

**Correlation of Animal Protein, Calcium and Phosphorus Intake to Z-Score  
TB/U in Toddlers at the Puskesmas Balung, Jember Regency**

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***ABSTRACT***

The toddler years are called the golden age because this period will influence a person's growth and development in the future. Growth shows an increase in the size of body parts and can illustrate the continuity between nutritional needs and the nutrition received by toddlers. TB/U shows the height growth of toddlers based on their age and can identify nutritional status due to long standing malnutrition. Puskesmas Balung has an increasing prevalence of stunted toddlers over the last 3 years, in 2019 by 12.61%, in 2020 by 28.94%, and in 2021 by 31.70%. This study aims to determine the relationship between animal protein, calcium and phosphorus intake on the TB/U z-score in toddlers at the Puskesmas Balung, Jember district. The research method uses analytical observational with a cross sectional design. Subjects were taken using a purposive sampling technique as many as 77 toddlers with age criteria of 12 - 60 months. The instruments in this study consisted of height measuring instruments, *stadiometers* and *infantometers*, to determine nutritional intake in toddlers using the SQ-FFQ form. The results of the Spearman correlation test showed a value of  $p = 0.000$  for the intake of animal protein, calcium and phosphorus on the TB/U z-score, it can be concluded that there is a relationship between the intake of animal protein, calcium and phosphorus on the TB/U z-score of toddlers at the Puskesmas Balung, Jember District.

Keywords: Z-Score, Animal Protein, Calcium and Phosphorus