

GAMBARAN POLA MAKAN DAN PERUBAHAN BERAT BADAN
MELALUI PENDAMPINGAN GIZI PADA BALITA BERAT BADAN
KURANG USIA 0-59 BULAN DI DUSUN LOANDENG 5
DESA KALISONGO KECAMATAN DAU

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ABSTRACT

Background: Underweight is an indicator of nutritional status based on the Body Weight Index for Age (BB/U) with a threshold (Z-Score) <-2 SD (standard deviation). The problem of Underweight is certain to threaten mental health, both from poor nutritional status or hunger and the impact on a disease. Research **Objective:** To determine the picture of eating patterns, and changes in body weight through nutritional assistance in underweight toddlers aged 0-59 months in Loandeng 5 Hamlet, Kalisongo Village, Dau District, Malang City. **Research Method:** This study was conducted using a qualitative method. Data collection was carried out through structured interviews using questionnaires and FFQ (Food Frequency Questionnaire) forms in October 2024, which were presented in descriptive and tabular form. **Research Results:** Of the 5 toddlers, 40% of toddlers were found to have a diverse diet, and 60% had a less diverse diet. **Conclusion:** There are still many toddlers who are underweight due to a diet that is not diverse and does not match their intake.

Keywords: Diet, Underweight, Toddlers