ABSTRACT

FOOD PATTERN AND NUTRITIONAL ADEQUACY LEVEL OF BALITA OF CORN FARMERS' FAMILIES
(Case in Pematang Baru Village, Palas Sub District South Lampung Regency)

By

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This study aims to determine the income of corn farming, food pattern of under five years old children (balita), nutritional adequacy level (NAL) and the factors that influence NAL of balita in the corn farmers family. The study was conducted by census method on 58 balita in Pematang Baru Village of Palas Sub district of South Lampung Regency. The location of this research is selected purposively for it is one of the largest corn producer areas in Palas Sub district of South Lampung Regency. Statistical analysis used in this study is the multiple linear regression analysis. The results showed that maize farming profitable with a total value of R/C was greater than 1. The value of R/C over cash cost was 3.13 and over the total cost was 2.49. Average consumption of balita per week for rice (as energy source) 16.17 times, milk packaging (as source of protein) 2.36 times, as well as spinach and bananas (as source of fiber, vitamins, and minerals) 1.30 times and 1.21 times. The average NAL of balita in almost every nutrition was in the deficit category (<80% for macro-nutrients and <70% for micronutrients), i.e. for energy 59.31%, 88.86% protein, 35.97% fat , carbohydrates 73.14%, 29.54% calcium, phosphorus 58.54%, 71.63% Fe, 69.93% vitamin A, and vitamin C 52.61%. The variables that most significantly affected NAL of balita were the nutritional knowledge of mothers and the number of balita in the family.

Keywords: balita, food pattern, NAL.