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**Topic:** Malnutrition treatment and prevention

**Title:** Nutritional adequacy in undernourished children from 6 to 59 months of age, in Cantagalo (São Tomé e Príncipe)

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**Introduction:** Undernutrition in children is considered a public health issue, especially in developing countries, and its relation to an inadequate dietary intake is highly recognized. The lack of data concerning to São Tomé e Príncipe in this area makes it imperious to evaluate these children's nutritional adequacy.

**Aims:** To know the differences between energetic and macronutrient intake and nutritional recommendations in undernourished children from 6 to 59 months of age in Cantagalo, São Tomé e Príncipe. To assess the relationship between nutritional adequacy and undernutrition type and severity, age, breastfeeding and reported difficulties in access to enough food.

**Methods:** In this descriptive study, a survey was applied to 118 caregivers of children from 6 to 59 months of age. Anthropometric and sociodemographic data were collected and a 24 hour recall was applied to assess children's energy and macronutrient intake. Nutritional adequacy was determined by comparison with the DRI (non-breastfed children) and Dewey and Brown's recommendations (breastfed children).

**Results:** From the sample of undernourished children, 72.9%, 59.3%, 74.6% and 14,4% presented values below the recommendations for energy, carbohydrates, lipids and protein, respectively. Older and non-breastfed children tended to be out of the recommendation. Children with moderate chronic undernutrition, comparatively to those with severe chronic undernutrition, showed a higher prevalence of energetic intake inferior to recommendations, but no significant differences were found in terms of macronutrients.

**Conclusions:** Most of the evaluated undernourished children do not reach energetic and macronutrient recommendations, except for protein. This is worse for older and non-breastfed children.