	20	53	31	41	20	
	SD	48	46	62	126	72	84	22	31	58	73	96	36	
	Median	11	11	13	17	7	11	6	15	33	14	18	10	
	Q1 – Q3	4 27	2 24	3 33	6 39	2 22	0.2 26	1 18	2 24	21 67	3 33	5 41	2 25	
4 – 6 yrs RDA = 45 mg	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	U/R = 0.09 Gender = 0.27
	Mean	23	14	36	41	23	39	22	42	47	33	36	29	
	SD	37	19	62	104	37	99	53	105	56	72	65	78	
	Median	12	8	16	17	12	6	3	19	30	15	16	12	
	Q1 – Q3	4 27	3 20	4 33	6 41	2 30	1 27	1 22	3 34	16 54	3 34	4 37	2 29	
7 – 9 yrs RDA = 45 mg	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	U/R = 0.81 Gender = 0.14
	Mean	22	24	31	95	38	8	23	59	69	48	45	51	
	SD	27	30	52	542	84	8	44	135	97	258	82	355	
	Median	13	15	12	14	15	4	4	16	44	15	16	13	
	Q1 – Q3	3 29	2 33	3 31	6 43	5 32	1.5 16	2 17	2 69	18 97	3 35	4 50	2 29	
1 – 3 yrs	<50 % RDA	65	66	63	58	73	70	77	70	23	61	54	68	
	<67% RDA	74	80	70	65	82	77	83	80	38	69	62	78	
	>100% RDA	15	14	19	23	10	11	11	12	40	19	25	12	
4 – 6 yrs	<50 % RDA	65	82	64	60	63	69	74	58	39	63	59	66	
	<67% RDA	76	88	74	67	75	78	80	70	49	72	67	76	
	>100% RDA	12	4	21	24	12	15	13	17	32	18	21	16	
7 – 9 yrs	<50 % RDA	65	69	68	60	62	88	75	65	38	63	60	66	
	<67% RDA	78	72	72	67	70	100	80	74	44	70	64	77	
	>100% RDA	14	24	18	24	13	0	13	26	48	22	28	16	

*U/R = Urban/Rural

TABLE 5.22 Mean thiamin intake (mg) of children by age and area of residence (n = 2868)

Age (Yrs)	Thiamin (mg)	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 = 0.5 mg	Mean	0.6	0.6	0.5	0.7	0.6	0.4	0.6	0.6	0.6	0.6	0.6	0.6	U/R* = 0.64
	SD	0.4	0.4	0.3	0.3	0.3	0.2	0.3	0.3	0.3	0.3	0.3	0.3	
	Median	0.6	0.5	0.5	0.6	0.5	0.3	0.5	0.6	0.6	0.5	0.5	0.5	Gender = 0.009
	Q1 – Q3	0.4	0.3	0.4	0.4	0.4	0.2	0.4	0.4	0.4	0.4	0.4	0.4	
	Number (n)	0.8	0.7	0.6	0.8	0.7	0.4	0.7	0.8	0.8	0.7	0.7	0.7	
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	
4 – 6 yrs RDA = 0.6 mg	Mean	0.7	0.6	0.7	0.8	0.7	0.6	0.7	0.7	0.8	0.7	0.7	0.7	U/R = 0.62
	SD	0.3	0.4	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	
	Median	0.6	0.6	0.6	0.8	0.5	0.5	0.7	0.6	0.8	0.6	0.7	0.6	Gender = 0.29
	Q1 – Q3	0.4	0.4	0.5	0.5	0.4	0.3	0.5	0.5	0.5	0.4	0.5	0.4	
	Number (n)	0.9	0.7	0.9	1.0	0.8	0.8	0.9	0.9	1.0	0.9	0.9	0.9	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
7 – 9 yrs RDA = 0.6 mg	Mean	0.7	0.7	0.6	0.9	0.7	0.6	0.8	0.7	0.9	0.8	0.8	0.8	U/R = 0.51
	SD	0.4	0.5	0.3	0.4	0.3	0.3	0.4	0.3	0.4	0.4	0.4	0.4	
	Median	0.7	0.6	0.6	0.8	0.7	0.6	0.7	0.6	0.8	0.7	0.7	0.7	Gender = 0.05
	Q1 – Q3	0.4	0.4	0.4	0.6	0.5	0.3	0.5	0.6	0.5	0.5	0.5	0.5	
	Number (n)	1.0	0.8	0.8	1.1	0.9	0.8	1.1	0.8	1.2	1.0	1.0	1.1	
	Number (n)	14	17	11	6	12	27	12	6	7	11	12	10	
1 – 3 yrs	<50 % RDA	20	32	23	12	20	50	23	22	14	22	22	21	
	<67% RDA	56	46	46	65	47	18	50	57	65	53	54	52	
	>100% RDA	8	19	8	4	6	27	8	6	8	9	8	10	
4 – 6 yrs	<50 % RDA	19	33	22	11	25	40	19	19	18	20	19	21	
	<67% RDA	53	45	54	68	40	36	65	46	64	56	57	56	
	>100% RDA	13	21	10	6	3	25	2	0	0	7	7	7	
7 – 9 yrs	<50 % RDA	21	24	28	8	14	44	11	9	17	17	16	17	
	<67% RDA	57	45	54	73	57	50	61	65	63	61	63	59	
	>100% RDA													

*U/R = Urban/Rural

TABLE 5.23 Mean riboflavin intake (mg) of children by age and area of residence (n = 2868)

Age (Yrs)	Riboflavin (mg)	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 = 0.5 mg	Mean	0.6	0.5	0.7	0.6	0.7	0.4	0.6	0.6	1.2	0.7	0.8	0.6	U/R* = 0.0001
	SD	0.6	0.6	0.7	0.5	0.8	0.5	0.8	0.8	1.1	0.7	0.8	0.6	
	Median	0.4	0.4	0.5	0.5	0.4	0.3	0.3	0.4	1.0	0.4	0.5	0.4	Gender = 0.55
	Q1 – Q3	0.2	0.2	0.3	0.3	0.2	0.1	0.2	0.3	0.5	0.2	0.3	0.2	
		0.8	0.7	0.8	0.8	0.7	0.5	0.5	0.6	1.7	0.8	1.0	0.6	
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	
4 – 6 yrs RDA = 0.8 mg	Mean	0.5	0.6	0.8	0.7	0.6	0.6	0.8	0.6	1.3	0.8	1.0	0.5	U/R = 0.0001
	SD	0.6	0.6	1.0	0.9	0.8	0.8	1.1	0.5	1.1	0.9	1.0	0.7	
	Median	0.4	0.4	0.5	0.5	0.3	0.4	0.3	0.4	1.1	0.4	0.6	0.4	Gender = 0.43
	Q1 – Q3	0.2	0.3	0.3	0.3	0.2	0.2	0.2	0.2	0.5	0.2	0.3	0.2	
		0.7	0.7	0.9	0.8	0.7	0.7	0.6	0.7	1.8	0.8	1.2	0.6	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
7 – 9 yrs RDA = 0.8 mg	Mean	0.6	0.5	0.8	0.7	0.8	0.5	1.0	0.6	1.5	0.8	1.0	0.7	U/R = 0.0003
	SD	0.6	0.5	0.8	0.6	1.4	0.5	1.6	0.7	1.2	1.0	1.0	1.0	
	Median	0.4	0.4	0.5	0.5	0.4	0.4	0.4	0.4	1.1	0.5	0.6	0.4	Gender = 0.38
	Q1 – Q3	0.2	0.3	0.3	0.3	0.3	0.2	0.2	0.3	0.5	0.3	0.3	0.2	
		0.8	0.6	1.1	0.8	0.7	0.7	0.7	0.7	2.1	0.9	1.3	0.6	
	Number (n)	35	26	22	25	28	44	50	23	8	28	22	34	
1 – 3 yrs	<50 % RDA	45	42	34	35	42	55	60	41	15	39	31	48	
	<67% RDA	40	36	43	48	38	28	27	41	74	44	51	36	
	>100% RDA	55	48	34	43	58	53	65	49	20	46	33	58	
4 – 6 yrs	<50 % RDA	66	67	55	55	68	64	71	64	27	58	46	69	
	<67% RDA	17	13	29	24	17	18	19	23	62	26	38	15	
	>100% RDA	51	45	44	43	54	50	51	47	13	43	30	56	
7 – 9 yrs	<50 % RDA	63	72	58	53	59	56	67	62	27	56	43	70	
	<67% RDA	24	10	28	25	22	25	23	18	63	28	38	18	
	>100% RDA													

*U/R = Urban/Rural

TABLE 5.24 Mean niacin intake (NE) of children by age and area of residence (n = 2868)

Age (Yrs)	Niacin (NE)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
1 – 3 yrs RDA = 6 NE	Number (n)	168	96	241	237	60	82	147	115	162	1308	664	644	U/R* = 0.0001 Gender = 0.10
	Mean	4.0	4.0	5.7	5.6	5.9	5.0	5.5	5.6	8.5	5.6	6.4	4.8	
	SD	3.0	4.1	4.0	3.6	5.2	4.5	5.0	4.2	4.7	4.3	4.7	3.8	
	Median	3.0	2.8	4.2	4.9	3.8	3.6	4.1	4.4	8.3	4.4	5.2	3.7	
	Q1 – Q3	2.0 5.2	1.6 4.5	2.6 7.8	3.0 7.1	2.1 8.3	1.6 7.1	2.1 7.4	2.3 7.2	4.4 11.1	2.4 7.6	2.8 8.9	2.2 6.3	
Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570		
4 – 6 yrs RDA = 8 NE	Mean	5.3	5.8	7.9	8.2	7.5	6.2	7.4	6.9	11.3	7.6	9.0	6.3	U/R = 0.0001 Gender = 0.65
	SD	3.8	4.8	4.9	5.6	5.6	4.8	5.6	5.2	6.4	5.5	6.2	4.4	
	Median	4.1	4.8	6.8	6.6	6.2	4.7	6.0	5.2	9.7	6.2	7.6	5.2	
	Q1 – Q3	2.6 6.9	2.4 7.3	4.0 10.4	4.5 9.8	3.8 9.6	2.2 8.8	3.3 10.1	2.8 10.2	6.4 15.9	3.4 10.1	4.3 12.3	3.0 8.6	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
7 – 9 yrs RDA = 8 NE	Mean	5.9	6.4	8.7	8.5	9.7	7.0	8.4	7.7	13.1	8.5	10.0	7.1	U/R = 0.000 Gender = 0.38
	SD	4.3	4.7	5.9	5.2	7.7	6.0	5.9	7.0	7.4	6.2	6.6	5.4	
	Median	4.6	6.1	6.4	7.1	7.3	6.0	7.3	5.9	11.8	6.9	7.8	5.8	
	Q1 – Q3	2.8 7.8	2.3 8.1	4.4 12.4	4.6 11.3	4.3 12.0	2.0 9.0	4.3 12.4	3.1 10.1	7.1 17.4	4.0 11.8	4.7 14.4	3.3 9.4	
	Number (n)	49	53	34	25	37	41	37	34	9	33	28	40	
1 – 3 yrs	<50 % RDA	64	72	46	39	53	54	50	44	20	47	39	54	
	<67% RDA	19	19	38	36	37	35	33	37	65	36	44	28	
	>100% RDA	49	41	26	19	31	44	31	41	10	30	24	36	
		63	60	34	37	43	53	44	51	17	43	33	53	
4 – 6 yrs	<50 % RDA	19	23	41	42	32	29	35	36	63	37	47	28	
	<67% RDA	45	34	22	16	22	44	21	32	6	25	18	32	
	>100% RDA	57	45	42	34	35	50	33	41	14	38	30	46	
7 – 9 yrs	<50 % RDA	23	28	42	37	49	38	43	29	65	39	49	30	
	<67% RDA													
	>100% RDA													

*U/R = Urban/Rural

TABLE 5.25 Mean vitamin B₆ intake (mg) of children by age and area of residence (n = 2868)

Age (Yrs)	Vitamin B ₆ (mg)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
1 – 3 yrs RDA = 0.5 mg	Number (n)	168	96	241	237	60	82	147	115	162	1308	664	644	U/R* = 0.0001 Gender = 0.91
	Mean	0.5	0.3	0.5	0.6	0.5	0.3	0.4	0.3	0.8	0.5	0.6	0.4	
	SD	0.3	0.3	0.4	0.3	0.4	0.3	0.3	0.3	0.5	0.4	0.4	0.3	
	Median	0.4	0.3	0.4	0.5	0.4	0.2	0.3	0.3	0.8	0.4	0.5	0.3	
	Q1 – Q3	0.2 0.6	0.2 0.4	0.2 0.6	0.3 0.7	0.2 0.5	0.1 0.5	0.2 0.5	0.2 0.5	0.2 0.5	0.5 1.1	0.2 0.6	0.2 0.8	
4 – 6 yrs RDA = 0.6 mg	Number (n)	170	83	138	217	65	55	144	81	132	1083	513	570	U/R = 0.0001 Gender = 0.89
Mean	0.5	0.4	0.6	0.7	0.6	0.5	0.5	0.5	1.1	0.6	0.8	0.5		
SD	0.4	0.2	0.5	0.5	0.5	0.4	0.4	0.3	0.7	0.5	0.6	0.4		
Median	0.4	0.3	0.5	0.6	0.5	0.3	0.4	0.3	0.9	0.5	0.6	0.4		
Q1 – Q3	0.3 0.7	0.2 0.5	0.3 0.9	0.4 0.9	0.3 0.7	0.2 0.6	0.2 0.6	0.2 0.6	0.2 0.6	0.6 1.4	0.3 0.8	0.3 1.0	0.3 0.7	
7 – 9 yrs RDA = 0.6 mg	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	U/R = 0.0001 Gender = 0.19
Mean	0.6	0.4	0.6	0.8	0.7	0.4	0.6	0.5	1.1	0.7	0.8	0.6		
SD	0.4	0.3	0.4	0.5	0.7	0.3	0.5	0.5	0.6	0.5	0.6	0.4		
Median	0.5	0.4	0.6	0.7	0.5	0.3	0.5	0.4	1.0	0.5	0.6	0.5		
Q1 – Q3	0.3 0.8	0.2 0.7	0.3 0.9	0.5 1.0	0.4 0.8	0.1 0.7	0.3 0.7	0.3 0.5	0.3 0.5	0.6 1.4	0.3 0.9	0.4 1.1	0.3 0.8	
1 – 3 yrs	<50 % RDA	35	49	34	13	28	54	44	42	4	30	26	34	
	<67% RDA	48	69	47	24	47	67	58	61	11	44	37	51	
	>100% RDA	38	15	35	51	25	20	25	18	75	38	46	29	
4 – 6 yrs	<50 % RDA	33	46	23	11	26	40	37	40	5	26	21	31	
	<67% RDA	45	64	37	22	41	60	53	59	15	40	31	48	
	>100% RDA	32	17	40	52	37	24	24	27	75	40	50	30	
7 – 9 yrs	<50 % RDA	31	41	22	9	22	50	31	32	2	22	16	29	
	<67% RDA	44	59	38	17	35	62	44	50	6	34	27	41	
	>100% RDA	37	28	50	57	40	31	36	18	78	46	55	37	

*U/R = Urban/Rural

TABLE 5.26 Mean vitamin B₁₂ intake (µg) of children by age and area of residence (n = 2868)

Age (Yrs)	Vitamin B ₁₂ (µg)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
1 – 3 yrs RDA = 0.9µg	Number (n)	168	96	241	237	60	82	147	115	162	1308	664	644	U/R* = 0.0009 Gender = 0.15
	Mean	1.0	2.6	2.9	1.5	1.1	2.0	1.7	2.4	3.3	2.1	2.7	1.5	
	SD	1.3	10.0	9.9	2.3	1.2	4.4	7.8	7.1	7.1	6.8	8.4	4.4	
	Median	0.5	0.7	0.8	1.0	1.0	0.4	0.1	0.8	2.2	0.8	1.1	0.5	
	Q1 – Q3	0.0 1.5	0.3 1.8	0.2 2.0	0.1 2.0	0.1 1.7	0.0 1.5	0.0 0.7	0.0 1.5	0.2 1.5	1.1 3.7	0.1 2.0	0.3 2.6	
4 – 6 yrs RDA = 1.2 µg	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	U/R = 0.011 Gender = 0.47
Mean	2.1	2.4	3.8	3.4	1.5	3.0	1.9	2.8	3.5	2.8	3.7	2.0		
SD	9.3	5.0	17.3	15.8	2.7	8.7	7.2	6.2	8.2	11.2	12.1	10.2		
Median	0.4	0.7	1.2	1.0	0.9	1.0	0.02	0.8	2.3	0.9	1.4	0.3		
Q1 – Q3	0.0 1.4	0.3 2.0	0.4 2.3	0.0 2.6	0.1 2.0	0.2 2.6	0.0 1.0	0.2 1.9	0.2 1.9	1.1 4.0	0.1 2.3	0.5 3.1	0.0 1.5	
7 – 9 yrs RDA = 1.2 µg	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	U/R = 0.17 Gender = 0.41
Mean	1.5	3.0	2.1	1.7	10.4	2.1	4.1	5.2	5.0	3.5	4.3	2.6		
SD	2.8	8.8	3.8	3.0	35.4	2.9	15.9	16.1	10.7	13.2	15.0	11.2		
Median	0.5	0.7	0.8	0.8	0.6	1.1	0.2	1.2	2.5	0.9	1.4	0.2		
Q1 – Q3	0.0 2.1	0.0 1.5	0.2 2.0	0.0 2.0	0.0 1.1	0.3 2.6	0.0 1.2	0.2 2.3	1.1 4.0	0.0 2.4	0.5 3.2	0.0 1.3		
1 – 3 yrs	<50 % RDA	47	31	34	37	35	51	69	35	14	39	30	47	
	<67% RDA	53	47	44	41	40	56	73	43	16	45	37	53	
	>100% RDA	41	40	48	54	52	41	23	46	81	48	56	41	
4 – 6 yrs	<50 % RDA	55	42	33	41	46	36	73	39	18	44	29	57	
	<67% RDA	60	52	40	44	48	42	74	52	22	48	35	60	
	>100% RDA	28	40	48	45	37	44	21	39	72	41	55	29	
7 – 9 yrs	<50 % RDA	52	48	46	47	49	25	62	38	11	44	29	59	
	<67% RDA	58	55	50	50	54	37	66	44	14	49	33	64	
	>100% RDA	33	38	36	39	24	44	26	50	71	40	54	26	

*U/R = Urban/Rural

TABLE 5.27 Mean folate intake (μg) of children by age and area of residence (n = 2868)

Age (Yrs)	Folate (μg)	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 = 150 μg	Mean	105	66	88	124	79	66	75	71	121	94	102	86	U/R* = 0.0006
	SD	95	73	64	110	61	54	65	61	76	83	81	84	
	Median	73	47	68	93	61	52	55	51	106	70	80	61	Gender = 0.003
	Q1 – Q3	37	28	44	55	44	29	30	35	62	42	47	38	
		134	68	116	154	92	88	103	92	161	121	135	105	
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	
4 – 6 yrs RDA = 200 μg	Mean	171	73	136	170	120	123	109	101	198	143	161	127	U/R = 0.0001
	SD	137	51	101	121	103	96	98	95	120	116	119	111	
	Median	125	63	100	147	88	94	88	72	170	110	128	92	Gender = 0.88
	Q1 – Q3	65	35	65	84	50	57	42	45	114	63	76	51	
		228	96	181	211	156	157	138	118	254	188	212	164	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
7 – 9 yrs RDA = 200 μg	Mean	202	97	138	197	146	103	126	123	209	166	179	152	U/R = 0.03
	SD	196	64	81	141	122	52	113	87	146	140	150	128	
	Median	139	91	130	142	106	86	87	114	186	130	143	117	Gender = 0.33
	Q1 – Q3	79	40	80	95	79	66	59	58	128	78	84	70	
		225	137	160	276	174	137	159	137	258	213	221	181	
1 – 3 yrs	<50 % RDA	51	79	55	39	58	68	65	66	31	54	48	59	
	<67% RDA	63	85	69	57	83	84	75	80	47	68	62	74	
	>100% RDA	23	10	12	26	13	7	14	8	29	18	21	14	
4 – 6 yrs	<50 % RDA	39	77	50	33	55	56	54	64	20	46	38	52	
	<67% RDA	52	89	64	45	72	64	72	81	32	59	52	65	
	>100% RDA	32	4	21	29	15	15	11	10	37	22	28	17	
7 – 9 yrs	<50 % RDA	30	55	34	29	43	63	59	38	16	36	33	40	
	<67% RDA	45	72	56	46	59	75	69	68	27	53	46	60	
	>100% RDA	35	10	20	38	16	6	16	18	46	28	33	23	

*U/R = Urban/Rural