

AN OVERVIEW OF PACKAGED SNACK AND BEVERAGE
CONSUMPTION OF STUNTED TODDLERS IN PUKESMAS
BULULAWANG

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ABSTRACT

Background: Stunting is a chronic nutritional problem caused by a lack of nutritional intake for a long time due to food that does not fulfill nutritional needs (Fitriani, 2023). Children under five are said to be stunted if they have a Z-Score value ≥ -3 SD to < -2 SD (PMK Number 2 of 2020). The preference of children under five to consume packaged snack foods and packaged drinks can cause a decrease or inadequacy of nutritious main food. This will indirectly cause growth failure.

Purpose: The purpose of this study is to determine the description of the packaged *snacks* and beverages consumption in stunting toddlers in Puskesmas Bululawang, Kecamatan Bululawang, Kabupaten Malang.

Method: This research used a cross sectional descriptive study design and was conducted in August 2024. The population of this research is stunted toddlers, with a total of 10 toddlers as the sample.

Result: A total of 10 stunted toddlers in Desa Gading, Kecamatan Bululawang, Kabupaten Malang have a nutritional status based on TB/U in the short (Stunted) category with a Z-Score value of $-3SD$ to $< 2SD$. The average level of macronutrient consumption of those toddlers showed very less energy consumption, more protein consumption, more fat consumption, and balanced carbohydrate consumption (between the less and good categories). The ten stunted toddlers on average consumed more than ≥ 2 types of packaged *snacks* and packaged beverages per day with an average consumption of ≥ 2 packs for packaged *snacks* and 1 bottle/pack for *snacks*.

Conclusion: The research showed that ten stunted toddlers in Desa Gading, Kecamatan Bululawang, Kabupaten Malang, had an average consumption of more than two types of packaged *snack* foods and one bottle or packaged *snack* drink per day.

Keywords: Stunting, macronutrient intake levels, types and quantities of snack foods and packaged beverages consumed by stunted toddlers.