

The relationship between feeding patterns and nutritional status of toddlers

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ABSTRACT

Malnutrition or undernutrition is a condition of someone who has nutrients below the average number. Lack of nutrition is caused because a person lacks the intake of carbohydrates, proteins, fats, and vitamins that are needed by the body. A good nutritional status of children can meet growth and development, and good child health. This study was conducted to determine the relationship between feeding patterns and the nutritional status of toddlers. The method used in this study is a literature review of the results of the 2016-2022 research that has been published in electronic media such as Google Scholar, Pubmed, Science Direct, and Pro-Quest. The number of full-text articles searched that meet the inclusion criteria is 10. The results of this study found that feeding patterns are closely related to the nutritional status of toddlers. The conclusion of this study is the relationship between feeding patterns and the nutritional status of toddlers. It is expected for parents or caregivers to better understand and apply nutritious food for toddlers to grow and develop optimally.

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INTRODUCTION

Toddlers or children under five years old is an important periods where nutritional adequacy will affect and support growth and development. The high or low nutritional status of toddlers is expressed in weight or according to age (BB / U), besides that nutritional status can also be described based on an assessment of height according to age (height for age) (Kemenkes, 2018). Malnutrition or undernutrition is a condition of someone who has nutrients below the average number. Lack of nutrition is caused because a person lacks the intake of carbohydrates, proteins, fats, and vitamins that are needed by the body (Nur Imanah & Sukmawati, 2021). Pathophysiologically, malnutrition or malnutrition in toddlers is experiencing a lack of protein-energy, iron nutrition anemia, disorders due to lack of iodine, and lack of vitamin A. Lack of intake of these four sources in toddlers causes stunted growth and development, decreased endurance, low intelligence levels, decreased physical abilities, impaired physical and mental growth, stunting and the worst is death in toddlers (Diyah, H. S., Sari, D. L., & Nikmah, 2020; Sukmawati, 2019).

Riset Kesehatan Dasar (Riskesdas) data Kemenkes in 2018 showed that 17.7% of toddlers in Indonesia experienced nutritional problems. The figure consists of toddlers who are malnourished

3.9% and those who suffer from malnutrition 13.8%. Target Rencana Pembangunan Jangka Menengah Nasional (RPJMN) 2019 which is 17% based on the main results of Riskesdas 2013-2018 in East Java Province, the highest proportion of malnutrition status in 2018 was in the Bangkalan district/city at 26.39%, while Kediri city became the lowest malnutrition status of around 10% (Kementrian Kesehatan RI, 2018).

Undernutrition in toddlers is caused by several factors which are divided into two, namely direct factors and indirect factors (Sukmawati E et al., 2018). Direct factors are caused by infectious diseases and nutritional intake while indirect factors are caused by economic status, parenting, and knowledge of the mother. Mother's parenting and knowledge in taking care of children has an important role in terms of feeding children as well as knowledge about the types of food to be given according to their age and needs, health practices, and giving affection (Puspa & Rahmawati, 2020). Based on research conducted by Mitra the results showed that as many as 52.7% of toddlers consume 4 to 5 types of food and 18.0% of toddlers only consume less than 3 types of food. This shows that the types of food consumed by toddlers are not too diverse and sufficient nutrients needed by the body (Mitra, 2019; Sukmawati et al., 2023).

Nutritional problems that are not handled properly, can have a negative impact, including physically experiencing delays or being a short toddler that can inhibit physical abilities, besides that stunting can cause problems in cognitive aspects and intellectually substandard children's abilities, unlike other children whose growth is in the normal category. The long term will affect the quality of a human beings in the productive period so that in the future it will contribute to an increase in the incidence of chronic degenerative diseases (Dasman, 2021).

The problem of undernutrition can be overcome using feeding and health practices for toddlers that aim to restore and improve nutrition and form toddler eating habits in adulthood. Providing a good food menu for toddlers will help mothers in conducting nutrition education by utilizing the imagination of toddlers to increase their appetite. The shape of the food served can affect appetite in toddlers such as giving color variations to food, avoiding foods that make it difficult for them such as many bones, choosing foods that are soft, easy to process, and highly nutritious (Akbar et al., 2020).

Various policies and regulations have been issued by the government to overcome stunting. The policies/regulations include Rencana Pembangunan Jangka Panjang Nasional (RPJPN) 2005-2025, Rencana Pembangunan Jangka Menengah (RPJM) 2015-2019, Rencana Aksi Nasional Pangan dan Gizi 2011-2015, Undang-Undang (UU) No. 36/2009 about Health, Peraturan Pemerintah (PP) No.33/2012 about Exclusive Breast Milk, Peraturan Presiden (Perpres) No. 42/2013 about the National Movement for the Acceleration of Nutrition Improvement, Keputusan Menteri Kesehatan (Kepmenkes) No. 450/Menkes/SK/ IV/2004 tentang Exclusive Breastfeeding of Infants in Indonesia, Peraturan Menteri Kesehatan (Permenkes) No.15/2013 about Procedures for Providing Special Facilities for Breastfeeding and/or Milking, Permenkes No.3/2014 about Sanitasi Total Berbasis Masyarakat (STBM), Permenkes No.23/2014 on Efforts to Improve Nutrition, Policy Framework of the National Movement for the Acceleration of Nutrition in the Framework of Gerakan Seribu Hari Pertama Kehidupan (Gerakan 1.000 HPK).

Obstacles in carrying out feeding that are often found in the community, especially in toddlers, are the mistreatment of food intake that is continuously applied daily by families. Starting from not providing nutritional coverage such as not providing exclusive breastfeeding, providing supporting food (MP-ASI) too early, the habit of giving snacks that are not nutritious, and so on, and parental awareness in providing food that suits needs. Even though efforts that can be made in overcoming malnutrition include increasing the availability of food or food both in quantity and quality, good and correct parenting (Amrillah, 2020).

In responding to obstacles in carrying out feeding patterns in toddlers, it is important to carry out prevention efforts, especially by increasing the knowledge of caregivers, this is a solution to preventing cases of malnutrition in toddlers or children (Sulistiyorini, L. N. S. K., & Dewi, 2016).

Another effort that can be carried out is by external roles or encouragement, namely parties related to the improvement of health services, this is a solution that is also educational while providing treatment for toddlers who have deficiencies or poor nutrition (Mubarok, 2019).

According to data from the Ministry of Health in 2021 as of July, there were 27.67% of children suffering from nutritional problems. This ratio indicates that one in four children in Indonesia has poor nutrition. This of course is also a problem in various regions in Indonesia. The percentage of cases is also still below the standard set by WHO, which is as much as 20%. From these data, it shows that cases of malnutrition with evidence of cases of undernutrition that are still high compared to the standards set by the world make the reason for the community to continue to improve and care, in terms of fulfilling child nutrition. The fulfillment of children's nutritional status with good criteria will also encourage the acceleration of human development index development. From this background, this study was conducted to determine the relationship between feeding patterns and the nutritional status of toddlers.

RESEARCH METHOD

The method used uses a literature review from the results of research in 2016-2022 which have been published in national and international electronic media. Search national articles using google scholar. International article search using Pubmed, Science Direct, and Pro-Quest using keywords: Toddler, nutritional status, feeding pattern. Data analysis technique selects literature based on title, year, and indexed articles, then reviews articles that match the subject matter. the articles from those journals are compared to find the differences and similarities on toddler nutritional status measurement, toddler feeding pattern, population, sample, variable, research design, research findings/results.

RESULTS AND DISCUSSIONS

Results

Researchers have found 10 journal articles from several databases that meet the inclusion criteria for this literature study contained in Figure 1. All journal articles used in this literature study use original research with the majority of Cross-Sectional Study study designs. Most journal articles have a sample of < 100 respondents. National journal articles obtained by researchers were carried out in several places such as Sumenep, Surabaya, Klaten, Bagan Percut, and Langkat. While the international journal articles selected by researchers were carried out in Nepal, Lebanon, and Bengal. The results of analysis and synthesis from 10 journals are presented in Table 1.

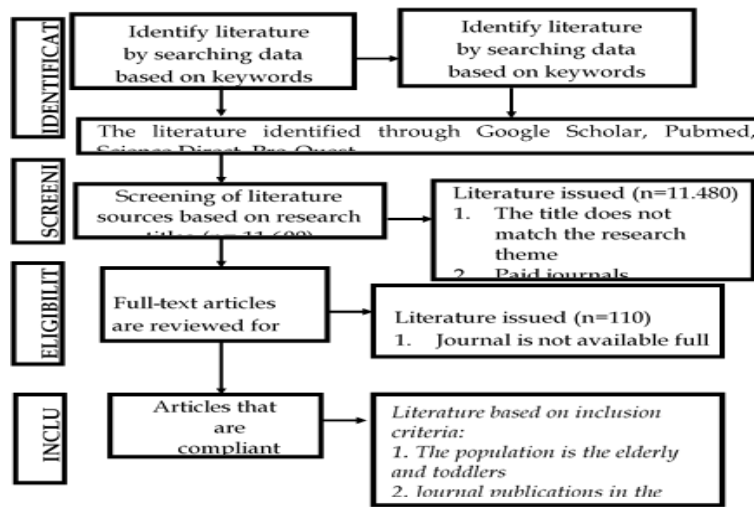


Figure 1. Literature Selection Process Flow Diagram

Table 1. Results of Journal Analysis and Synthesis

No	Author (Year)	Research Title	Journal Title	Metode (desain, populasi/sampel, instrumen, analisis)	Research Results
1	Kurnia Wardhani et al (2021)	The Relationship of Feeding Patterns, BBLR History to the Socio-Economic, and Nutritional Status of Toddlers	Indonesian Midwifery and Health Science's Journal	Research Design: Cross-sectional Population: 3036 toddlers Sample: 130 toddlers Sampling Technique: Simple Random Sampling Instruments: Questionnaire Analysis: Chi-Square test Free Variables: Feeding Patterns, Socio-Economic, and BBLR History Dependent Variable: Nutritional Status of Toddlers Research Time: 2019 Research Venue: Kelurahan Simomulyo Baru Surabaya City	History of full-term BBLR at birth, which is as many as 23 (88,5%). Based on the results of the Chi-Square obtained the results of feeding (p-value = 0.001), maternal education (p-value = 0.561), maternal employment (p-value = 0.320), family income (p-value = 0.005), and BBLR history (p-value = 0.001) with $\alpha = 0.05$. Conclusion: Feeding pattern, income, and BBLR history are related to the nutritional status of toddlers. While the mother's education and mother's work is not related to the nutritional status of toddlers.
2	Nirmala Sari & Ratnawati (2018)	Relationship Mother's Knowledge about Feeding Patterns with Nutritional Status of Toddlers in the Working Area of Puskesmas Gapura Sumenep Regency	Amerta Nuttition	Research Design: Cross-sectional Population: 2124 toddlers Sample: 30 toddlers Sampling Technique: Simple Random Sampling Instruments: Questionnaire Analysis: Chi-Square test Free Variable: Feeding patterns Dependent variable: Nutritional Status of Toddlers Research Time:	Research results stated that there is a relationship between knowledge of feeding patterns and the nutritional status of toddlers ($\rho < 0.05$).

- 2018
Research Place: Posyandu working area of Puskesmas Gapura
- 3 Subarkah (2017) Feeding patterns to improve nutritional status in children after 1-3 years *Journal Injec* Research Design: Cross-sectional. Population: 154 toddlers Sample: 154 toddlers Sampling Technique: Consecutive sampling Instruments: Questionnaire Analysis: Spearman Rho Free Variable: Feeding Patterns Dependent variable: Children's Nutritional Status Research Time: 2016 Research Venue: Surabaya City The results showed a strong relationship between feeding patterns and nutritional status ($r = 0.640$). The results showed that the feeding pattern was not right with a very thin nutritional status (44%), and the right feeding pattern with normal nutritional status 89.7%). Discussion and Conclusion: Efforts to improve the nutritional status of children aged 1-3 years related to feeding patterns should be increased to achieve normal nutritional status. Further research can pay attention to feeding patterns based on children's nutritional adequacy figures.
- 4 Aryani dan Syapitri (2021) The Relationship of Feeding Patterns with the Nutritional Status of Toddlers in Bagan Percut *Journal of Priority Nursing* Research Design: Cross-sectional Population: 67 toddlers Sample: 25 toddlers Sampling Technique: Simple Random Sampling Instruments: Questionnaire and Z-Score table Analysis: Chi-Square Test Free Variable: Feeding patterns Dependent Variable: Nutritional Status of Toddlers Research Time: 2019 The results of the study were based on statistical analysis using the chi-square test with a significance level of < 0.05 , obtained the result $\rho = 0.037$. A p -value smaller than 0.05 indicates that H_1 is accepted and H_0 is rejected, meaning that there is a relationship between diet and the nutritional status of toddlers in Percut Sei Tuan District, Deli Serdang Regency. The correlation coefficient (r) = 0.069 which means indicates a strong relationship. The r value is positive, which means that the more appropriate the feeding pattern, the better the nutritional status of toddlers.
- 5 Sukmiati dan Nafisah (2021) The relationship between feeding patterns and the nutritional status of toddlers at Posyandu Kemuning *Journal of Aeromedical Health* Research Design: Cross-sectional Population: 1 RW Posyandu Kemuning Sample: 36 toddlers Sampling Technique: Simple Random Sampling Instrument: Z-Score Analysis: Spearman's Rho test Independent Variable: Feeding Pattern Dependent variable: Nutritional Status of Toddlers Research Time: 2020 The results showed that there was a significant positive relationship that was quite related between feeding patterns and the nutritional status of toddlers characterized by values ($\rho = 0.044$; $r = 0.337$). Expected the officer health at Posyandu to improve monitoring activities and assessment of nutritional status regularly and also provide counseling to mothers of toddlers about good feeding patterns.

- Place of study: Posyandu
Kemuning
- 6 Jumiatusun (2019) Relationship of Feeding Patterns with Nutritional Status of Toddlers Aged 1-5 Years in Ngampel Kulon Village, Ngampel District Kendal District Journal of Midwifery Harapan Ibu Pekalongan
- Research Design: Cross-sectional
Population: 257 toddlers
Sample: 77 toddlers
Sampling Technique: Simple random sampling
Instrument: Questionnaire
Analysis: Chi-square test
Free Variable: Feeding Patterns
Dependent variable: Nutritional Status of Toddlers
Research Time: 2019
Research Venue: in Ngampel Kulon village, Ngampel sub-district
- Results of the study on 77 Respondents about the relationship between giving patterns Foods with nutritional status of toddlers aged 1 – 5 year in Ngampel Kulon village sub-district Ngampel concluded that the pattern Feeding toddlers is mostly good (50.6%), there was a significant relationship between feeding patterns with Nutritional Status of Toddlers Aged 1 – 5 Years in the Village Ngampel Kulon, Ngampel sub-district, with ρ -value 0.003 good feeding.
- 7 Muzayyaroh (2017) The Relationship of Feeding Patterns with the Nutritional Status of Toddlers Aged 3 – 4 Years in Play Group Irsyadus Salam Sumbersari Megaluh Jombang Regency Journal EDU Midwifery
- Research Design: Cross-sectional
Population: 40 toddlers
Sample: 30 toddlers
Sampling Technique: Purposive Sampling
Instrument: Questionnaire
Analysis: Spearman Correlation
Independent Variable: Feeding Pattern
Free Variable: Nutritional Status of Toddlers
Research Time: 2017
Research Venue: Irsyadus Salam Megaluh Jombang Playgroup
- The results showed that the better the diet of toddlers, the better the nutritional status of children, this is because food consumption affects a person's nutritional status, daily food is good and will provide all the nutrients needed for the body, so if a person's food consumption is good, his nutritional status will also be good and vice versa. There was a relationship between eating patterns and nutritional status of children aged 3-4 years in the Irsyadus Salam Megaluh Jombang Playgroup.
- 8 Chudal (2018) Association of Factors Affecting the Nutritional Status of 6-59 months Children in Phidim Municipality Department of Nutrition and Dietetics Tribhuvan University
- Research Design: Cross-sectional
Population: 180 toddlers
Sample:-
Sampling Technique: Simple Random Sampling
- Analysis of this study revealed that, 41.7%, 29.4%, and 16.7% of children are stunted, underweight, and wasted, respectively. The main factors associated with stunting were found to be the

- Instruments: age of the child in a month, colostrum administration. In children, the frequency of feeding children in a day, initiation of vegetable feeding, types of vaccines and supplementation in mothers, vaccination in children, and initiation of water. feed.
- Anthropometric and Questionnaire measurement methods
- Analysis: Spearman's Rho test
- Independent Variable: Feeding Pattern
- Dependent variable: Nutritional Status of Toddlers
- Research Time: 2017
- Place of Study: Municipality of Phidim Nepal
- Being Underweight was found to be associated with the child's age, birth order, maternal education, initiation of vegetable feeding, type of vaccine and supplementation in the mother during pregnancy, and vaccination in the child.
- Wasting was found to be associated with caregiver age, birth order of the child, exclusive breastfeeding, vaccination and supplementation of the mother during pregnancy, type of vaccine and supplementation in the mother, vaccination of children, water treatment at the household level, and duration of breastfeeding. From the results of this study, it was concluded that nutrition Bad is still an important problem in children aged 6-59 months in the city of Phidim. Therefore, special attention should be paid to intervention programs for poor nutrition.
- 9 Abantika Bagchi et al (2021) Feeding Practice and Nutritional Status of Under Five Children: A Cross Sectional Descriptive Study in a Slum Community of West Bengal International Journal of Research and Review
- Research Design: Cross-sectional
- Population: 455 toddlers
- Sample: 76 toddlers
- Sampling Technique: Simple Random Sampling
- Instrument: Anthropometric measurement method
- Analysis: Chi-Square test
- Research Time: 2021
- Place of study: Bengal
- It was observed that among the study children, 97.4% were born in a hospital, and 96.1% had a birth weight of 2.5 kg. Only 21.1% of them received breast milk within the first hour after birth, 71.2% of whom exclusively breastfed. 23.7% of the population The study received pre-lacteal food and 93.4% received colostrum. Timely initiation of complementary foods was found in 87.9% of study children aged between 6 and 60 months. Among children aged 6-60 months, 56.06% consumed fast food regularly and 59.1% received supplemental nutrition from ICDS centers. Eating during

<p>10 Abi Khalil Feeding Patterns, Frontier in et al (2022) Mother-Child Dietary Nutrition Diversity and Prevalence of Malnutrition Among Under-Five Children in Lebanon: A Cross-Sectional Study Based on Retrospective Recall</p>	<p>Research Design: Cross-sectional Population: 400 toddlers Sample: 384 toddlers Sampling Technique: multilevel clusters Instrument: Anthropometric measurement method Analysis: Chi-Square test Research Time: 2019 Location: in Lebanon's two main provinces Beirut and Mount Lebanon</p>	<p>illness decreased in most (81.6%) of the study population. Deep The study was 18.2% of the study children stunted. More stunting Found in children of low socioeconomic class (p-value 0.010). Among the study children, 15.8% were underweight. Underweight significantly more in BBLR children (p-value 0.024), whose mothers were educated low (p-value 0.017), who do not get exclusive breastfeeding (p-value 0.008), and additional nutrients from ICDS (p-value 0.002). In the study, 5.2% were overweight and 2.6% were moderately underweight. Results show the frequency of consumption of food groups and DDS in mothers and children (6-59 months). There is a deal mother-child in staple food consumption (91.4/91.1%), dairy products (66.7/94.7%), meat meal (74.3/66.8%), and fruits and vegetables are poor in vitamin A (74.3/75.7%). Eggs (5/10.5%) and fruits and vegetables are sources of vitamin A (9.2/16.4%) and are the least consumed among food groups. Under 5 years old, 32% of respondents' children did not get a variety of foods or feedings and eat fewer than four types of food groups the day before the survey. Similarly, 46% of respondents' mothers faced low DDS which shows poor diversity of food groups when eating.</p>
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Discussion

Feeding patterns

Feeding patterns are the basis for encouraging the adequacy and fulfillment of toddler food, this is the most important factor for parents in providing care to toddlers (Sihombing & Sapnita, 2020). Some things that need to be considered in feeding patterns, namely the age of the child, the frequency or number of times the mother gives food in a day, the number of feedings or portions for one meal, food texture, food variety, giving food actively / responsively to children and always maintaining cleanliness (Wardhani, Kurnia; Utami, Ferisca Maya; Dwiyanti, 2021). The feeding pattern should take into account the various contents needed at a particular age of the child. One of the important

things is the fulfillment of the main needs, namely animal needs and vegetable needs (Nugroho et al., 2022).

Feeding patterns are also influenced by the culture of a community or based on eating habits (food habits) that grow and develop in the family environment through the socialization process (Ballantyne, Glenda; Podkalicka, 2020 & Grant et al., 2022). This cultural factor then backgrounds the aspect of nutritional adequacy in toddlers, on the negative side even healthy food if it conflicts with culture it will be rejected (Pratiwi, Tiara Dwi; Masrul & Yerizel, 2016). In line with research (Sulistiyorini, L. N. S. K., & Dewi, 2016) that in the aspect of biodiversity in each region that results in staple foods in each region is different. The difference in staple foods is influenced by regional natural products, as happened in the Madura area where most of the natural products are corn, the staple food is corn.

Obstacles that occur in aspects of consistent feeding patterns are mostly influenced by the economic background of parents. This is in line with research conducted by Hapsari dan Ichsan (2021) and research Mariana et al (2018) that a person's choice of the type and quality of food is also influenced by the economic level. Low income will limit a person to consume nutritious foods. Although the provision of food to children is also hindered by various other factors behind it. Researchers argue that the importance of feeding patterns is mandatory and important that is absolutely for parents, this is not just an aspect of feeding, but will also have an impact on meeting nutritional needs in toddlers. Improper feeding patterns are caused by several factors including economic background factors, and also many mothers who are less painstaking to feed their toddlers.

Nutritional Status of Toddlers

Nutrition is the basis for needs that must be met, especially at the age of toddlers. Nutritional status of toddlers because it is a fundamental aspect in the growth and development of a child (Yuliarsih, 2021). Children's nutritional status is measured by age. According to Kemenkes (2018), The nutritional status of toddlers can be assessed from body weight (BB) and height (TB) and age (U). The weight of toddlers is weighed using a digital scale that has a precision of 0.1 kg, and length or height is measured using a length/height measuring instrument with a precision of 0.1 cm. BB and TB/PB variables for children under five are presented in the form of three anthropometric indices, namely BB/U, TB/U, and BB/TB. Nutritional status assessment is divided into two, namely direct nutritional status assessment and indirect nutritional status assessment.

According to the literature review that has been carried out, it is known that out of 10 journal articles, as many as 7 journals state the nutritional status of toddlers is normal/good. Meanwhile, 3 other journals state that the nutritional status of toddlers is still lacking. Research conducted by Nirmala Sari dan Ratnawati (2018) and Puspasari dan Andriani (2017) Explaining the balance between energy intake and expenditure will create a normal nutritional status. If this situation does not occur, it can cause nutritional problems, both malnutrition problems, and more nutritional problems.

Most toddlers do have good nutritional status, but not a few also have less nutritional status, this is because most toddler mothers consider toddlers healthy only from physical conditions that are visible from the outside, as long as they are not sick means they assume that their toddlers are in good health regardless of the condition of their nutritional status (Ripan, Ripanwati Aridi Ti; Dunggio, Titin; Hadi, 2021). In fact, nutritional status is an important thing that must be considered by mothers of toddlers because it will also affect the growth and development of toddlers (Noky et al., 2021).

The Relationship of Feeding Patterns with the Nutritional Status of Toddlers

Research results (Wardhani, Kurnia; Utami, Ferisca Maya; Dwiyanti, 2021) mentioned that for toddlers whose feeding patterns are good and sufficient, most of their nutritional status is not

problematic, while for toddlers whose feeding patterns are less almost entirely 97.1% of their nutritional status is problematic. This is in line with the research conducted Subarkah (2017) that feeding patterns are related to the nutritional status of children aged 1-3 years. Proper feeding patterns mostly have normal nutritional status and for improper feeding patterns, most have very thin and thin nutritional status.

Research conducted Aryani dan Syapitri (2021) shows a significant relationship between feeding patterns and nutritional status in children under five. Fulfillment of optimal nutrition will make children healthy and grow according to the phase of development. The impact of feeding on the nutritional status of children who develop according to their phases, in general, can be measured from anthropometric standards of children, children's weight and height (Roisye et al., 2021). Fulfillment of poor nutrition will hurt children's growth, especially stunting. This stunting will be one of the factors that greatly disrupt children's growth and development. Child development will not be able to run optimally, because several aspects of nutritional needs are not met (Chudal, 2018).

Different opinions were expressed based on the results of research by Khayati and Munawaroh (2018) which showed no relationship between feeding patterns. Researchers assume that the abnormal nutritional status that occurs in children under five in Kunden Village is not caused by feeding patterns. Genetic factors or factors brought by children from parents are factors that cause children to have the abnormal nutritional status.

Nutritional problems are essentially public health problems, and their causes are influenced by various factors related to one another. In addition to the needs in the physical aspect, children also need guidance and love from parents so that children have the right to get the best care because one of the factors that play an important role in fulfilling the nutritional status of children is parenting (Noorhasanah, Evy & Tauhidah, 2021).

CONCLUSION

Based on the results of a review that has been carried out on 10 journal articles from the Google scholar, PubMed, Pro-Quest databases, there are several conclusions, including (1) The feeding pattern given by the majority of parents is good by paying attention to the frequency, variety, and feeding schedule in children; (2) The majority of journal articles state that nutritional status in toddlers is normal and good if you pay attention to diet and the type of food consumed every day; (3) All journal articles say that children's feeding patterns can influence or have a relationship with nutritional status in toddlers. Proper feeding patterns have a positive impact on the nutritional status of toddlers and there is a relationship between feeding patterns and the nutritional status of toddlers, so it is important for parents to provide the best food so that nutritional needs in children can be met. With the fulfillment of nutrition in children, it can also encourage child growth and development as it should. It is expected for parents or caregivers to better understand and apply nutritious food for toddlers to grow and develop optimally. The limitation of this research is that it only examines the published research literature, researchers can then examine factors that affect the nutritional status of toddlers.

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