

RINGKASAN

Food security is a condition in which toddlers have access to sufficient, safe, and nutritious food, which plays a crucial role in meeting their needs for macronutrients (protein, fat, and carbohydrates). Inadequate intake of macronutrients over the long term can lead to growth disorders in infants and toddlers, one of which is being underweight. The prevalence of underweight children in Rambipuji Subdistrict remains in the moderate category, even though it is a food-secure subdistrict. This study aims to analyze the relationship between food security and macronutrient intake as well as underweight status among infants and toddlers in the service area of the Rambipuji Community Health Center, Jember Regency. The study used a cross-sectional design with a descriptive-analytical approach involving 194 toddlers aged 6–59 months selected via simple random sampling. Food security data were obtained through the EC-FIES questionnaire, macronutrient intake via a 2×24-hour food recall, and nutritional status was measured based on the weight-for-age (WFA) indicator. Data analysis used the Chi-Square test. The results showed that the majority of toddlers were in the food-insecure category (51.0%), had inadequate protein intake (57.2%), inadequate fat intake (59.8%), adequate carbohydrate intake (58.2%), and were underweight (54.1%). The Chi-Square test results showed a significant association between food security and intake of protein ($p<0.001$), fat ($p<0.001$), carbohydrates ($p=0.002$), and underweight status ($p=0.015$) among toddlers.