

*Differences in Macro Nutrient Intake in Stunting and  
Non-stunting Toddlers in Panduman Village,  
Jelbuk District, Jember Regency*

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**ABSTRACT**

*Stunting is a condition of toddlers who experience failure to thrive due to chronic nutritional deficiencies that must be addressed immediately, if the child is malnourished continuously it can affect his nutritional status and will cause the child to be shorter than his age. According to WHO, global stunting in 2020 reached 149.2 million or equivalent to 22%. Indonesia has a stunting percentage of 31.8%. The prevalence of stunting in Jember Regency is mostly in Jelbuk District, which is 659 or equivalent to 31.84% of children. There are 2 impacts of stunting, namely short term and long term. The short-term impact of stunting is not optimal cognitive, motor, and verbal development in children. The long-term impact of stunting is that when adults are shorter than their age friends. The purpose of this study was to determine differences in macronutrient intake in stunting and non-stunting toddlers in Panduman Village. This study uses an analytic observational research with a case control design, the sampling technique uses simple random sampling. The number of subjects needed in each group is 66 stunting toddlers and 66 non-stunting toddlers so that the total subjects used are 132 people. Collecting data using SQFFQ and using the Nutrisurvey application as a research instrument. The results showed that there were differences in the intake of macronutrients (energy, protein, fat, and carbohydrates) between stunting and non-stunting toddlers with the average daily food intake being higher for non-stunting toddlers than stunting toddlers. This study can be stated that there are differences in the intake of macronutrients in stunting and non-stunting toddlers in Panduman Village with  $p\text{-value} = 0.000 < 0.05$ .*

*Key words: intake, stunting, macronutrients*