

**Table 5.28 Mean calcium intake (mg) of children by age and area of residence (n = 2868)**

Age (Yrs)	Calcium* (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 = 500 mg	Mean	390	259	262	392	233	181	258	246	507	324	345	302	U/R* = 0.019	
	SD	432	242	222	361	181	163	311	186	401	327	326	326		
	Median	276	199	205	276	177	150	178	228	228	424	235	253	214	Gender = 0.52
	Q <sub>1</sub> – Q <sub>3</sub>	96	84	111	130	78	46	73	95	247	105	129	93		
		517	330	335	507	347	256	337	329	704	436	472	405		
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570		
4 – 6 yrs RDA = 800 mg	Mean	290	291	292	346	247	210	266	244	422	304	342	270	U/R = 0.0001	
	SD	277	249	250	322	245	164	188	214	301	269	280	254		
	Median	194	216	226	220	165	162	239	178	344	224	266	195	Gender = 0.15	
	Q <sub>1</sub> – Q <sub>3</sub>	90	140	139	115	78	66	140	88	197	109	143	90		
		417	428	357	488	351	355	347	348	564	415	457	364		
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238		
7 – 9 yrs RDA = 800 mg	Mean	321	249	282	334	212	264	286	233	480	315	354	276	U/R = 0.002	
	SD	353	190	242	298	124	273	240	188	276	279	269	284		
	Median	194	227	221	210	209	129	202	179	439	225	273	186	Gender = 0.20	
	Q <sub>1</sub> – Q <sub>3</sub>	90	77	118	120	116	53	111	119	228	118	152	92		
		438	352	380	469	272	469	395	280	662	438	482	375		
1 – 3 yrs	<50 % RDA	45	63	61	47	58	73	66	57	26	53	49	57		
	<67% RDA	57	75	75	54	68	84	74	76	40	65	62	68		
	>100 % RDA	27	14	12	26	8	5	11	7	38	19	22	16		
4 – 6 yrs	<50 % RDA	74	73	84	66	82	84	81	81	57	74	69	78		
	<67% RDA	84	89	88	78	88	98	92	89	73	85	81	88		
	>100 % RDA	6	6	5	10	6	0	1	2	13	6	8	5		
7 – 9 yrs	<50 % RDA	71	83	82	64	86	75	75	85	44	71	64	78		
	<67%RDA>100 % RDA	81	90	92	85	100	75	84	94	62	84	81	87		
		9	0	4	8	0	6	3	3	13	6	8	5		

\* U/R = Urban/Rural

\* The Adequate Intake reference was used as the standard of intake

**Table 5.29 Mean phosphorus intake (mg) of children by age and area of residence (n = 2868)**

Age (Yrs)	Phosphorus (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 = 460 mg	Mean	564	479	481	617	479	376	480	507	695	538	560	516	U/R* = 0.011
	SD	358	270	221	308	219	233	377	235	350	311	310	311	
	Median	507	413	448	587	451	362	389	487	621	485	506	447	Gender = 0.03
	Q <sub>1</sub> – Q <sub>3</sub>	273	277	326	395	308	209	268	341	438	326	331	313	
		723	642	620	773	655	470	603	642	869	686	717	655	
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	
4 – 6 yrs RDA = 500 mg	Mean	578	573	597	724	591	490	587	596	746	629	670	591	U/R = 0.0001
	SD	295	330	268	341	319	263	290	320	332	318	326	306	
	Median	532	510	557	656	477	420	567	531	729	581	602	538	Gender = 0.27
	Q <sub>1</sub> – Q <sub>3</sub>	346	356	391	457	381	285	356	368	469	393	423	368	
		740	701	772	929	725	676	733	723	943	799	871	741	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
7 – 9 yrs RDA = 500 mg	Mean	629	593	604	735	654	599	660	647	823	678	719	638	U/R = 0.006
	SD	358	291	278	309	270	371	308	370	309	324	322	321	
	Median	589	562	570	719	651	634	589	525	745	641	670	584	Gender = 0.14
	Q <sub>1</sub> – Q <sub>3</sub>	324	383	434	492	512	252	448	436	577	444	486	398	
		836	717	732	871	757	805	841	777	1096	858	897	798	
1 – 3 yrs	<50% RDA	15	13	10	7	12	32	18	9	2	11	11	12	
	<67% RDA	30	28	22	16	25	43	31	18	9	23	21	24	
	>100 % RDA	55	45	47	66	50	26	40	55	72	53	57	48	
4 – 6 yrs	<50% RDA	8	12	6	1	5	20	11	11	3	7	5	9	
	<67% RDA	23	22	15	9	18	33	19	20	10	17	13	21	
	>100 % RDA	55	54	59	69	48	42	61	54	73	60	64	56	
7 – 9 yrs	<50% RDA	9	7	6	3	5	25	5	6	0	6	5	7	
	<67% RDA	28	17	14	8	11	37	11	12	2	14	9	19	
	>100 % RDA	59	62	60	74	76	56	66	59	84	68	72	64	

\* U/R = Urban/Rural

\* The Adequate Intake reference was used as the standard of intake

**Table 5.30 Mean iron intake (mg) of children by age and area of residence (n = 2868)**

Age (Yrs)	Iron (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 = 10 mg	Mean	3.8	3.3	4.6	5.1	4.7	3.1	6.8	4.5	5.8	4.8	4.9	4.7	U/R* = 0.39
	SD	2.8	2.4	3.9	3.0	3.3	2.6	5.9	3.3	3.0	3.7	3.6	3.8	
	Median	3.1	2.6	3.8	4.4	3.9	2.5	5.1	3.8	5.3	3.9	4.2	3.7	Gender = 0.0001
	Q <sub>1</sub> – Q <sub>3</sub>	1.9	1.5	2.3	3.0	2.4	1.4	2.7	2.4	3.7	2.4	2.4	2.4	
		5.0	4.3	5.7	6.5	6.1	3.9	8.5	6.3	7.7	6.2	6.4	6.0	
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	
4 – 6 yrs RDA = 10 mg	Mean	5.2	4.2	6.0	7.0	5.5	4.6	8.8	5.4	7.8	6.4	6.7	6.1	U/R = 0.013
	SD	3.2	3.6	3.3	4.5	3.7	3.2	6.5	4.1	3.9	4.5	4.2	4.6	
	Median	4.2	3.4	5.5	5.9	4.2	3.8	7.2	4.5	7.2	5.4	5.8	5.1	Gender = 0.37
	Q <sub>1</sub> – Q <sub>3</sub>	3.0	1.9	3.5	4.0	2.6	2.3	5.0	2.3	4.7	3.4	3.6	2.9	
		6.7	5.3	7.6	8.8	7.6	5.5	10.6	7.8	9.8	8.2	8.9	7.8	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
7 – 9 yrs RDA = 10 mg	Mean	5.6	4.9	5.8	7.2	6.2	4.3	10.8	5.4	8.3	6.9	7.0	6.9	U/R = 0.84
	SD	3.7	3.0	3.2	4.6	3.4	2.3	9.3	4.0	4.0	5.2	4.1	6.1	
	Median	4.4	3.7	5.2	6.2	6.0	4.3	8.1	3.9	7.9	5.8	6.2	5.2	Gender = 0.46
	Q <sub>1</sub> – Q <sub>3</sub>	3.1	2.5	3.5	4.2	3.9	1.7	5.3	2.7	4.9	3.5	3.8	3.4	
		7.3	6.7	7.9	8.6	7.2	6.6	11.5	7.1	11.9	8.6	9.1	8.0	
1 – 3 yrs	<50 % RDA	75	80	67	58	65	85	46	64	45	63	60	67	
	<67% RDA	86	92	85	77	78	93	62	81	64	79	78	80	
	>100 % RDA	4	4	6	7	12	4	20	3	10	8	8	7	
4 – 6 yrs	<50 % RDA	56	73	45	38	58	67	26	54	30	46	42	49	
	<67% RDA	74	88	63	59	71	82	42	68	45	63	59	66	
	>100 % RDA	9	6	11	20	12	11	27	12	23	16	19	13	
7 – 9 yrs	<50 % RDA	55	59	46	35	43	56	20	65	25	41	36	47	
	<67% RDA	70	72	64	53	62	75	36	73	44	58	53	63	
	>100 % RDA	12	7	10	18	11	0	34	15	30	18	18	17	

\*U/R = Urban/Rural

**Table 5.31 Mean zinc intake (mg) of children by age and area of residence (n = 2868)**

Age (Yrs)	Zinc (mg)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
1 – 3 yrs RDA = 10 mg	Number (n)	168	96	241	237	60	82	147	115	162	1308	664	644	U/R* = 0.0001  Gender = 0.006
	Mean	3.9	3.2	3.9	4.6	3.8	3.2	4.2	4.0	5.7	4.2	4.5	3.9	
	SD	2.5	2.0	2.3	2.3	2.0	2.6	3.2	2.2	2.9	2.6	2.7	2.5	
	Median	3.5	2.7	3.5	4.4	3.3	2.6	3.1	3.4	5.5	3.6	3.9	3.3	
	Q <sub>1</sub> – Q <sub>3</sub>	2.0 5.1	1.8 4.1	2.4 5.0	2.8 6.1	2.3 4.8	1.6 3.9	2.2 5.5	2.3 5.3	3.7 7.3	2.3 5.5	2.4 6.1	2.2 4.9	
4 – 6 yrs RDA = 10 mg	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	U/R = 0.0001  Gender = 0.009
	Mean	4.4	4.3	5.0	5.9	4.6	5.2	5.4	5.0	6.8	5.3	5.9	4.8	
	SD	2.5	3.0	2.6	3.2	2.4	3.8	3.6	3.3	3.8	3.2	3.3	3.1	
	Median	3.7	3.3	4.7	5.0	4.1	4.2	4.4	4.0	6.2	4.5	5.2	4.1	
	Q <sub>1</sub> – Q <sub>3</sub>	2.5 5.7	2.4 5.3	3.0 6.4	3.6 7.5	2.8 5.8	2.3 7.0	2.9 6.3	2.3 6.4	3.9 8.4	2.9 6.8	3.3 7.6	2.6 6.0	
7 – 9 yrs RDA = 10 mg	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	U/R = 0.0001  Gender = 0.55
	Mean	4.7	4.1	5.1	6.3	5.5	5.2	6.5	5.2	7.5	5.8	6.4	5.1	
	SD	3.0	2.3	2.8	3.7	2.7	4.6	4.7	3.6	4.7	3.8	4.0	3.4	
	Median	4.2	4.1	4.9	5.6	5.4	4.2	5.2	3.8	6.5	4.9	5.7	4.4	
	Q <sub>1</sub> – Q <sub>3</sub>	2.4 6.0	2.4 4.9	3.4 6.8	3.9 7.8	3.9 6.2	1.9 5.9	3.8 7.5	3.0 6.2	4.4 9.0	3.4 7.2	4.0 8.0	2.8 6.2	
1 – 3 yrs	<50 % RDA	74	84	74	62	77	87	71	73	42	69	63	76	
	<67% RDA	89	94	89	85	90	91	84	90	70	86	82	90	
	>100 % RDA	3	1	2	5	0	1	6	3	9	4	4	4	
4 – 6 yrs	<50 % RDA	69	72	57	50	62	58	58	60	36	57	48	65	
	<67% RDA	85	83	78	66	82	75	76	76	58	74	66	81	
	>100 % RDA	6	6	5	10	3	11	13	12	19	10	12	8	
7 – 9 yrs	<50 % RDA	64	76	52	44	43	63	48	65	35	52	42	61	
	<67% RDA	80	83	74	66	78	88	70	79	52	72	63	81	
	>100 % RDA	5	0	6	11	8	13	16	15	21	11	14	8	

\*U/R = Urban/Rural

**Table 5.32 Mean selenium intake ( $\mu\text{g}$ ) of children by age and area of residence (n = 2868)**

Age (Yrs)	Selenium ( $\mu\text{g}$ )	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 RDA = 20 $\mu\text{g}$	Mean	11.8	5.3	9.2	11.1	6.1	12.9	3.6	6.6	18.5	10.0	11.9	8.0	U/R* = 0.0001
	SD	16.3	6.4	10.2	13.9	7.1	20.1	6.8	7.8	18.9	13.8	15.4	11.6	
	Median	6.1	3.5	5.4	6.4	4.7	8.8	0.9	3.8	14.3	5.5	6.5	4.0	Gender = 0.53
	Q <sub>1</sub> – Q <sub>3</sub>	1.1	1.2	1.6	1.4	0.6	0.9	0.3	1.1	6.3	1.2	2.0	0.8	
		16.6	6.9	15.0	15.9	8.6	17.5	3.7	9.7	24.1	14.4	17.0	11.4	
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	
4 – 6 RDA = 20 $\mu\text{g}$	Mean	18.5	9.0	17.1	15.4	8.1	16.5	5.6	9.2	28.4	15.1	20.1	10.5	U/R = 0.0001
	SD	25.1	18.0	26.8	19.8	13.7	16.0	14.5	17.9	24.3	22.0	25.2	17.4	
	Median	8.6	3.3	5.9	6.1	1.8	11.5	0.7	3.8	22.8	5.4	9.4	2.7	Gender = 0.15
	Q <sub>1</sub> – Q <sub>3</sub>	1.8	1.6	2.3	1.1	0.6	3.2	0.3	1.1	9.8	1.0	2.5	0.7	
		26.6	6.9	20.7	23.5	6.5	29.2	2.7	7.1	39.6	21.3	29.0	11.6	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
7 – 9 RDA = 30 $\mu\text{g}$	Mean	18.5	8.4	17.5	22.2	8.6	21.2	5.1	9.0	29.0	16.9	21.1	12.7	U/R = 0.0001
	SD	22.0	24.1	21.4	27.6	14.4	20.3	14.1	15.4	21.2	22.7	24.3	20.1	
	Median	11.7	3.6	6.6	10.4	1.7	17.4	1.0	3.9	25.5	5.9	10.6	3.1	Gender = 0.27
	Q <sub>1</sub> – Q <sub>3</sub>	1.1	1.1	1.2	1.4	0.6	6.2	0.3	1.2	13.6	1.1	2.5	0.7	
		26.1	6.5	34.7	35.8	5.9	30.7	3.4	10.5	44.0	26.0	35.3	17.7	
1 – 3 yrs	<50 % RDA	60	83	68	62	78	60	88	77	38	66	61	72	
	<67% RDA	69	92	74	71	90	63	92	84	48	74	68	79	
	>100 % RDA	20	3	15	15	5	17	3	7	37	15	20	10	
4 – 6 yrs	<50 % RDA	53	83	61	58	80	49	88	81	26	62	51	72	
	<67% RDA	59	85	66	65	82	51	90	85	33	67	56	77	
	>100 % RDA	33	11	26	29	14	31	8	14	56	26	37	17	
7 – 9 yrs	<50 % RDA	56	96	62	55	78	38	93	88	27	63	55	71	
	<67% RDA	62	96	64	61	86	69	93	91	37	69	61	77	
	>100 % RDA	22	4	26	32	14	25	5	6	41	22	29	15	

\*U/R = Urban/Rural

**Table 5.33 Mean magnesium intake (mg) of children by age and area of residence (n = 2868)**

Age (Yrs)	Magnesium (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 = 80 mg	Mean	164	145	142	186	148	104	179	166	156	159	154	164	U/R* = 0.04
	SD	99	80	66	91	72	65	95	80	69	85	80	89	
	Median	146	126	134	167	144	89	155	152	146	144	141	146	Gender = 0.0001
	Q <sub>1</sub> – Q <sub>3</sub>	91	85	97	122	95	65	111	109	111	100	98	101	
	Number (n)	204	183	174	232	182	129	231	213	188	199	191	205	
	Number (n)	170	83	136	217	65	55	144	81	132	1083	513	570	
4 – 6 yrs RDA = 130 mg	Mean	183	178	176	228	189	143	234	192	184	197	191	202	U/R = 0.06
	SD	86	100	79	103	101	80	102	103	79	96	92	100	
	Median	172	165	165	214	169	121	227	163	175	180	175	186	Gender = 0.62
	Q <sub>1</sub> – Q <sub>3</sub>	126	114	125	154	125	83	165	115	124	127	129	126	
	Number (n)	226	231	205	282	222	192	291	226	227	247	233	258	
	Number (n)	86	29	50	101	37	16	61	34	63	477	239	238	
7 – 9 yrs RDA = 130 mg	Mean	197	207	182	233	218	157	254	209	197	212	202	222	U/R = 0.03
	SD	105	130	80	101	72	88	112	114	82	102	92	110	
	Median	179	194	171	211	219	156	227	181	181	194	185	209	Gender = 0.01
	Q <sub>1</sub> – Q <sub>3</sub>	112	106	133	163	154	80	179	135	135	136	136	134	
	Number (n)	254	273	225	298	274	213	308	240	241	268	254	277	
1 – 3 yrs	<50 % RDA	5	1	3	1	5	9	5	3	0	3	3	3	
	<67% RDA	8	5	5	3	7	15	8	3	2	5	5	6	
	>100 % RDA	85	79	85	92	88	55	90	88	90	85	84	86	
4 – 6 yrs	<50 % RDA	5	10	2	0	3	11	4	2	3	4	3	4	
	<67% RDA	9	18	7	2	11	29	6	9	10	9	9	9	
	>100 % RDA	74	66	71	83	69	45	87	68	73	74	74	74	
7 – 9 yrs	<50 % RDA	3	3	6	2	0	13	0	0	0	2	3	1	
	<67% RDA	14	17	8	4	0	31	2	6	3	7	6	8	
	>100 % RDA	67	62	76	87	84	56	90	79	79	78	80	76	

\*U/R = Urban/Rural