

Effect of Nutritional Counselling on the Energy Intake of Stunting Children Aged 4-6 Years

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Keywords

Stunting · Children · Nutritional counselling · Energy intake · Snack

Background/Aims: The purpose of this research was to determine the effect of nutritional counseling on the energy intake of stunting children aged 4 – 6 years.

Methods: The research activities were held at As-Shofa and Al-Fityah Kindergarten of Pekanbaru city on April and August 2018. The subject of this research was stunting children aged 4 – 6 years (n=20). The nutritional counseling was given to the subject's parents for four times. Each nutritional counseling was held ±30 minutes at the subject's home. The measurement of the subject's food consumption was done using the 1 x 24-hour food recall. Subject's parents were given a balanced nutrition book suited for children aged 4 – 6 years which contain information about the number, type, and timing of feeding the children. **Results:** Subject's average energy intake was 838.2 kcal or 52.7% of recommended energy intake. All subjects consumed energy below the recommended intake. As many as 66.67% of the subjects did not consume morning snack, 33.3% did not consume afternoon snack and 33.3% of the subjects did not consume night snack and 33.3% did not consume breakfast. Within four months of nutritional counseling, the energy intake increased from 52.7% to 71% of the recommended energy intake.

Conclusion: The subjects' parents were expected to pay attention to the subjects' three-time snacks (morning, afternoon and night snacks) and breakfast.

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