

DESCRIPTION OF DIET PATTERNS AND NUTRITIONAL STATUS OF
TODDLERS IN TULUNGREJO VILLAGE, BUMIAJI DISTRICT, BATU CITY

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ABSTRACT

Background: Toddlers are referred to as a group vulnerable to nutritional problems because their rapid growth and development require optimal nutritional intake and a balanced diet to maintain the nutritional status of toddlers. **Research Objectives:** To find out and study the description of dietary patterns and nutritional status of toddlers in Tulungrejo Village, Bumiaji District, Batu City. **Research Method:** This study uses a descriptive method that describes or describes problems that occur about a condition objectively. The study was conducted in August with a sample population of 15 toddlers. **Research Results:** From 15 respondents, it showed that nutritional status based on weight index according to age in the Normal Weight category was 20%, nutritional status in the Underweight category was 67%, and nutritional status in the Very Underweight category was 13%. Respondents' nutritional status based on height according to age got the Normal category results of 27%, nutritional status in the Short category was 53%, while nutritional status in the Very Short category was 20%. Respondents' nutritional status based on weight according to height obtained a nutritional status in the good nutritional category of 73%, nutritional status in the malnutrition category of 27%. While the eating patterns of toddlers in Tulungrejo village are included in the less diverse category with a percentage of 60% and 40% of toddlers have a diverse diet. **Conclusion:** Of the 15 respondents, many toddlers have a nutritional status of Underweight and Short, and have a less diverse diet.

Keywords: Toddlers, Nutritional Status, Dietary Habits.