

Table 3 Adequacy of daily intake of different food groups of child labourers, by age group

Food group	Age (years)	
	5–9 (n = 148) No. (%)	≥ 10 (n = 486) No. (%)
Fruit		
Adequate	2 (1.4)	18 (3.7)
Inadequate	146 (98.6)	468 (96.3)
Vegetables/potatoes		
Adequate	6 (4.1)	7 (1.4)
Inadequate	142 (95.9)	479 (98.6)
Legumes		
Adequate	38 (25.7)	87 (17.9)
Inadequate	110 (74.3)	399 (82.1)
Milk/dairy products		
Adequate	4 (2.7)	13 (2.7)
Inadequate	144 (97.3)	473 (97.3)
Meat/poultry		
Adequate	38 (25.7)	24 (4.9)
Inadequate	110 (74.3)	462 (95.1)

The mean intake was compared with the Malaysian dietary guidelines for children and adolescents (22). The guidelines are different for 5–9 year olds and those ≥ 10 years.