

TABLE 6.104 Mean vitamin A intake (RE) of children by age, province and area of residence

Age (Yrs)	Vitamin A (RE)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
	Number (n)	162	85	230	230	58	79	126	115	149	1249	631	603	
1 – 3 yrs RDA = 400 (RE)	Mean	496	384	660	392	458	332	531	428	907	527	671	390	U/R* = 0.0
	SD	535	445	652	652	820	290	790	388	860	664	763	503	
	Median	353	242	457	248	236	296	322	314	676	345	459	262	Gender = 0.2
	Q1 – Q3	154	146	274	137	82	112	87	195	413	168	244	123	
		594	403	841	426	489	473	618	481	1073	640	833	462	
	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	
4 – 6 yrs RDA = 500 (RE)	Mean	459	494	750	420	509	338	530	564	840	549	627	480	U/R = 0.0
	SD	481	546	727	764	657	372	579	485	525	634	572	663	
	Median	459	308	490	263	346	223	357	383	765	372	456	310	Gender = 0.2
	Q1 – Q3	150	171	323	136	172	85	174	226	465	182	249	136	
		590	546	953	456	686	438	585	690	1043	685	803	580	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
7 – 9 yrs RDA = 700 (RE)	Mean	554	392	750	500	573	416	665	451	880	592	680	517	U/R = 0.01
	SD	608	421	875	547	742	329	1022	351	573	680	685	671	
	Median	372	325	567	324	363	306	405	336	840	410	497	333	Gender = 0.7
	Q1 – Q3	136	91	307	148	172	247	215	228	450	187	284	152	
		834	510	750	639	598	487	712	591	1127	775	857	622	
1 – 3 yrs	<50 % RDA	32	43	17	42	45	39	43	27	5	30	21	40	
	<67% RDA	40	61	24	57	55	46	45	40	8	40	29	51	
	>100% RDA	43	24	58	28	36	30	42	35	75	44	56	31	
4 – 6 yrs	<50 % RDA	37	45	17	49	40	56	39	33	8	35	25	44	
	<67% RDA	48	53	28	62	48	69	50	46	14	46	36	54	
	>100% RDA	34	31	50	20	31	24	29	41	72	36	45	28	
7 – 9 yrs	<50 % RDA	48	57	27	54	51	56	46	58	11	44	34	53	
	<67% RDA	57	75	39	62	66	72	64	70	26	56	47	65	
	>100% RDA	27	14	35	24	20	17	26	21	56	29	35	22	

*U/R = Urban/Rural

TABLE 6.105 Mean vitamin D intake (μg) of children by age, province and area of residence

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)	162	85	230	230	58	79	126	115	149	1249	631	603	
1 – 3 yrs RDA = 10 μg	Mean	2,9	1.7	4	3	3	3	4.2	3	4	3.3	3.6	3	U/R* = 0.0002
	SD	3	1.6	4.3	2.2	3.5	2.5	5.6	2.4	3	3.4	3.4	3.5	
	Median	2,3	1.1	3	2.5	1.6	2.4	2.5	2.6	3	2.5	3	2	Gender = 0.4
	Q1 – Q3	1	0.4	2	1.3	0.7	1	0.6	1.5	2	1.2	1.6	0.9	
		4	2.5	5	4.2	4.4	4	5.5	3.6	5	4.4	5	4	
	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	
4 – 6 yrs RDA = 10 μg	Mean	2.8	2	4.3	2.8	5.8	3.2	3.8	3.2	4	3.5	3.6	3.3	U/R = 0.15
	SD	2.7	2.2	3.8	2.1	6.7	3	4.3	2.7	3	3.5	2.6	4	
	Median	2.3	1.4	3.2	2.5	3.4	2.6	2.5	3	3.6	2.7	3	2.1	Gender = 0.5
	Q1 – Q3	1	0.6	2	1	1.5	1.2	1	1.7	2.4	1.3	1.9	1	
		4	3	5.5	4	9.6	4	5.5	4	5	4.5	4.8	4.4	
	Number (n)	86	27	51	102	33	18	59	33	62	478	239	232	
7 – 9 yrs RDA = 10 μg	Mean	3,6	2.6	5	3.3	6.2	3.2	5.4	3	4	4	4.3	4	U/R 0.13=
	SD	4.1	3.4	4.5	2.7	5.2	2.5	5.1	1.5	2.5	3.8	3.7	4	
	Median	2,3	1.1	4.2	3	5.4	2.4	4.4	2.5	3.3	3	3.5	2.3	Gender = 0.7
	Q1 – Q3	0.8	0.6	2	1.6	2	1,4	1.2	1.8	2.3	1.5	2	1	
		4.5	3.2	7	5	9	4.6	9.2	3.5	5	5.2	5.5	5	
	<50 % RDA	84	93	73	84	79	84	70	86	76	80	77	85	
	<67% RDA	91	99	87	94	90	92	82	95	87	90	89	92	
	>100% RDA	1	0	5	1	3	2	8	1	4	3	3	3	
4 – 6 yrs	<50 % RDA	80	88	71	86	60	85	73	89	75	79	77	80	
	<67% RDA	92	96	81	94	71	87	85	96	86	89	88	89	
	>100% RDA	3	1	5	1	24	4	4	2	2	4	3	4	
7 – 9 yrs	<50 % RDA	76	82	63	79	49	78	61	88	76	73	70	75	
	<67% RDA	83	93	74	93	63	83	70	97	89	83	84	83	
	>100% RDA	7	7	4	3	23	0	18	0	5	7	6	8	

*U/R = Urban/Rural

TABLE 6.106 Mean vitamin E intake (IU) of children by age, province and area of residence

Age (Yrs)	Vitamin E (IU)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
	Number (n)	162	85	230	230	58	79	126	115	149	1249	631	603	
1 – 3 yrs RDA = 6 IU	Mean	8	4.3	6.4	5.6	3.9	3.8	6.2	5.4	8	6.1	6.4	5.8	U/R* =0.01
	SD	5	4.1	4.3	4.5	3.5	3.3	6.1	3.4	4.6	4.7	4.5	5	
	Median	7	3.3	5.3	5	2.5	2.6	4.1	4.5	7	5	5.5	4.4	Gender = 0.1
	Q1 – Q3	4	1.8	4	3	1.5	1.7	2	3.2	4.5	3	3.5	2.4	
		11	5.1	8	7	3.5	5	9	6.7	9.4	8	8.3	7.4	
	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	
4 – 6 yrs RDA = 7 IU	Mean	9.2	4.7	7.9	6.6	8	5.3	6.2	6.6	10	7.4	7.7	7.1	U/R =0.07
	SD	5	4.2	5.9	4.6	6.9	3.5	4.6	3.3	4.7	5.1	5	5.3	
	Median	8.6	3.5	6.6	5.7	6.8	4.3	5.2	6.2	8.8	6.3	6.7	6	Gender = 0.03
	Q1 – Q3	5.5	1.9	4.2	3.8	3.2	3	2.2	4	6	3.8	4.5	3.4	
		11.6	6	9.4	7.6	10	7	8.1	8.6	12	9.7	10	9.4	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
7 – 9 yrs RDA = 7 IU	Mean	10.6	4.8	9.1	7.6	7.8	5.6	7.4	6.4	11	8.3	8.8	8	U/R =0.11
	SD	6.4	4.1	5.6	4.3	7	4	5	3.1	5	5.5	5.6	5.3	
	Median	8.5	3.1	8.6	7.1	5.4	4	7	6.1	10.5	7.3	7.8	7	Gender = 0.3
	Q1 – Q3	6	2.1	5.2	4.4	3	3	3	4.2	7.6	4.3	4.6	4	
		15	5.2	11.9	9.3	10	8.5	11	8.5	13.5	11.2	11.8	11	
1 – 3 yrs	<50 % RDA	14	48	17	21	57	57	42	17	6	25	10	32	
	<67% RDA	25	59	31	37	72	66	52	41	20	39	33	46	
	>100% RDA	60	18	39	35	24	17	35	31	60	39	43	34	
4 – 6 yrs	<50 % RDA	11	51	18	20	31	37	36	20	3	22	17	26	
	<67% RDA	19	61	30	36	42	54	49	33	5	34	27	39	
	>100% RDA	63	21	45	30	48	24	37	41	70	44	47	41	
7 – 9 yrs	<50 % RDA	9	57	16	13	34	33	30	18	0	18	15	21	
	<67% RDA	15	68	20	27	43	61	41	36	5	29	26	31	
	>100% RDA	66	21	59	51	43	28	47	36	77	53	56	51	

*U/R = Urban/Rural

TABLE 6.107 Mean vitamin C (mg) intake of children by age, province and area of residence

Age (Yrs)	Vitamin C (mg)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
	Number (n)	162	85	230	230	58	79	126	115	149	1249	631	603	
1 – 3 yrs RDA = 40 mg	Mean	47	30	61	59	35	25	43	36	75	51	62	39	U/R* = 0.0
	SD	43	30	67	214	55	45	65	36	90	108	85	126	
	Median	36	20	40	24	15	15	16	25	46	29	37	23	Gender = 0.4
	Q1 – Q3	23	10	24	17	5	5	6	18	28	16	21	12	
		57	40	71	41	53	28	50	44	84	54	67	41	
	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	
4 – 6 yrs RDA = 45 mg	Mean	45	25	85	56	88	25	46	30	90	57	61	53	U/R = 0.2
	SD	40	20	140	112	217	35	74	26	97	102	76	121	
	Median	38	19	48	29	28	18	22	24	61	30	35	28	Gender = 0.5
	Q1 – Q3	24	12	25	18	13	7	11	17	36	17	20	16	
		53	33	81	44	60	25	47	36	105	58	65	50	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
7 – 9 yrs RDA = 45 mg	Mean	53	25	69	144	70	21	63	38	113	80	74	88	U/R = 0.5
	SD	45	24	85	476	137	21	109	52	115	235	105	320	
	Median	38	15	45	35	21	11	26	23	75	34	39	31	Gender = 0.5
	Q1 – Q3	27	6	19	20	11	7	10	16	36	18	19	19	
		67	34	80	55	40	32	52	31	125	63	80	50	
1 – 3 yrs	<50 % RDA	20	53	19	35	55	66	54	33	13	34	24	43	
	<67% RDA	32	61	30	56	62	75	60	54	24	46	35	58	
	>100% RDA	44	24	50	26	26	12	32	25	59	36	46	25	
4 – 6 yrs	<50 % RDA	24	57	23	35	45	65	51	46	11	36	30	42	
	<67% RDA	42	71	31	54	55	83	61	65	19	60	44	55	
	>100% RDA	36	12	54	25	35	11	25	12	61	33	38	28	
7 – 9 yrs	<50 % RDA	14	64	29	28	54	67	46	42	5	32	28	35	
	<67% RDA	33	72	43	47	60	72	52	67	16	45	40	51	
	>100% RDA	37	17	51	33	23	17	30	15	68	36	44	29	

*U/R = Urban/Rural

TABLE 6.108 Mean thiamin intake (mg) of children by age, province and area of residence

Age (Yrs)	Thiamin (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)	162	85	230	230	58	79	126	115	149	1249	631	603	U/R* =0.04 Gender = 0.5
	Mean	0.9	0.7	0.8	0.7	0.5	0.5	0.8	0.8	0.8	0.8	0.8	0.7	
	SD	0.4	0.4	0.4	0.4	0.4	0.3	0.5	0.4	0.4	0.4	0.4	0.4	
	Median	0.8	0.6	0.7	0.7	0.5	0.4	0.7	0.7	0.8	0.7	0.7	0.7	
	Q1 – Q3	0.6 1.1	0.4 0.5	0.5 1.0	0.5 0.9	0.3 0.7	0.3 0.7	0.4 1.1	0.4 1.0	0.6 1.0	0.5 1.0	0.5 1.0	0.5 0.9	
	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	
4 – 6 yrs RDA = 0.6 mg	Mean	1.0	0.7	1.0	0.9	1.0	0.6	0.9	0.8	1.2	0.9	1.0	0.9	U/R = 0.3 Gender = 0.2
	SD	0.4	0.4	0.4	0.4	0.6	0.3	0.5	0.4	0.4	0.5	0.4	0.5	
	Median	0.9	0.7	0.9	0.9	0.9	0.6	0.8	0.8	1.2	0.9	0.9	0.9	
	Q1 – Q3	0.7 1.2	0.4 0.9	0.7 1.2	0.6 1.1	0.6 1.4	0.4 0.7	0.5 1.3	0.5 1.1	0.9 1.4	0.6 1.2	0.7 1.2	0.6 1.2	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
	Mean	1.0	0.8	1.1	1.1	1.0	0.7	1.0	0.8	1.3	1.0	1.1	1.0	
SD	0.5	0.6	0.5	0.6	0.5	0.3	0.5	0.3	0.6	0.7	0.5	0.6		
Median	1.0	0.7	1.1	1.0	0.8	0.7	0.9	0.8	1.2	0.9	1.0	0.9		
Q1 – Q3	0.7 1.3	0.3 1.1	0.7 1.4	0.7 1.4	0.6 1.3	0.4 0.9	0.6 1.4	0.6 1.0	0.9 1.6	0.7 1.3	0.7 1.5	0.6 1.3		
Number (n)	3	12	2	2	14	18	9	0	1	5	5	5		
Number (n)	5	27	7	8	28	34	16	9	3	12	10	13		
Number (n)	85	57	78	74	43	41	69	71	87	72	74	70		
4 – 6 yrs	<50 % RDA	3	16	0	2	2	15	4	5	0	4	3	4	
	<67% RDA	9	26	2	7	7	32	12	15	2	11	8	13	
	>100% RDA	81	57	82	79	75	48	65	67	93	75	79	71	
7 – 9 yrs	<50 % RDA	1	22	4	2	3	11	7	0	0	4	4	3	
	<67% RDA	2	32	6	4	6	22	8	6	0	7	8	5	
	>100% RDA	88	57	84	81	83	56	70	70	95	80	83	77	

*U/R = Urban/Rural

TABLE 6.109 Mean riboflavin intake (mg) of children by age, province and area of residence

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)	162	85	230	230	58	79	126	115	149	1249	631	603	
1 – 3 yrs RDA = 0.5 mg	Mean	0.9	0.6	1.4	0.8	0.5	0.5	0.9	1.0	1.7	1.0	1.2	0.8	U/R* = 0.0
	SD	0.7	0.5	1.2	0.7	0.6	0.4	1.2	0.7	0.9	0.9	1.0	0.8	
	Median	0.7	0.5	1.0	0.6	0.3	0.4	0.4	0.9	1.5	0.7	0.9	0.5	Gender =0.6
	Q1 – Q3	0.5	0.4	0.6	0.4	0.2	0.2	0.2	0.5	1.1	0.4	0.6	0.3	
		1.2	0.7	1.7	0.8	0.8	0.7	1.0	1.4	2.2	1.4	1.7	1.0	
	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	
4 – 6 yrs RDA = 0.8 mg	Mean	0.9	0.8	1.4	0.8	1.2	0.7	1.2	1.2	2.1	1.1	1.4	0.9	U/R = 0.0
	SD	0.6	0.8	1.0	0.7	2.0	0.6	2.4	0.9	1.3	1.3	1.3	1.3	
	Median	0.7	0.5	1.3	0.7	0.7	0.4	0.5	1.1	1.9	0.8	1.1	0.6	Gender =0.6
	Q1 – Q3	0.4	0.4	0.7	0.4	0.3	0.3	0.3	0.8	1.3	0.4	0.6	0.4	
		1.1	0.9	2.0	1.1	1.5	1.1	1.0	1.4	2.5	1.5	1.9	1.2	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
7 – 9 yrs RDA = 0.8 mg	Mean	0.9	0.7	2.0	1.0	1.8	0.7	0.9	0.9	2.2	1.2	1.5	1.0	U/R = 0.002
	SD	0.6	0.5	1.8	1.1	5.4	0.5	1.0	0.4	1.3	1.8	1.4	2.2	
	Median	0.8	0.6	1.5	0.7	0.7	0.6	0.5	1.0	2.0	0.9	1.2	0.7	Gender =0.3
	Q1 – Q3	0.4	0.4	0.9	0.5	0.4	0.4	0.3	0.6	1.3	0.5	0.6	0.4	
		1.2	0.9	2.2	1.2	1.3	0.7	1.2	1.2	2.7	1.5	2.0	1.2	
	Number (n)	72	46	81	58	31	40	46	80	97	66	78	53	
1 – 3 yrs	<50 % RDA	11	14	3	10	43	36	29	3	0	13	7	19	
	<67% RDA	19	23	7	23	62	51	41	9	0	21	11	31	
	>100% RDA	72	46	81	58	31	40	46	80	97	66	78	53	
4 – 6 yrs	<50 % RDA	23	30	9	25	31	46	42	11	3	23	13	32	
	<67% RDA	33	52	17	40	42	57	55	17	6	34	23	43	
	>100% RDA	43	32	70	40	45	33	32	73	90	51	66	38	
7 – 9 yrs	<50 % RDA	24	29	10	15	31	44	36	6	2	20	11	28	
	<67% RDA	35	46	13	36	43	44	53	24	3	32	22	42	
	>100% RDA	48	28	80	44	43	22	36	70	95	54	66	42	

*U/R = Urban/Rural

TABLE 6.110 Mean niacin intake (NE) of children by age, province and area of residence

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)	162	85	230	230	58	79	126	115	149	1249	631	603	U/R* = 0.0 Gender =0.7
	Mean	7.0	5.7	9.8	7.2	5.4	5.8	8.2	7.5	11.1	8.0	9.1	6.7	
	SD	4.0	4.1	5.4	4.3	4.8	3.6	5.9	3.9	4.6	4.9	5.1	4.4	
	Median	6.4	5.0	8.7	6.2	3.6	4.7	6.5	7.0	10.5	7.0	8.2	5.6	
	Q1 – Q3	4.3 8.7	2.5 8.2	6.2 12.3	4.3 8.7	2.3 7.7	3.0 7.6	3.5 11.4	4.7 9.5	7.8 13.7	4.3 10.4	5.6 11.8	3.5 8.6	
4 – 6 yrs RDA = 8 NE	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	U/R = 0.0 Gender =0.5
Mean	8.6	6.5	12.6	9.1	11.3	7.2	10.1	8.7	15.8	10.2	11.5	9.0		
SD	4.6	4.5	6.7	4.6	7.9	5.1	6.9	5.3	5.7	6.2	6.4	5.8		
Median	7.9	5.3	11.3	8.3	9.5	5.4	7.8	7.3	15.5	8.9	10.3	7.4		
Q1 – Q3	5.0 10.7	3.2 9.5	7.8 16.3	6.0 11.3	5.4 16.3	3.9 9.4	5.4 13.8	5.7 10.4	11.5 19.4	13.4 7.8	6.8 15.0	4.9 11.7		
7 – 9 yrs RDA = 8 NE	Number (n)	86	27	51	102	16.3	18	59	33	62	476	239	232	U/R = 0.0 Gender =0.6
Mean	9.6	6.4	14.1	11.5	33	8.1	10.1	8.4	17.7	11.3	13.0	9.7		
SD	6.2	5.1	8.1	6.7	10.9	4.8	7.0	4.3	7.3	7.2	7.2	6.8		
Median	7.8	4.9	12.9	10.6	9.6	6.4	7.9	7.5	18.3	9.4	11.9	7.8		
Q1 – Q3	4.7 12.1	2.5 9.0	8.6 17.9	6.7 14.2	6.8 14.0	5.3 9.4	5.0 13.0	5.6 9.2	10.7 21.9	6.0 15.4	7.9 17.9	4.8 12.5		
1 – 3 yrs	<50 % RDA	12	36	6	8	38	28	19	10	1	13	9	18	
	<67% RDA	22	43	12	21	57	43	32	18	2	23	15	30	
	>100% RDA	56	33	75	52	29	40	51	59	88	58	70	45	
4 – 6 yrs	<50 % RDA	14	40	5	9	18	26	17	14	1	13	10	16	
	<67% RDA	28	51	8	21	24	50	25	22	1	23	14	30	
	>100% RDA	49	32	74	52	58	26	48	47	93	56	66	46	
7 – 9 yrs	<50 % RDA	14	39	8	8	9	17	15	9	0	11	8	15	
	<67% RDA	30	57	10	20	11	28	32	24	0	22	12	31	
	>100% RDA	48	36	78	68	60	44	46	45	92	61	74	47	

*U/R = Urban/Rural

TABLE 6.111 Mean vitamin B₆ intake (mg) of children by age, province and area of residence

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)	162	85	230	230	58	79	126	115	149	1249	631	603	U/R* = 0.0 Gender =0.3
	Mean	0.8	0.5	0.9	0.7	0.5	0.4	0.7	0.6	1.2	0.8	0.9	0.6	
	SD	0.4	0.4	0.6	0.4	0.5	0.3	0.8	0.4	0.5	0.5	0.6	0.5	
	Median	0.7	0.4	0.8	0.6	0.3	0.4	0.5	0.5	1.1	0.7	0.8	0.5	
	Q1 – Q3	0.6 1.1	0.2 0.6	0.6 1.1	0.5 0.9	0.2 0.6	0.2 0.6	0.3 0.9	0.4 0.7	0.4 0.7	0.8 1.4	0.4 1.0	0.5 1.2	
4 – 6 yrs RDA = 0.6 mg	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	U/R = 0.0 Gender =0.2
	Mean	0.9	0.6	1.1	0.9	1.1	0.7	0.8	0.8	1.6	1.0	1.1	0.8	
	SD	0.5	0.4	0.6	0.5	0.9	0.7	0.7	0.4	0.6	0.6	0.7	0.6	
	Median	0.8	0.5	1.0	0.8	0.9	0.4	0.6	0.7	1.5	0.8	1.0	0.7	
	Q1 – Q3	0.6 1.1	0.3 0.8	0.7 1.4	0.6 1.2	0.5 1.5	0.3 0.8	0.3 1.0	0.4 0.9	0.4 0.9	1.2 1.9	0.5 1.2	0.6 1.4	
7 – 9 yrs RDA = 0.6 mg	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	U/R = 0.0 Gender =0.5
	Mean	1.0	0.6	1.3	1.0	1.0	0.6	0.8	0.7	1.8	1.0	1.2	0.9	
	SD	0.5	0.4	1.0	0.7	1.0	0.4	0.6	0.3	0.9	0.8	0.8	0.7	
	Median	0.8	0.4	1.3	0.9	0.8	0.4	0.6	0.6	1.7	0.9	1.0	0.7	
	Q1 – Q3	0.6 1.3	0.2 0.7	0.8 1.6	0.6 1.3	0.5 1.1	0.3 0.9	0.4 1.0	0.5 0.8	0.5 2.2	0.5 1.4	0.7 1.6	0.5 1.1	
1 – 3 yrs	<50 % RDA	6	30	2	4	33	39	23	6	0	11	7	15	
	<67% RDA	5	48	11	10	53	48	39	14	0	20	14	26	
	>100% RDA	80	30	79	66	33	37	45	61	95	65	76	53	
4 – 6 yrs	<50 % RDA	4	30	2	3	11	26	22	4	0	9	6	12	
	<67% RDA	10	45	8	10	23	48	36	16	1	18	11	24	
	>100% RDA	75	34	76	76	61	35	48	56	94	67	76	59	
7 – 9 yrs	<50 % RDA	3	32	8	3	6	17	20	9	0	8	8	9	
	<67% RDA	1.1	43	10	8	17	50	30	12	0	14	12	16	
	>100% RDA	73	36	88	76	57	44	49	60	98	70	80	60	

*U/R = Urban/Rural

TABLE 6.112 Mean vitamin B₁₂ intake (µg) of children by age, province and area of residence

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				
	Number (n)	162	85	230	230	58	79	126	115	149	1249	631	603	
1 – 3 yrs RDA = 0.9 µg	Mean	2.5	2.2	4.3	2.6	2.8	2.8	3.8	3.5	5.0	3.4	4.0	2.7	U/R* = 0.0
	SD	2.7	2.5	4.6	5.8	5.5	3.1	4.7	3.4	7.1	4.9	5.8	3.5	
	Median	1.6	1.5	2.8	1.7	0.8	1.8	2.5	2.7	4.0	2.3	2.9	1.7	Gender =0.24
	Q1 – Q3	0.8 3.4	0.8 2.5	1.5 5.0	0.9 3.3	0.4 3.0	0.6 3.6	0.6 5.4	1.3 4.4	2.6 5.5	1.0 4.3	1.5 4.7	0.7 3.6	
	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	
4 – 6 yrs RDA = 1.2 µg	Mean	2.8	3.2	5.4	2.7	4.8	3.5	4.5	4.8	5.2	3.9	4.4	3.5	U/R =0.004
	SD	3.1	2.8	6.3	2.9	7.8	3.8	5.5	4.3	3.6	4.7	4.6	4.7	
	Median	1.9	1.8	3.4	2.1	2.9	2.2	2.6	3.2	4.3	2.7	3.3	2.1	Gender =0.4
	Q1 – Q3	0.5 3.7	0.8 3.8	2.1 6.2	0.8 3.6	1.1 5.0	0.8 4.8	1.0 6.4	2.2 5.4	3.0 6.4	1.2 4.9	1.9 5.3	0.8 4.6	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
7 – 9 yrs RDA = 1.2 µg	Mean	3.3	2.7	5.9	2.9	4.6	3.3	4.8	4.1	5.9	4.1	4.8	3.5	U/R =0.006
	SD	4.5	2.3	8.6	2.6	3.5	2.9	7.5	3.4	3.7	5.0	5.1	4.9	
	Median	2.0	1.7	3.9	2.2	4.0	2.3	2.7	3.2	5.0	3.0	3.7	2.3	Gender =0.8
	Q1 – Q3	0.6 4.0	0.9 4.2	1.9 6.0	0.8 4.1	1.9 6.1	1.3 4.1	1.4 5.8	1.8 4.9	3.3 7.5	1.3 5.2	1.8 5.9	0.7 4.3	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
1 – 3 yrs	<50 % RDA	14	19	4	15	28	23	24	3	0	12	7	18	
	<67% RDA	18	21	5	18	34	25	28	7	0	15	9	21	
	>100% RDA	70	67	89	75	48	67	66	90	96	78	85	70	
4 – 6 yrs	<50 % RDA	26	16	3	19	15	20	19	5	2	14	6	22	
	<67% RDA	31	27	7	24	16	22	24	7	2	19	10	27	
	>100% RDA	62	60	89	67	74	69	70	85	96	74	85	65	
7 – 9 yrs	<50 % RDA	26	14	8	23	9	11	20	0	1	15	6	23	
	<67% RDA	35	25	10	26	9	11	26	3	1	19	10	29	
	>100% RDA	63	58	88	70	80	83	74	94	97	77	86	67	

*U/R = Urban/Rural

TABLE 6.113 Mean folate intake (μg) of children by age, province and area of residence

Age (Yrs)	Folate (μg)	Province										Urban	Rural	t-test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC	RSA			
1 – 3 yrs RDA = 150 μg	Number (n)	162	85	230	230	58	79	126	115	149	1249	631	603	U/R* = 0.0001 Gender =0.7
	Mean	161	84	142	143	80	97	122	110	182	135	146	124	
	SD	100	57	80	89	60	65	105	68	83	89	86	90	
	Median	142	64	125	124	60	81	90	91	177	114	127	100	
	Q1 – Q3	92	48	89	82	31	44	50	66	123	69	83	60	
		203	107	181	184	109	133	188	146	221	180	190	164	
4 – 6 yrs RDA = 200 μg	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	U/R =0.001 Gender = 0.2
	Mean	219	111	201	193	177	144	144	150	262	187	200	176	
	SD	116	77	106	111	125	105	107	113	91	116	112	116	
	Median	205	92	174	172	152	119	111	129	248	166	181	150	
	Q1 – Q3	135	57	133	123	82	62	68	90	196	245	118	90	
		263	140	260	226	240	190	180	173	320	141	259	236	
7 – 9 yrs RDA = 200 μg	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	U/R =0.07 Gender =0,9
	Mean	256	145	226	244	157	154	183	141	297	220	233	209	
	SD	156	146	124	160	81	89	160	88	123	147	143	150	
	Median	220	109	200	205	142	140	140	112	273	190	206	170	
	Q1 – Q3	152	44	125	130	97	82	94	86	204	112	133	108	
		302	158	331	317	206	204	228	206	365	286	297	276	
1 – 3 yrs	<50 % RDA	19	61	19	20	60	46	45	36	6	29	20	37	
	<67% RDA	32	74	36	37	71	61	58	57	15	43	36	51	
	>100% RDA	45	11	37	35	14	17	28	23	62	34	39	29	
4 – 6 yrs	<50 % RDA	12	57	13	15	34	37	46	31	1	23	16	29	
	<67% RDA	25	74	27	32	47	60	61	56	7	38	32	44	
	>100% RDA	51	16	40	39	35	24	17	17	72	38	41	34	
7 – 9 yrs	<50 % RDA	11	43	12	13	31	33	33	36	0	19	14	23	
	<67% RDA	19	68	31	26	51	39	48	64	3	33	26	40	
	>100% RDA	59	18	49	53	29	28	28	27	76	47	53	40	

*U/R = Urban/Rural