

Table 4.10 Anthropometric results for all the groups before and after the intervention.

Percentiles	Before (pre-testing)					After (post-testing)				
	Vetkoek n=49	CSB n=43	Sejo n=82	PSNP n=41	Fruit n=22	Vetkoek n=49	CSB n=43	Sejo n=43	PSNP n=43	Fruit n=22
Weight	23.2 ±4.2 ^{a,j,n}	32. ±9.0 ^{a,b,c,o}	16.7 ±2.2 ^{d,e,j,p}	24.5 ± 4.3 ^{b,e,q}	27.0 ±5.2 ^{c,d,r}	24.9 ± 4.5 ^{f,k,l,n}	35.3 ± 10.3 ^{f,g,i,m, o}	17.4 ±2.4 ^{h,i,k,p}	27.0 ±4.4 ^{g,i,q}	29.2 ±7.9 ^{h,m, r}
Height	124.0 ±0.8 ^{a,j,n}	131.2 ± 15.9 ^{a,b,c,o}	137.4 ±9.1 ^{c,d,e,j,p}	126.5 ± 7.9 ^{b,e,q}	127.4 ±6.9 ^{d,r}	127.6 ±0.8 ^{f,k,n}	142.0 ±17.0 ^{f,g,i,m, o,p}	139.4 ±9.2 ^{h,i,k,l}	130.9 ±7.9 ^{g,i,q}	130.8 ±7.2 ^{h, m,r}
BMI	15.0 ±1.4 ^{a,i,l}	18.5 ±4.2 ^{a,b,c,d}	32.0 ±7.7 ^{d,e,j,p}	15.2 ±1.4 ^{b,e,m}	16.6 ±2.3 ^c	15.2 ±1.4 ^{f,i,l}	17.5 ±2.2 ^{f,g,k}	34.3 ±8.6 ^{h,i,k,p}	15.7 ±1.2 ^{g,h,m}	16.9 ±3.2

Statistical significance is indicated with a,b,c,d

4.11 Comparison of weight-for-age for all the groups before and after the intervention.

	Before (pre-testing)										After (post-testing)									
	Vetkoek n=49		CSB n=43		Sejo n=77		PSNP n=41		Fruit n=22		Vetkoek n=49		CSB n=43		Sejo n=77		PSNP n=41		Fruit n=22	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
≤ 5 th	9	18.4	8	18.6	8	10.4	12	29.3	2	9.1	7	14.3	2	4.7	6	7.8	8	19.5	1	4.5
>5 th and <25 th	17	34.7	11	25.6	30	39	15.3	36.6	3	13.6	18	36.7	8	18.6	19	24.7	14	34.1	2	9.1
≥25 th and ≤75 th	20	40.8	18	41.9	29	37.7	12	29.3	10	45.5	20	40.8	22	51.2	40	51.9	16	39	11	50.0
>75 th and <95 th	3	6.1	5	11.6	8	10.4	2	4.9	6	27.3	4	8.2	7	16.3	8	10.4	3	7.3	7	31.8
≥95 th	0	0	1	2.3	2	2.6	0	0	1	4.5	0	0	4	9.3	4	5.2	0	0	1	4.5
Total	49	100	43	100	77	100	41	100	22	100	49	100	43	100	77	100	41	100	22	100

4.12 Comparison of height-for-age for all the groups before and after the intervention.

	Before (pre-testing)										After (post-testing)									
	Vetkoek n=49		CSB n=43		Sejo n=77		PSNP n=41		Fruit n=22		Vetkoek n=49		CSB n=43		Sejo n=77		PSNP n=41		Fruit n=22	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
≤ 5 th	9	18.4	15	34.9	13	16.9	14	34.1	1	4.5	10	20.4	5	11.6	7	9.1	9	22	0	0
>5 th and <25 th	17	34.7	12	27.9	29	37.7	14	34.1	6	27.3	15	30.6	9	20.9	30	39	11	26.8	4	18.2
≥25 th and ≤75 th	18	36.7	10	23.3	26	33.8	11	26.8	9	40.9	17	34.7	12	27.9	29	37.7	15	36.6	11	50.0
>75 th and <95 th	5	10.2	4	9.3	6	7.8	1	2.4	5	22.7	7	14.3	9	20.9	8	10.4	4	9.8	7	31.8
≥95 th	0	0	2	4.7	3	3.9	1	2.4	1	4.5	0	0	8	18.6	3	3.9	2	4.9	0	0
Total	49	100	43	100	77	100	41	100	22	100	49	100	43	100	77	100	41	100	22	100

4.13 Comparison of BMI for age for all the groups before and after the intervention.

	Before (pre-testing)										After (post-testing)									
	Vetkoek n=49		CSB n=43		Sejo n=77		PSNP n=41		Fruit n=22		Vetkoek n=49		CSB n=43		Sejo n=77		PSNP n=41		Fruit n=22	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
≤ 5 th	8	16.3	2	4.7	8	10.4	5	12.2	2	9.1	5	10.2	4	9.3	3	3.9	3	7.3	0	0
>5 th and <25 th	16	32.7	5	11.6	16	20.8	14	34.1	4	18.2	18	36.7	6	14.0	13	16.9	15	36.6	6	27.3
≥25 th and ≤75 th	25	51	24	55.8	43	55.8	22	53.7	12	54.5	25	51.0	28	65.1	47	61	23	56.1	12	54.5
>75 th and <95 th	0	0	10	23.3	9	11.7	0	0	1	4.5	1	2.0	3	7.0	13	16.9	0	0	2	9.1
≥95 th	0	0	2	4.7	1	1.3	0	0	3	13.6	0	0	2	4.7	1	1.3	0	0	2	9.1
Total	49	100	43	100	77	100	41	100	22	100	49	100	43	100	77	100	41	100	22	100