

Table 5.47: Comparison of mean nutrient intake from the present survey with other studies using the 24-H-R methodology

Mean nutrient intake	Urban					Rural				
	Age (Years)					Age (Years)				
	Present Survey			Other studies		Present Survey			Other studies	
	1-3	4-6	7-9	2-5.9 ¹¹	6-10.9 ¹²	1-3	4-6	7-9	2-5.9 ¹³	6-10.9 ¹⁴
Energy (kJ)	4402	5614	6097	5145	6067	3992	4963	5502	4541	6546
Protein (g)	33	43	48	40.9	45.3	26.5	35.5	39	40	55.4
Crb/hydate (g)	154	192	206	179.6	194	151	193	214	169	249
Sugar* (g)	26	36	39	35.3	-	18	24	24	19	23
Fat (g)	29	38	42	39.2	50.7	22	24	26	25	34.2
Fibre (g)	9	13	14	12.7	16.4	10	13	16	14	21
Vitamin A (RE)	463	544	604	448.8	567	252	319	382	697	607
Vitamin C (mg)	41	36	45	55.2	66.5	20	29	51	34	39
Thiamin (mg)	0.6	0.7	0.8	0.7	1.1	0.6	0.7	0.8	1.0	1.3
Riboflavin(mg)	0.8	1.0	0.8	0.8	0.9	0.6	0.5	0.7	0.7	0.8
Niacin (mg)	6.4	9.0	10.0	7.8	12.6	4.8	6.3	7.1	8.3	11.0
Vitamin B ₆ (mg)	0.6	0.8	0.8	0.7	0.7	0.4	0.5	0.6	0.4	0.5
Vit. B ₁₂ (µg)	2.7	3.7	4.3	2.9	1.3	1.5	2.0	2.6	1.2	1.6
Folate (µg)	102	161	179	123	162	86	112	152	82	113
Calcium (mg)	345	342	354	354	404	302	270	276	320	302
Ph/rus (mg)	560	670	719	641	745	516	591	638	650	823
Iron (mg)	4.9	6.7	7.0	5.3	8.0	4.7	6.1	6.9	11.0	13.0
Zinc (mg)	4.5	5.9	6.4	5.7	6.1	3.9	4.8	5.1	-	9

* Total sugar

Table 5.48 The most frequently consumed food items in the present survey compared with a study in adults in the Northern Province

Present Survey (children 1 – 9 years of age)		Earlier Survey (adults)¹⁵
R.S.A	Northern Province	Northern Province
Maize	Maize	Maize
White sugar	White sugar	Tea
Tea	Brown bread	White sugar
Whole meal bread	Green leaves	Brown bread
Brown bread	Tea	Chicken
White rice	Chicken	Green leaves
White bread	Non-dairy milk	Non-dairy milk
Hard margarine	Rooibos tea	Tomato and onion sauce