

**The Relationship of Nutritional Literacy with Nutritional Knowledge, Food Intake and Nutritional Status of Adolescents of SMA Muhammadiyah 3 Jember**

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**ABSTRACT**

Nutrition literacy is the extent to which an individual obtains, processes, and comprehends information related to nutrition, enabling them to make informed decisions regarding nutrition. Literacy plays a crucial role in increasing knowledge. Knowledge about nutrition contributes to an individual's ability to select and determine foods, which in turn affects their dietary intake and nutritional status. The objective of this study is to determine the relationship between nutrition literacy and nutrition knowledge, dietary intake, and nutritional status among high school students at SMA Muhammadiyah 3 Jember. This research utilized a cross-sectional design. The subjects of this study were 159 11th and 12th grade students from SMA Muhammadiyah 3 Jember, selected using simple random sampling techniques. Nutrition literacy and nutrition knowledge data were collected through questionnaire distribution. Dietary intake data were collected using a 2x24-hour Food Record. Nutritional status data were collected through measurements of weight and height. The statistical analysis of this research utilized the Chi-Square test. The results of this study indicate a significant relationship between nutrition literacy and adolescent nutrition knowledge ( $p=0.034$ ), a significant relationship between nutrition literacy and energy intake ( $p=0.005$ ), no significant relationship between nutrition literacy and protein intake ( $p=0.340$ ), no significant relationship between nutrition literacy and fat intake ( $p=0.326$ ), a significant relationship between nutrition literacy and adolescent carbohydrate intake ( $p=0.003$ ), and a significant relationship between nutrition literacy and adolescent nutritional status ( $p=0.000$ ).

Keywords : Nutritional Literacy, Nutritional Knowledge, Food Intake, Nutritional Status, Adolescents