

GAMBARAN ASUPAN ZAT GIZI MAKRO DAN ZAT GIZI MIKRO PADA BALITA *STUNTING*: *Literature Review*

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Abstrak

Stunting adalah kondisi kurang gizi yang terjadi dalam waktu yang cukup lama, sehingga mengakibatkan gangguan pertumbuhan pada anak berupa panjang atau tinggi badan lebih rendah (pendek) dari standar usianya. Prevalensi *stunting* di Indonesia mengalami penurunan, namun masih belum mencapai target yakni penurunan sebesar 3% per tahun. Pada beberapa penelitian terdahulu terdapat inkonsistensi pada asupan zat gizi balita *stunting*. Penelitian ini dilakukan untuk mengidentifikasi dan menggambarkan asupan zat gizi makro dan zat gizi mikro pada balita *stunting*. Penelitian ini menggunakan metode pendekatan *literature review* dengan desain *deskriptif*. Pencarian literatur dilakukan pada *database* Google Cendekia menggunakan kata kunci terkait topik penelitian yang diterbitkan dari tahun 2018 hingga 2022. Setelah dilakukan proses pencarian, *screening* dan penilaian, diperoleh 8 artikel yang sesuai kriteria inklusi. Berdasarkan analisis, asupan zat gizi makro balita *stunting* berada pada kategori cukup untuk protein (rata-rata asupan 24,12 gram), berada pada kategori kurang untuk lemak dan karbohidrat menurut rata-rata asupan energinya. Asupan zat gizi mikro balita *stunting* berada pada kategori lebih untuk vitamin A (rata-rata asupan 998,338 RE), dan vitamin D (rata-rata asupan 20,391 mcg), berada pada kategori kurang untuk kalsium (rata-rata asupan 537,53 mg), besi (rata-rata asupan 8,309 mg), dan zink (rata-rata asupan 4,215 mg).

Kata kunci: Asupan Zat Gizi Makro, Asupan Zat Gizi Mikro, Balita, *Stunting*

OVERVIEW OF MACRONUTRIENT AND MICRONUTRIENT INTAKE IN STUNTING TODDLERS: *Literature Review*

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Abstract

Stunting is a condition of malnutrition that occurs for a long time, resulting in growth disorders in children in the form of length or height lower (short) than their age standard. The prevalence of stunting in Indonesia has decreased, but it still has not reached the target of decreasing by 3% per year. In several previous studies, there were inconsistencies in the nutritional intake of stunting toddlers. This study was conducted to identify and describe the intake of macronutrients and micronutrients in stunting toddlers. This research uses a literature review approach method with a descriptive design. Literature search were conducted on the Google Scholar database using keywords related to research topics published from 2018 to 2022. After the search, screening and assessment process was carried out, 8 articles were obtained that matched the inclusion criteria. Based on the analysis, the macronutrient intake of stunting toddlers is in the sufficient category for protein (average intake of 24.12 grams), is in the category of insufficient for fats and carbohydrates according to their average energy intake. The intake of micronutrients for stunting toddlers is in the excessive category for vitamin A (average intake of 998,338 RE), and vitamin D (average intake of 20,391 mcg), is in the insufficient category for calcium (average intake of 537.53 mg), iron (average intake of 8,309 mg), and zinc (average intake of 4,215 mg).

Keywords: Macronutrient Intake, Micronutrient Intake, Stunting, Toddlers