

Table 6.114 Mean calcium intake (mg) of children by age, province and area of residence**

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)	162	85	230	230	58	79	126	115	149	1249	631	603	
1 – 3 yrs	Mean	459	313	377	297	255	213	336	336	642	376	435	315	U/R* = 0.0
	SD	372	198	239	270	247	200	291	202	415	311	333	275	
	Median	370	266	315	221	170	161	265	298	540	290	351	235	Gender =0.99
	Q₁ – Q₃	178	194	209	148	82	55	135	187	364	165	212	136	
		600	402	478	373	354	300	460	442	812	492	560	415	
	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	
4 – 6 yrs	Mean	440	360	442	315	382	266	349	344	670	403	452	361	U/R = 0.0
	SD	321	345	273	226	308	256	254	208	328	301	290	303	
	Median	386	261	357	257	297	189	250	300	636	316	385	270	Gender 0.1
	Q₁ – Q₃	190	183	245	170	155	87	173	184	444	185	225	162	
		574	441	614	387	532	377	470	493	865	552	638	487	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
7 – 9 yrs	Mean	475	365	442	385	400	273	378	316	792	446	509	392	U/R = 0.0003
	SD	330	255	239	280	303	272	382	151	486	354	380	317	
	Median	387	344	412	306	316	190	282	283	685	361	420	318	Gender = 0.3
	Q₁ – Q₃	204	216	234	177	185	100	145	214	454	200	237	180	
		627	425	614	485	488	341	464	428	1035	570	686	485	
1 – 3 yrs	<50 % RDA	33	47	36	57	67	70	50	37	13	43	33	53	
	<67% RDA	44	73	55	71	71	82	64	56	21	57	48	68	
	>100 % RDA	33	19	22	14	14	7	21	18	58	24	30	18	
4 – 6 yrs	<50 % RDA	52	69	53	77	65	76	70	69	21	61	52	68	
	<67% RDA	70	84	69	88	76	89	81	79	41	74	67	80	
	>100 % RDA	11	5	9	5	13	2	6	2	30	10	12	8	
7 – 9 yrs	<50 % RDA	52	71	47	62	63	83	66	73	16	55	48	63	
	<67% RDA	67	82	68	77	80	89	84	91	34	72	63	80	
	>100 % RDA	20	7	6	12	11	5	11	0	39	15	18	12	

* U/R = Urban/Rural

** Adequate Intake used as the standard of reference

Table 6.115 Mean phosphorus intake (mg) of children by age, province and area of residence**

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)	162	85	230	230	58	79	126	115	149	1249	631	603	
1 – 3 yrs RDA = 460 mg	Mean	759	588	725	623	491	467	685	670	907	686	735	635	U/R* = 0.0
	SD	378	290	326	287	354	260	413	304	369	353	352	347	
	Median	707	559	666	562	383	411	588	636	822	627	683	565	Gender = 0.7
	Q ₁ – Q ₃	475	374	493	418	235	270	350	414	652	416	480	378	
		955	715	876	764	585	624	905	856	1130	862	930	810	
	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	
4 – 6 yrs RDA = 500 mg	Mean	840	671	904	758	896	580	774	752	1099	822	866	786	U/R = 0.001
	SD	386	403	409	300	533	335	416	352	363	404	383	413	
	Median	787	582	844	741	713	494	627	689	1112	757	820	701	Gender = 0.2
	Q ₁ – Q ₃	555	390	590	533	483	323	470	492	850	524	580	475	
		1089	868	1122	946	1219	762	1033	993	1352	1071	1111	1031	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
7 – 9 yrs RDA = 500 mg	Mean	922	750	994	904	915	647	840	731	1277	920	996	858	U/R = 0.002
	SD	470	543	430	455	446	371	470	302	533	486	488	471	
	Median	809	563	986	831	819	570	717	700	1283	827	895	742	Gender = 0.8
	Q ₁ – Q ₃	565	323	706	578	579	402	474	506	851	563	665	518	
		1197	958	1243	1127	1241	827	1144	884	1595	1222	1305	1070	
1 – 3 yrs	<AI	4	12	3	2	19	20	8	1	0	6	5	6	
	<67% RDA	7	18	6	8	36	34	16	9	1	11	9	14	
	>100 % RDA	76	60	78	69	35	41	62	71	89	70	75	63	
4 – 6 yrs	<AI	4	12	1	1	0	9	6	1	0	3	2	4	
	<67% RDA	8	18	4	7	3	28	9	7	0	8	6	10	
	>100 % RDA	81	61	85	81	73	50	69	73	94	77	83	72	
7 – 9 yrs	<AI	1	10	2	3	3	11	5	0	0	3	3	3	
	<67% RDA	2	29	4	7	5	17	8	6	0	6	7	6	
	>100 % RDA	82	57	88	84	83	67	67	79	98	81	86	77	

* U/R = Urban/Rural

** Adequate Intake used as the standard of reference

Table 6.116 Mean iron intake (mg) of children by age, province and area of residence

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)	162	85	230	230	58	79	126	115	149	1249	631	603	
1 – 3 yrs RDA = 10 mg	Mean	7.2	4.7	8.0	6.3	5.7	4.3	8.4	6.3	8.3	6.9	7.3	6.5	U/R* =0.001
	SD	3.8	2.9	5.1	3.4	4.2	2.8	6.3	3.5	3.5	4.4	4.2	4.5	
	Median	6.7	4.1	6.8	5.6	4.1	3.8	7.0	5.9	7.9	6.2	6.6	5.6	Gender =0.5
	Q ₁ – Q ₃	4.8	2.5	4.8	4.2	2.4	2.1	3.6	3.8	5.9	4.0	4.5	3.6	
		9.3	6.3	10.2	7.4	7.7	6.2	12.1	7.8	9.6	8.7	9.2	8.2	
	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	
4 – 6 yrs RDA = 10 mg	Mean	8.2	5.1	9.3	7.7	9.9	5.7	9.1	6.7	11.3	8.3	8.7	8.0	U/R = 0.03
	SD	3.6	2.9	4.6	3.4	5.7	3.9	5.6	3.3	4.4	4.5	4.2	4.7	
	Median	7.5	4.3	8.5	7.3	9.3	4.4	7.7	6.2	10.8	7.5	8.0	7.3	Gender =0.06
	Q ₁ – Q ₃	5.8	2.9	6.0	5.5	5.5	3.1	5.0	4.2	8.7	5.1	5.7	4.5	
		10.1	6.6	11.3	9.1	13.3	7.0	12.4	8.6	13.4	10.6	11.0	9.9	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
7 – 9 yrs RDA = 10 mg	Mean	9.3	5.6	10.2	9.2	9.2	5.8	9.8	6.7	12.3	9.2	9.8	8.8	U/R =0.05
	SD	4.7	4.9	4.3	4.4	4.4	2.9	7.5	3.0	5.0	5.2	4.8	5.5	
	Median	8.7	4.9	10.6	8.6	8.3	5.2	8.4	5.9	11.9	8.5	8.9	7.9	Gender =0.9
	Q ₁ – Q ₃	5.7	2.3	6.4	6.1	6.0	3.7	4.8	4.9	8.1	5.4	6.4	4.9	
		11.7	6.9	12.4	12.0	12.8	7.5	13.4	7.4	15.0	12.0	12.7	11.3	
1 – 3 yrs	<50 % RDA	28	67	27	37	57	69	41	37	14	37	31	43	
	<67% RDA	51	79	48	66	67	78	49	60	36	57	51	62	
	>100 % RDA	17	6	26	13	16	1	32	12	23	18	20	15	
4 – 6 yrs	<50 % RDA	18	57	13	20	23	56	29	36	5	25	19	29	
	<67% RDA	36	75	31	41	40	68	42	57	11	41	36	45	
	>100 % RDA	26	4	33	19	44	13	31	16	61	28	32	26	
7 – 9 yrs	<50 % RDA	15	54	14	21	17	44	33	30	3	21	16	27	
	<67% RDA	36	75	27	28	37	72	41	61	11	36	30	43	
	>100 % RDA	34	14	57	36	37	11	36	18	63	38	44	32	

*U/R = Urban/Rural

Table 6.117 Mean zinc intake (mg) of children by age, province and area of residence

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)	162	85	230	230	58	79	126	115	149	1249	631	603	U/R* = 0.0 Gender =0.6
	Mean	5.5	4.3	6.1	4.5	3.9	3.9	5.1	5.1	6.8	5.3	5.8	4.8	
	SD	2.8	2.6	3.2	2.4	3.1	2.7	3.3	2.5	2.5	2.9	2.8	2.9	
	Median	5.0	3.7	5.5	4.5	2.8	3.3	4.5	4.9	6.7	4.9	5.4	4.2	
	Q ₁ – Q ₃	3.4 7.0	2.4 5.4	4.0 7.7	3.0 5.8	1.8 5.4	2.2 4.6	2.6 6.9	3.1 6.8	5.2 8.4	3.2 6.8	3.7 7.5	2.7 6.0	
4 – 6 yrs RDA = 10 mg	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	U/R = 0.0 Gender =0.1
Mean	6.1	4.7	7.5	6.2	6.9	5.3	6.1	5.9	9.2	6.5	7.2	6.0		
SD	2.7	2.8	3.8	2.9	3.9	3.7	4.0	3.3	3.2	3.5	3.6	3.3		
Median	5.9	3.9	6.7	5.6	5.6	4.5	4.6	5.4	9.0	5.9	6.5	5.3		
Q ₁ – Q ₃	4.1 7.7	2.6 6.0	5.0 9.0	4.4 7.7	3.9 9.2	2.5 6.7	3.5 7.8	3.7 7.6	7.0 11.0	8.3 4.4	4.6 9.1	3.6 7.7		
7 – 9 yrs RDA = 10 mg	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	U/R =0.0001 Gender =0.8
Mean	6.9	5.2	8.3	7.4	6.8	5.8	6.7	5.9	10.7	7.3	8.1	6.6		
SD	3.7	3.7	3.7	4.0	3.2	3.3	4.1	2.7	4.6	4.1	4.1	4.0		
Median	6.1	4.2	8.0	6.9	6.3	5.2	5.6	4.9	10.4	6.7	7.6	5.6		
Q ₁ – Q ₃	4.4 8.6	2.5 7.0	5.2 9.9	4.4 8.7	4.3 8.6	2.9 8.0	3.4 8.7	4.2 7.4	7.1 13.6	4.3 9.7	5.2 10.5	3.8 8.4		
1 – 3 yrs	<50 % RDA	49	68	43	58	74	79	64	53	24	53	43	63	
	<67% RDA	73	86	65	84	89	89	75	72	50	73	66	80	
	>100 % RDA	6	2	8	4	5	6	12	3	13	7	8	5	
4 – 6 yrs	<50 % RDA	37	61	26	40	43	59	55	44	8	39	30	47	
	<67% RDA	64	79	50	66	61	76	70	64	21	60	52	66	
	>100 % RDA	8	6	21	8	21	11	15	9	37	15	19	11	
7 – 9 yrs	<50 % RDA	31	61	16	29	40	39	46	52	10	32	21	62	
	<67% RDA	58	71	31	45	57	72	59	70	24	50	43	80	
	>100 % RDA	16	7	24	19	14	11	21	12	53	22	27	5	

*U/R = Urban/Rural

Table 6.118 Mean selenium intake (μg) of children by age, province and area of residence

Age (Yrs)	Selenium (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 RDA = 20 μg	Mean	18.4	8.6	14.0	13.6	3.9	13.5	6.8	9.8	24.5	13.8	16.0	11.6	U/R* = 0.0
	SD	17.9	7.5	13.5	14.3	3.2	12.2	8.6	6.7	17.0	14.3	14.3	14.0	
	Median	13.4	6.5	9.7	8.5	2.8	11.0	3.1	8.5	21.0	9.3	11.5	7.0	Gender =0.7
	Q ₁ – Q ₃	6.9	4.0	5.5	4.1	1.8	3.2	1.5	6.0	12.4	4.3	5.7	2.9	
		23.5	10.2	17.1	16.4	5.4	19.8	8.9	12.1	31.5	18.6	21.4	15.0	
	Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547	
4 – 6 RDA = 20 μg	Mean	25.5	12.2	21.1	18.3	15.8	20.4	7.6	16.1	36.6	20.0	24.3	16.0	U/R = 0.0
	SD	26.6	13.7	19.6	26.4	17.9	15.4	10.9	27.5	22.9	23.4	24.0	22.1	
	Median	17.4	7.1	13.6	9.9	9.1	15.1	4.2	11.0	33.9	11.9	16.0	9.2	Gender =0.5
	Q ₁ – Q ₃	9.3	4.4	6.4	4.1	3.1	9.0	1.7	6.2	16.9	5.1	7.1	3.9	
		35.3	13.3	34.4	22.1	19.0	30.5	8.1	16.6	53.1	27.4	36.2	18.9	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
7 – 9 RDA = 30 μg	Mean	27.4	16.8	22.5	25.5	12.8	22.0	13.6	13.6	41.7	23.5	28.2	19.3	U/R = 0.0001
	SD	24.6	24.5	23.7	28.9	16.0	18.9	17.7	10.4	23.9	24.7	27.3	20.1	
	Median	19.5	6.4	12.2	12.9	7.0	18.2	8.2	11.6	39.3	13.9	18.8	12.5	Gender =0.4
	Q ₁ – Q ₃	10.4	4.1	4.9	6.5	2.1	7.2	3.3	6.4	22.1	6.0	6.6	5.7	
		37.2	15.2	35.7	33.0	15.4	31.8	15.2	17.7	56.3	27.8	41.5	25.1	
1 – 3 yrs	<50 % RDA	41	75	51	56	78	47	78	62	15	53	44	63	
	<67% RDA	51	84	66	69	83	61	85	85	27	65	58	74	
	>100 % RDA	34	7	18	21	9	23	9	10	50	22	26	18	
4 – 6 yrs	<50 % RDA	29	64	37	51	53	30	79	48	13	45	33	54	
	<67% RDA	40	75	50	59	60	43	88	61	18	55	44	64	
	>100 % RDA	43	18	35	27	24	41	8	19	70	33	42	23	
7 – 9 yrs	<50 % RDA	35	76	61	54	74	44	75	67	13	52	46	57	
	<67% RDA	51	84	63	60	77	56	82	85	18	60	53	68	
	>100 % RDA	30	7	31	28	11	33	10	6	65	28	37	19	

*U/R = Urban/Rural

Table 6.119 Mean magnesium intake (mg) of children by age, province and area of residence

Age (Yrs)	Magnesium (mg)	Province									RSA	Urban	Rural	t-Test p value
		EC	FS	G/TENG	KZN	M/GA	NC	NP	NW	WC				
1 – 3 yrs RDA = 80 mg	Number (n)	162	85	230	230	58	79	126	115	149	1249	631	603	U/R* = 0.9 Gender =0.08
	Mean	218	187	208	189	150	127	230	204	208	198	198	199	
	SD	99	96	99	85	95	65	120	95	79	97	91	103	
	Median	209	175	194	178	130	114	205	190	199	183	186	182	
	Q ₁ – Q ₃	154 260	120 227	140 265	131 224	88 183	72 170	140 291	117 268	153 258	129 253	135 248	125 257	
Number (n)	166	77	131	212	61	54	133	81	122	1044	490	547		
4 – 6 yrs RDA = 130 mg	Mean	251	207	260	240	269	160	262	221	273	244	241	248	U/R = 0.3 Gender =0.3
	SD	101	103	120	97	143	81	127	102	87	110	101	117	
	Median	239	196	230	231	231	153	232	205	275	229	228	231	
	Q ₁ – Q ₃	181 322	134 260	176 325	170 290	163 365	103 200	174 344	144 307	200 330	163 306	167 294	163 321	
	Number (n)	86	27	51	102	33	18	59	33	62	476	239	232	
7 – 9 yrs RDA = 130 mg	Mean	273	242	300	287	285	184	280	226	306	275	278	276	U/R = 0.9 Gender =0.5
	SD	125	184	151	149	128	96	145	101	122	140	131	147	
	Median	235	179	280	277	242	178	255	209	280	252	260	239	
	Q ₁ – Q ₃	195 329	144 324	210 341	175 353	206 360	98 200	168 363	164 261	212 375	176 345	181 356	170 340	
	Number (n)	94	84	94	94	83	69	90	97	97	91	92	91	
1 – 3 yrs	<50 % RDA	1	1	0	1	3	3	2	0	0	1	1	1	
	<67% RDA	1	8	1	2	9	10	2	0	1	3	3	3	
	>100 % RDA	94	84	94	94	83	69	90	97	97	91	92	91	
4 – 6 yrs	<50 % RDA	1	5	0	1	0	7	1	1	0	1	1	1	
	<67% RDA	4	12	2	2	3	19	4	5	0	4	4	5	
	>100 % RDA	90	77	92	88	92	63	88	84	98	88	90	86	
7 – 9 yrs	<50 % RDA	1	11	2	2	3	11	2	0	0	2	3	2	
	<67% RDA	1	14	2	2	3	11	5	0	0	3	3	3	
	>100 % RDA	92	75	94	91	97	72	85	88	100	91	91	90	

*U/R = Urban/Rural