

**Table 6.47 The percentage of children who ate breakfast as determined by the QFFQ by age group: South Africa 1999**

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
Number (n)	1300	1081	479	2860
Regularly (4 or more times/week)	91	87	87	89
Sometimes (1-3 times /week)	9	11	12	10
Never	1	1	1	1

**Table 6.48 The percentage of children who ate breakfast as determined by the QFFQ by area of residence: South Africa 1999**

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
Number (n)	291	1080	330	1159	1410	1450	2860
Regularly (4 or more/wk)	88	92	87	87	91	87	89
Sometimes (1-3 /week)	11	7	12	12	9	12	10
Never	2	1	1	1	1	1	1

**Table 6.49 The percentage of children who ate breakfast as determined by the QFFQ by province: South Africa 1999**

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
Number (n)	420	206	427	545	164	157	353	232	356	2860
Regularly	93	91	88	89	86	83	80	91	95	89
Sometimes	7	7	11	10	14	15	18	8	4	10
Never	0	1	1	1	0	2	3	2	1	1

**Table 6.50 The percentage of HHs that bought and/or served/cooked a main meal for the child separately as determined by the QFFQ by age group: South Africa 1999**

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
Number (n)	1246	1043	453	2742
Yes	14	11	11	13
No	85	89	88	87
Don't Know	1	0	0	0

**Table 6.51 The percentage of HHs that bought and/or served/cooked a main meal for the child separately as determined by the QFFQ by area of residence: South Africa 1999**

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
Number (n)	281	1041	320	1100	1361	1381	2742
Yes	9	13	8	15	12	13	13
No	91	86	92	85	88	86	87
Don't Know	0	1	0	0	1	0	0

**Table 6.52 The percentage of HHs that bought and/or served/cooked a main meal for the child separately as determined by the QFFQ by province: South Africa 1999**

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
Number (n)	390	208	421	541	161	148	294	227	352	2742
Yes	7	11	6	19	16	10	30	4	9	13
No	93	89	94	81	82	88	69	95	91	87
Don't Know	0	0	0	0	2	2	0	0	0	0

**Table 6.53 The eating patterns of children as determined by the QFFQ by age group: South Africa 1999**

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
Number (n)	1285	1072	466	2823
More than 3 daily meals with eating between meals	10	9	10	10
Three meals with eating between the meals	45	42	43	44
Three daily meals with no eating between the meals	31	32	31	31
Two daily meals with eating between the meals	6	8	9	7
Two daily meals with no eating between the meals	3	4	4	4
One daily meal with eating between the meals	2	3	2	2
One daily meal with no eating between the meals	0	1	1	1
Nibble the whole day with no specific meals	2	1	0	1
Other	1	0	0	1

**Table 6.54 The eating patterns of children as determined by the QFFQ by area of residence:  
South Africa 1999**

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
Number (n)	283	1063	328	1149	1391	1432	2823
More than 3 daily meals with eating between meals	10	11	10	8	11	8	10
Three meals with eating between the meals	41	54	46	35	52	36	44
Three daily meals with no eating between the meals	30	22	28	41	23	39	31
Two daily meals with eating between the meals	10	8	6	7	7	7	7
Two daily meals with no eating between the meals	5	2	3	8	2	5	4
One daily meal with eating between the meals	1	1	2	3	1	3	2
One daily meal with no eating between the meals	0	0	1	1	1	1	1
Nibble the whole day with no specific meals	1	2	2	0	2	1	1
Other	1	0	0	1	0	1	1

**Table 6.55 The eating patterns of children as determined by the QFFQ by province: South Africa 1999**

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
<b>Number (n)</b>	418	205	422	548	161	149	342	223	355	2823
More than 3 daily meals with eating between meals	8	8	16	5	7	3	11	13	12	10
Three meals with eating between the meals	48	24	54	48	29	23	31	30	68	44
Three daily meals with no eating between the meals	39	47	19	29	39	54	43	33	7	31
Two daily meals with eating between the meals	3	10	6	7	7	6	2	19	11	7
Two daily meals with no eating between the meals	1	6	1	5	14	8	3	3	1	4
One daily meal with eating between the meals	0	0	0	3	4	2	8	1	0	2
One daily meal with no eating between the meals	0	1	0	2	1	1	0	0	0	1
Nibble the whole day with no specific meals	0	2	3	1	0	2	0	1	0	1
Other	0	1	0	0	0	1	2	0	0	1

**Table 6.56 The percentage of children who sometimes ate elsewhere other than the HH as determined by the QFFQ by age group: South Africa 1999**

Response (%)	Age group			
	1-3 Years	4-6 Years	7 – 9 Years	RSA
<b>Number (n)</b>	392	492	236	1120*
<b>Family</b>	48	31	27	36
<b>Friends</b>	25	16	10	18
<b>Café</b>	0	0	0	0
<b>Restaurant / Fast Food</b>	4	3	3	3
<b>School</b>	8	41	59	33
<b>Other**</b>	16	9	1	10

\* 976 responded to this question: 125 ticked at least two options and 19 ticked three options.

\*\* 186 out of 244 replied crèche/day care and 19 replied neighbours.

**Table 6.57 The percentage of children who sometimes ate elsewhere other than the HH as determined by the QFFQ by area of residence: South Africa 1999**

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
<b>Number (n)</b>	97	529	139	355	668	452	1120
<b>Family</b>	30	32	30	47	31	43	36
<b>Friends</b>	22	16	23	17	18	18	18
<b>Café</b>	0	0	0	0	0	0	0
<b>Restaurant / Fast Food</b>	0	7	0	0	5	0	3
<b>School</b>	34	35	31	30	34	31	33
<b>Other**</b>	14	10	17	6	11	8	10

\* 976 Responded to this question, 125 ticked at least two options and 19 ticked three options

\*\* 186 out of 244 replied crèche/day care and 19 replied neighbours

**Table 6.58 The percentage of children who sometimes ate elsewhere other than the HH as determined by the QFFQ by province: South Africa 1999**

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
<b>Number (n)</b>	172	36	204	196	31	32	78	106	265	1120
<b>Family</b>	38	36	31	31	35	31	45	63	31	36
<b>Friends</b>	21	31	22	19	16	9	15	9	15	18
<b>Café</b>	0	0	0	0	0	0	0	0	0	0
<b>Restaurant / Fast Food</b>	0	0	4	1	6	0	0	0	9	3
<b>School</b>	37	19	24	44	29	31	27	21	38	33
<b>Other**</b>	3	14	20	5	13	28	13	7	7	10

\* 976 Responded to this question, 125 ticked at least two options and 19 ticked three options

\*\* 186 out of 244 replied crèche/day care and 19 replied neighbours

**Table 6.59** The percentage of respondents who thought that foods enriched with vitamins and minerals were healthier as determined by the QFFQ by age group: South Africa 1999

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
Number (n)	1242	1036	455	2733
Yes	71	72	73	72
No	3	2	2	2
Don't Know	26	26	24	26

**Table 6.60** The percentage of respondents who thought that foods enriched with vitamins and minerals were healthier as determined by the QFFQ by area of residence: South Africa 1999

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
Number (n)	284	1018	320	1111	1338	1395	2733
Yes	64	76	79	68	77	67	72
No	2	4	3	1	4	1	2
Don't Know	33	20	19	31	20	32	26

**Table 6.61 The percentage of respondents who thought that foods enriched with vitamins and minerals were healthier as determined by the QFFQ by province: South Africa 1999**

Response* (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
Number (n)	411	207	417	523	162	156	279	228	350	2733
Yes	49	65	83	63	77	73	94	86	71	72
No	1	1	5	1	2	2	1	5	6	2
Don't Know	50	34	12	37	21	25	5	9	23	26

\*Remarks made: Out of a total of 62 remarks, 4 indicated it builds the body, 11 indicated it is good for energy, 6 for growth, and 25 for health

**Table 6.62 The percentage of respondents who bought foods enriched with vitamins and minerals as determined by the QFFQ by age group: South Africa 1999**

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
Number (n)	1231	1034	454	2719
Yes	45	46	47	46
No	25	24	21	24
Don't Know	30	29	32	30

**Table 6.63 The percentage of respondents who bought foods enriched with vitamins and minerals as determined by the QFFQ by area of residence: South Africa 1999**

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
Number (n)	284	1017	319	1099	1336	1383	2719
Yes	37	53	48	40	52	40	46
No	26	23	24	25	23	25	24
Don't Know	37	24	28	35	25	35	30

**Table 6.64 The percentage of respondents who bought foods enriched with vitamins and minerals as determined by the QFFQ by province: South Africa 1999**

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
Number (n)	401	207	417	524	159	154	279	227	351	2719
Yes	26	38	54	44	41	45	70	40	52	46
No	13	33	27	13	35	21	23	55	22	24
Don't Know	61	29	19	42	23	34	7	6	27	30

**Table 6.65 The frequency of purchasing foods enriched with vitamins and minerals as determined by the QFFQ by age group: South Africa 1999**

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
Number (n)	322	297	132	751
Regularly (twice/week)	45	36	42	41
Sometimes	55	64	58	59
Never	0.3	0.3	0.8	0.4

**Table 6.66 The frequency of purchasing foods enriched with vitamins and minerals as determined by the QFFQ by area of residence: South Africa 1999**

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
Number (n)	48	303	97	303	400	351	751
Regularly (twice/week)	25	53	41	31	50	30	41
Sometimes	75	47	58	69	49	70	59
Never	0	0.3	1	0.3	0.5	0.2	0.4

**Table 6.67 The frequency of purchasing foods enriched with vitamins and minerals as determined by the QFFQ by province: South Africa 1999**

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
Number (n)	55	56	130	167	34	14	145	61	89	751
Regularly (2x/wk)	51	43	47	41	44	86	6	75	47	41
Sometimes	49	57	53	59	53	7	92	25	53	59
Never	0	0	0	0	3	7	0.7	0	0	0.4

**Table 6.68 The percentage of respondents who would buy foods enriched with vitamins and minerals even if they were more expensive as determined by the QFFQ by age group: South Africa 1999**

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
Number (n)	1239	1034	453	2726
Yes	38	39	40	38
No	37	36	38	37
Don't Know	26	26	22	25

**Table 6.69** The percentage of respondents who would buy foods enriched with vitamins and minerals even if they were more expensive as determined by the QFFQ by area of residence: South Africa 1999

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
Number (n)	284	1018	320	1104	1338	1388	2726
Yes	34	47	36	32	45	32	38
No	32	33	41	40	35	38	37
Don't Know	35	20	21	29	20	30	25

**Table 6.70** The percentage of respondents who would buy foods enriched with vitamins and minerals even if they were more expensive as determined by the QFFQ by province: South Africa 1999

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
Number (n)	408	207	416	524	162	156	275	227	351	2726
Yes	23	43	46	39	29	33	36	51	44	38
No	42	22	39	21	50	29	59	41	37	37
Don't Know	36	36	15	40	21	38	4	8	19	25

**Table 6.71 The percentage of respondents and the reasons they gave for not buying vitamin and mineral enriched foods as determined by the QFFQ by age group: South Africa 1999**

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
Number (n)	1133	954	416	2503
They are more expensive	51	51	47	50
They are not important	1	1	0.5	1
Your family does not need them	1	2	2	1
Don't Know	47	47	51	48

**Table 6.72 The percentage of respondents and the reasons they gave for not buying vitamin and mineral enriched foods as determined by the QFFQ by area of residence: South Africa 1999**

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
Number (n)	254	913	296	1040	1209	1294	2503
More expensive	35	44	53	58	46	54	50
Not important	2	1	0.3	0.3	1	0.5	1
Not needed	1	4	0	0	3	0.2	1
Don't Know	62	51	47	41	50	45	48

**Table 6.73** The percentage of respondents and the reasons they gave for not buying vitamin and mineral enriched foods as determined by the QFFQ by province: South Africa 1999

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
<b>Number (n)</b>	368	185	372	480	157	155	274	223	289	2503
<b>More Expensive</b>	36	43	65	25	80	23	93	84	29	50
<b>Not important</b>	0	0.5	0.5	0.4	0.6	3	0.4	0.5	2	1
<b>Not needed</b>	0	0.5	0.2	0.4	0.6	5	0.4	0	8	1
<b>Don't Know</b>	64	56	35	74	19	69	6	15	61	48

**Table 6.74** The percentage of respondents and their perception as to the type of foods which should be enriched with vitamins and minerals as determined by the QFFQ by age group: South Africa 1999

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
<b>Number (n)</b>	1226	1020	446	2692
<b>Foods were suggested</b>	53	56	54	54
<b>None</b>	2	1	2	2
<b>Don't Know</b>	46	43	44	44

**Table 6.75** The percentage of respondents and their perception as to the type of foods which should be enriched with vitamins and minerals as determined by the QFFQ by area of residence: South Africa 1999

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
Number (n)	277	1007	320	1088	1327	1365	2692
Suggested foods	39	54	61	57	56	53	54
None	2	1	0.3	2	1	2	2
Don't Know	59	45	39	41	43	45	44

**Table 6.76** The percentage of respondents and their perception as to the type of foods which should be enriched with vitamins and minerals as determined by the QFFQ by province: South Africa 1999

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
Number (n)	405	204	415	514	158	155	273	225	343	2692
Foods suggested	50	50	65	60	53	32	74	47	42	54
None	0	0.5	0.2	0	6	8	4	0.4	1	2
Don't Know	50	50	35	40	41	61	22	53	57	44

**Table 6.77 The percentage of respondents and their suggestions as to which specific foods should be enriched, South Africa 1999 (n=1461\*)**

<b>Name</b>	<b>Number (n = 2091)</b>	<b>Percentage (%)</b>
<b>All Foods</b>	29	1.4
<b>Atchar</b>	1	0.0
<b>Biscuits</b>	2	0.1
<b>Bread</b>	207	9.9
<b>Breakfast Cereals</b>	44	2.1
<b>Canned Food</b>	17	0.8
<b>Cheese</b>	7	0.3
<b>Cool Drinks</b>	3	0.1
<b>Curry &amp; Spices</b>	2	0.1
<b>Eggs</b>	50	2.4
<b>Fast Foods</b>	2	0.1
<b>Fat / Margarine / Oil</b>	17	0.8
<b>Fish</b>	22	1.1
<b>Flour</b>	19	0.9
<b>Fruits</b>	78	3.7
<b>Ice Cream</b>	1	0.0
<b>Infant foods</b>	7	0.3
<b>Juice</b>	8	0.4
<b>Maas</b>	4	0.2
<b>Macaroni / Spaghetti</b>	7	0.3
<b>Maize / Porridge</b>	668	31.9
<b>Meat and Chicken</b>	78	3.7
<b>Milk</b>	69	3.3
<b>Peanut Butter</b>	10	0.5

**Table 6.77 (Cont'd) The percentage of respondents and their suggestions as to which specific foods should be enriched, South Africa 1999 (n=1461\*)**

<b>Name</b>	<b>Number (n = 2091)</b>	<b>Percentage (%)</b>
<b>Processed meats</b>	6	0.3
<b>Provita / Snacks</b>	9	0.4
<b>Rice</b>	202	9.7
<b>Salt</b>	2	0.1
<b>Samp</b>	127	6.1
<b>Soup</b>	20	1.0
<b>Soya</b>	4	0.2
<b>Starches</b>	24	1.1
<b>Sugar</b>	3	0.1
<b>Sweets</b>	11	0.5
<b>Tea</b>	4	0.2
<b>Tomato Sauce</b>	1	0.0
<b>Vegetables</b>	324	15.5
<b>Yoghurt</b>	2	0.1

\*1461 subjects indicated at least one item

**Table 6.78 The percentage of respondents who used iodised salt in the child's food as determined by the QFFQ by age group: South Africa 1999**

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
Number (n)	1227	1026	448	2701
Yes	71	71	72	71
No	12	11	9	11
Don't Know	17	19	19	18

**Table 6.79 The percentage of respondents who used iodised salt in the child's food as determined by the QFFQ by area of residence: South Africa 1999**

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
Number (n)	280	1010	316	1095	1326	1375	2701
Yes	65	76	78	65	77	65	71
No	16	8	4	15	7	15	11
Don't Know	19	16	17	20	16	20	18

**Table 6.80 The percentage of respondents who used iodised salt in the child's food as determined by the QFFQ by province: South Africa 1999**

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
<b>Number (n)</b>	406	206	412	518	156	151	277	226	349	2701
<b>Yes</b>	50	57	88	74	79	78	56	89	73	71
<b>No</b>	1	26	6	3	12	11	44	8	9	11
<b>Don't Know</b>	49	17	7	24	9	11	0	3	18	18

**Table 6.81 The percentage of respondents who used flavoured salts in the child's food as determined by the QFFQ by age group: South Africa 1999**

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
<b>Number (n)</b>	1233	1030	449	2712
<b>Yes</b>	38	48	48	44
<b>No</b>	55	44	44	49
<b>Don't Know</b>	7	8	8	7

**Table 6.82 The percentage of respondents who used flavoured salts in the child's food as determined by the QFFQ by area of residence: South Africa 1999**

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
Number (n)	279	1013	316	1104	1329	1383	2712
Yes	25	45	47	46	45	42	44
No	61	49	47	46	49	49	49
Don't Know	14	6	6	7	6	9	7

**Table 6.83 The percentage of respondents who used flavoured salts in the child's food as determined by the QFFQ by province: South Africa 1999**

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
Number (n)	407	205	414	519	160	155	277	227	348	2712
Yes	73	17	33	52	41	25	45	29	45	44
No	23	69	64	35	51	61	53	64	50	49
Don't Know	4	14	3	13	8	14	1	7	5	7

Flavoured salts added: (total = 738); Aromat/Aromat & other (such as beefstock, BBQ spice, Knorr, Bisto) n = 445 (60.3%); BBQ/BBQ & other n = 21 (2.8%); Beefstock/Beefstock and other n = 37 (5.0%); Bisto 4 (5%), Chicken Spice/Chicken spice and other 33 (4.4%), Chilli 5 (6.8%), Curry 19 (2.6%), Fondor 7 (0.9%), Garlic Salt 2 (0.3%), Herb Salt 2 (0.3%), Knorr 62 (8.4%), Knorrox 13 (1.8%), Maggie 3 (0.4%), Marina 10 (1.4%), Masala 1 (0.1%), Mixed Spice 2 (0.3%), Peri Peri 5 (0.7%), Rajah 13 (1.8%), Soup Powder 21 (2.8%), Spices 10 (1.4%)

**Table 6.84** The percentage of respondents who thought dietary supplements would improve the health of the child as determined by the QFFQ by age group (n = 2701): South Africa 1999

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
Number (n)	1227	1026	448	2701
Yes	35	36	35	36
No	27	26	27	27
Don't Know	37	38	38	38

**Table 6.85** The percentage of respondents who thought dietary supplements would improve the health of the child as determined by the QFFQ by area of residence: South Africa 1999

Response (%)	Area of residence						RSA
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	
Number (n)	281	1005	316	1099	1321	1380	2701
Yes	25	46	37	29	43	28	36
No	26	27	27	26	27	26	27
Don't Know	49	28	36	44	30	46	38

**Table 6.86 The percentage of respondents who thought dietary supplements would improve the health of the child as determined by the QFFQ by province: South Africa 1999**

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
Number (n)	409	207	413	513	152	155	277	225	350	2701
Yes	40	34	32	32	28	20	38	18	61	36
No	6	26	37	22	34	35	24	68	15	27
Don't Know	54	41	32	46	39	45	38	13	24	38

**Table 6.87 The percentage of respondents who gave the child dietary supplements as determined by the QFFQ by age group: South Africa 1999**

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA
Number (n)	1230	1023	452	2705
Yes	6	5	5	5
No	75	78	77	77
Don't Know	18	18	17	18

**Table 6.88 The percentage of respondents who gave the child dietary supplements as determined by the QFFQ by area of residence: South Africa 1999**

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
Number (n)	282	1011	314	1098	1325	1380	2705
Yes	4	10	1	3	8	3	5
No	73	78	86	74	80	73	77
Don't Know	23	12	12	24	12	24	18

**Table 6.89 The percentage of respondents who gave the child dietary supplements as determined by the QFFQ by province: South Africa 1999**

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
Number (n)	408	207	411	514	156	154	279	227	349	2705
Yes	1	0.5	5	3	2	3	7	2	22	5
No	75	81	85	74	83	69	68	90	68	77
Don't Know	23	19	11	23	15	27	25	8	10	18

**Table 6.90 The type of dietary supplements consumed by children (total n = 99)**

<b>Supplement</b>	<b>n</b>	<b>Percentage (%)</b>
<b>B Complex</b>	1	1
<b>Bettaway Children</b>	1	1
<b>Calcium</b>	1	1
<b>Chewies</b>	2	2
<b>Diva Mealie Meal</b>	1	1
<b>Dyna Jets</b>	16	16
<b>Glucose</b>	1	1
<b>Golden Products</b>	2	2
<b>Jungle vitamins</b>	3	3
<b>Kiddievite</b>	7	7
<b>Kidz Chew</b>	2	2
<b>Lewertraan</b>	1	1
<b>Malt</b>	1	1
<b>Multivitamins</b>	30	30
<b>Pem Porridge PVM</b>	2	2
<b>Sanatogen</b>	1	1
<b>Scotts Emulsion</b>	1	1
<b>Solgar multivit</b>	1	1
<b>Supplem-d prime one</b>	1	1
<b>Vidaylin</b>	10	10
<b>Vitaforce</b>	2	2
<b>Vitajuice</b>	1	1
<b>Vital</b>	4	4
<b>Vitamin C</b>	2	2
<b>Vitasquares</b>	1	1
<b>Zesties</b>	3	3
<b>Zymaflour</b>	1	1

**Table 6.91 The percentage of respondents and their perception what nutrients vitamin and minerals were as determined by the QFFQ by age group: South Africa 1999**

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA*
<b>Number (n)</b>	1251	1070	468	2789**
<b>Starch</b>	11	10	16	12
<b>Fats</b>	4	5	5	4
<b>Proteins</b>	25	26	19	25
<b>Other</b>	10	8	9	9
<b>Don't Know</b>	50	50	52	51

\* 2660 subjects completed this question of whom 2569 ticked only one option, 22 selected 2 options, 48 selected 3 options, 8 selected first 4 options

\*\* 2789 is the total number of options selected

**Table 6.92 The percentage of respondents and their perception what nutrients vitamin and minerals were as determined by the QFFQ by area of residence: South Africa 1999**

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA*
Number (n)	288	1076	318	1107	1394	1395	2789**
Starch	7	10	7	15	9	14	12
Fats	5	5	6	4	5	4	4
Proteins	34	27	29	19	27	22	25
Other	7	15	8	4	13	4	9
Don't Know	47	44	50	58	45	56	51

\* 2660 subjects completed this question of whom 2569 ticked only one option, 22 selected 2 options, 48 selected 3 options and 8 selected first 4 options

\*\* 2789 is the total number of options selected

**Table 6.93 The percentage of respondents and their perception what nutrients vitamin and minerals were as determined by the QFFQ by province: South Africa 1999**

<b>Response (%)</b>	<b>EC</b>	<b>FS</b>	<b>G/TENG</b>	<b>KZ</b>	<b>M/GA</b>	<b>NC</b>	<b>NP</b>	<b>NW</b>	<b>WC</b>	<b>RSA*</b>
<b>Number (n)</b>	416	209	418	548	129	174	263	265	367	2789**
<b>Starch</b>	7	6	7	7	22	11	34	20	7	12
<b>Fats</b>	3	6	4	3	1	10	4	8	3	4
<b>Proteins</b>	16	41	34	12	18	50	14	45	16	25
<b>Other</b>	5	1	19	9	2	2	0	3	21	9
<b>Don't Know</b>	69	46	35	69	57	27	47	23	53	51

\* 2660 subjects completed this question of whom 2569 ticked only one option, 22 selected 2 options, 48 selected 3 options and 8 selected first 4 options

\*\* 2789 is the total number of options selected

**Table 6.94** The percentage of respondents and their perception as to the type of people who need additional vitamins and minerals as determined by the QFFQ by age group: South Africa 1999

Response (%)	Age group			
	1 - 3 Years	4 - 6 Years	7 - 9 Years	RSA*
<b>Number (n)</b>	1409	1173	535	3117*
<b>Children</b>	72	70	67	70
<b>Elderly</b>	11	13	13	12
<b>Athletes</b>	8	8	8	8
<b>Women</b>	5	5	7	5
<b>Men</b>	5	4	5	5

\* 2398 subjects completed this question of whom 2077 ticked only one option, 151 selected 2 options, 28 selected 3 options, 6 selected first 4 options and 126 selected all 5 options

\*\* 3117 is the total number of options selected

**Table 6.95** The percentage of respondents and their perception as to the type of people who need additional vitamins and minerals as determined by the QFFQ by area of residence: South Africa 1999

Response (%)	Area of residence						
	Commercial Farms	Formal Urban	Informal Urban	Tribal	Urban	Rural	RSA
<b>Number (n)</b>	340	1344	323	1110	1667	1450	3117*
<b>Children</b>	68	62	80	78	65	76	70
<b>Elderly</b>	11	14	9	10	13	10	12
<b>Athletes</b>	9	10	5	6	9	7	8
<b>Women</b>	6	8	3	3	7	4	5
<b>Men</b>	6	7	2	2	6	3	5

\* 2398 subjects completed this question of whom 2077 ticked only one option, 151 selected 2 options, 28 selected 3 options, 6 selected first 4 options and 126 selected all 5 options

\*\* 3117 is the total number of options selected

**Table 6.96 The percentage of respondents and their perception as to the type of people who need additional vitamins and minerals as determined by the QFFQ by province: South Africa 1999**

Response (%)	EC	FS	G/TENG	KZ	M/GA	NC	NP	NW	WC	RSA
<b>Number (n)</b>	414	233	455	541	179	156	281	226	632	3117*
<b>Children</b>	80	79	77	70	81	86	79	79	41	70
<b>Elderly</b>	9	9	11	12	15	8	16	3	17	12
<b>Athletes</b>	3	5	6	7	2	6	4	17	15	8
<b>Women</b>	5	4	3	6	2	1	1	0.4	14	5
<b>Men</b>	2	3	3	5	1	0	0	0.4	13	5

\* 2398 subjects completed this question of whom 2077 ticked only one option, 151 selected 2 options, 28 selected 3 options, 6 selected first 4 options and 126 selected all 5 options

\*\* 3117 is the total number of options selected