

*THE LEVEL OF CONSUMPTION (ENERGY, PROTEIN, FAT, CARBOHYDRATE)
AMONG TODDLERS THROUGH NUTRITIONAL ASSISTANCE
FOR STUNTED CHILDREN AGED 24 TO 48 MONTHS
IN SONGGOKERTO SUB-DISTRICT, BATU CITY*

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ABSTRACT

Background: Stunting in toddlers, characterized by impaired growth not in accordance with age, is a global health problem affecting millions of children worldwide, including in Indonesia. Data from the Basic Health Research (Riskesdas) shows that the prevalence of stunted toddlers in Indonesia in 2018 was 30,8% (Satriawan, 2018). ***Objective:*** To identify the benefits of nutritional assistance on changes in consumption levels (energy, protein, fat, carbohydrate) and body weight among stunted toddlers aged 24 to 48 months in Songgokerto Sub-district, Batu City. ***Method:*** This scientific paper is a report on the result of a nutritional assistance activity, describing the changes in the levels of energy, protein, fat, and carbohydrate consumption as well as body weight during the intervention process. ***Result:*** Among 5 toddlers, there was an increase in energy intake by 336,5 kcal over a 4 day intervention, an increase in protein intake by 19,5 grams, an increase in fat intake by 13,5 grams, an increase in carbohydrate intake by 134 grams, and an average increase in body weight by 3,8 kg. ***Conclusion:*** The levels of energy, protein, fat, and carbohydrate consumption among toddlers with a history of stunting in Songgokerto Sub-district, Batu City were mostly in the severe deficit category based on % RDA (Recommended Dietary Allowance), and their body weights were mostly categorized as underweight.

Keywords: Toddlers, Stunting, Consumption Level, Weight Gain