

Table 4.8 Mean daily macronutrient intake of the groups before and after the intervention.

Variables	EAR **		Before (pre-testing)					After (post-testing)				
	(boys 9-13)	(girls 9-13)	Vetkoek n =53	CSB n =37	Sejo n =92	PSNP n =37	Fruit n =26	Vetkoek n =55	CSB n =37	Sejo n =83	PSNP n =38	Fruit n =34
Energy (kJ)	9572	8698	4928	6214	6467	4815	6178	8415	5062	6230	6388	8444
Protein (g)	76	76	38	55	52	37	42	72	47	46	49	60
% Energy			12.9	14.9	13.5	12.9	11.4	14.4	15.6	12.4	12.8	11.9
Fat (g)	30*	30*	36	47	47	31	42	65	31	45	40	56
% Energy			27.7	28.6	27.4	24.3	25.7	29.2	23.1	27.3	23.6	25.1
Carbohydrate (g)	100	100	161	198	213	167	215	266	175	210	223	295
% Energy			54.9	53.5	55.3	58.3	58.5	53.0	58.0	56.6	58.6	58.7
Fibre (g)	31	26	13	11	15	13	15	17	10	12	19	24
% Energy			4.5	3.0	3.8	4.5	4.1	3.4	3.3	3.2	5.0	4.7

*No EAR available, Adequate Intake used as reference

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