The Cost of the Diet Study in Indonesia

March 2017
Table of Contents

Acronyms .................................................................................................................. 3
List of Tables ............................................................................................................... 4
List of Figures ............................................................................................................. 5
List of Annexes .......................................................................................................... 6
Executive Summary .................................................................................................... 7
1. Introduction .......................................................................................................... 10
   1.1. Purpose of the study ....................................................................................... 10
   1.2 Objectives of the Cost of the Diet study ......................................................... 11
2. Methods ................................................................................................................. 12
   2.1 Cost of the Diet method and software ............................................................ 12
   2.2 Data required and sources ............................................................................ 12
   2.3 Market survey to collect prices of fortified foods .......................................... 13
   2.4 Selection of fortified foods for inclusion in the scenario modelling .............. 14
   2.5 Specification of household size and composition ........................................... 15
   2.6 The diet analysed by the software .................................................................. 15
   2.7 Estimating the affordability of the diet ........................................................... 16
   2.8 Modelling scenarios ....................................................................................... 16
3. Results and Key Findings ...................................................................................... 18
   3.1 Objective 1 ..................................................................................................... 18
   3.2 Objective 2 ..................................................................................................... 20
   3.3 Objective 3 ..................................................................................................... 22
   3.4 Objective 4 ..................................................................................................... 23
   3.5 Objective 5 ..................................................................................................... 23
4. Recommendations and Conclusions ..................................................................... 31
## Acronyms

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>BAPPENAS</td>
<td>Indonesian Ministry of National Development Planning</td>
</tr>
<tr>
<td>BPNT</td>
<td>Bantuan Pangan Non-Tunai</td>
</tr>
<tr>
<td>BULOG</td>
<td>Badan Urusan Logistik</td>
</tr>
<tr>
<td>CotD</td>
<td>Cost of the Diet</td>
</tr>
<tr>
<td>EAR</td>
<td>Estimated Average Requirement</td>
</tr>
<tr>
<td>FAO</td>
<td>Food and Agriculture Organization</td>
</tr>
<tr>
<td>FSVA</td>
<td>Food Security and Vulnerability Atlas</td>
</tr>
<tr>
<td>IDR</td>
<td>Indonesian Rupiah</td>
</tr>
<tr>
<td>MoSA</td>
<td>Ministry of Social Affairs</td>
</tr>
<tr>
<td>PKH</td>
<td>Program Keluarga Harapan (Family Hope Programme)</td>
</tr>
<tr>
<td>PMT</td>
<td>Pemberian Makanan Tambahan</td>
</tr>
<tr>
<td>RASTRA</td>
<td>Beras untuk Rakyat Sejahtera</td>
</tr>
<tr>
<td>RNI</td>
<td>Recommended Nutrient Intake</td>
</tr>
<tr>
<td>SUSENAS</td>
<td>National Socioeconomic Survey</td>
</tr>
<tr>
<td>TNP2K</td>
<td>National Team for the Acceleration of Poverty Reduction</td>
</tr>
<tr>
<td>UNICEF</td>
<td>United Nations Children’s Fund</td>
</tr>
<tr>
<td>WFP</td>
<td>World Food Programme</td>
</tr>
<tr>
<td>WHO</td>
<td>World Health Organization</td>
</tr>
<tr>
<td>USD</td>
<td>United State Dollars</td>
</tr>
<tr>
<td>USDA</td>
<td>United States Department of Agriculture</td>
</tr>
</tbody>
</table>
List of Tables

Table 1. The foods selected by the Cost of the Diet software for the staple-adjusted nutritious diet at the national level and for eight provinces ................................................................. 19
Table 2. The daily, monthly and annual cost (IDR) of the staple-adjusted nutritious diet at the national level and for eight provinces .................................................................................... 21
Table 3. The estimated monthly cost of providing 600g of fortified complementary food for a child aged 6-23 months at a national and provincial level ................................................................. 24
Table 4. The quantity (in kilograms) of each food provided in the six food basket options for the Rastra reform programme (BPNT) and the amount of money to be used to purchase other foods a month (IDR) ........................................................................................................................................... 25
Table 5. The monthly cost of the packages by province to provide the same quantities of foods and nutritional impact as the national level analysis ........................................................................ 30
List of Figures

**Figure 1.** A map of Indonesia showing the market survey locations for the Cost of the Diet study... 13

**Figure 2.** The percentage of 4 person households that cannot afford a staple adjusted nutritious diet at national and province level.................................................................................................................. 22

**Figure 3.** The percentage of recommended nutrients intakes provided by each package at a national level............................................................................................................................................ 28

**Figure 4.** The nutritional impact, in terms of proportion of nutrient requirements met, of providing 20 g per day of SUN or Cerelac fortified complementary food for a child aged 12-23 months... 29
List of Annexes

Annex 1. SUSENAS food list and Cost of the Diet software equivalent and price per 100g in each province .................................................................32

Annex 2. A list of the markets visited in each district for the primary market survey data collection of fortified foods .................................................................36

Annex 3. A list of the fortified foods selected in each district surveyed and their cost per 100g........37

Annex 4. The percentage of the recommended nutrient requirements that are met for each individual and the household in the staple-adjusted nutritious diet at a national level and for eight provinces, by the different foods selected by the software..............................................43

Annex 5. The limiting nutrients for the individual household members in the staple-adjusted nutritious diet at a national level and for eight provinces (X indicates when the diet meet the nutrient requirements by exactly 100%, indicating that these are likely cost-drivers of the diet and at-risk of not being met when less optimal food choices are made). ..................48

Annex 6. The percentage of the recommended nutrient intakes provided per month by the different food baskets for a household of 4 people at a national and provincial level...............................50

Annex 7. The national level and provincial level visual summaries of the cost, food quantities and nutritional impact of the food packages where the cost of the foods in the packages is specific to the province. .................................................................59

Annex 8. The national level and provincial level visual summaries of the cost, food quantities and nutritional impact of the food packages where the quantities of the foods in the packages and the nutritional impact are fixed to that of the national level.................................64
Executive Summary

Introduction and Study Objectives

The World Food Programme (WFP) has been approached by the Ministry of National Development Planning (BAPPENAS) to conduct a Cost of the Diet study in the first quarter of 2017 with the expectation that the results be used to inform the design of the Rastra transformation programme (BPNT-Bantuan Pangan Non-Tunai) aiming to provide a more balanced, nutritious diet for the poor and vulnerable people. The primary objectives of the study were:

1. To evaluate whether the foods available in local markets can meet the macro and micronutrient needs of households, particularly of those that include members of nutritionally vulnerable groups such as children under the age of 2 years and pregnant and lactating women.
2. To estimate the lowest cost of a combination of locally available foods, including the main staple food (rice), that would meet the nutritional needs of all members of a household, including a child aged 12-23 months old, a breastfeeding woman, a man and an adolescent girl.
3. To estimate the proportion of households that would be able to purchase this lowest-cost, locally available, nutritious diet, based on the amount of money per month they currently spend on food.
4. To assess to what extent the unavailability and/or unaffordability of nutritious foods limits access to a nutritious diet.
5. To contribute to informing the design of the BPNT to improve access to or availability of nutritious diets through:
   a. Identifying which locally available foods should be included in BPNT’s pre-determined local food basket with a voucher value of 110,000 IDR in order to meet the household members’ recommended nutrient intake in the most cost-effective way (called the Nutritious Package).
   b. Estimating what percentage of the WHO/FAO recommended nutrient intakes (RNIs) would be met for the household from the nutritious package and compare this to the current Rastra rice subsidy, BPNT rice and sugar, and BPNT rice and eggs package.
   c. Estimating the potential impact that increasing the BPNT voucher transfer value to 165,000 IDR and 220,000 IDR would have on the quantity and nutritional quality of the foods included in the pre-determined local food basket.

Methods

To calculate the cost per 100g of locally available fresh foods, the average household size and total monthly household expenditure, data was sourced from the March 2016 National Socioeconomic Survey (SUSENAS) dataset. These data were extrapolated from this dataset at a national level and for the following eight provinces as agreed in consultation with BAPPENAS: Jawa Barat, Jawa Timur, Kalimantan Selatan, Lampung, Maluku, Nusa Tenggara Timur, Papua and Sulawesi Selatan.

A staple-adjusted nutritious diet\(^1\) was calculated for a household of 4 people of the following composition: child aged 12-23 months, adolescent girl aged 15-16 years, woman aged 30-59 years, 55 Kg, moderately active and lactating, and a man aged 30-59 years, 62 Kg and moderately active. To calculate the affordability of this diet, the monthly cost was compared to the average monthly household expenditure on food.

---

\(^1\) This is the least expensive diet that meets the individual specific WHO/FAO recommended intakes of energy, protein, fat, 9 vitamins and 4 minerals. This diet also includes the preferred staple food, which is rice in the case of Indonesia. This diet also assumes that the child aged 12-23 months is receiving the recommended portion of breast milk per day.
For fortified foods, the nutrient content and cost per 100g was collected through primary market survey data collection in three markets and an Indomart and an Alfamart (where available) in one district per selected province. Over 200 fortified foods from 5 food groups were found during the market survey, 18 were chosen from each district based upon their availability, nutrient content and cost and included in the staple-adjusted nutritious diet.

Six scenarios were modelled to provide a detailed analysis of the potential impact on cost and affordability of the staple-adjusted nutritious diet: Rastra rice subsidy, BPNT rice and sugar (110,000 IDR), BPNT rice and eggs (110,000 IDR), Nutritious Package (110,000 IDR), Nutritious Package (165,000 IDR) and Nutritious Package (220,000 IDR).

Key Findings and Recommendations
1. It is possible to consume a staple-adjusted nutritious diet using foods available in the local markets. Rice, eggs, tofu, fish, green leafy vegetables and fortified wheat flour and oil have been identified as inexpensive foods that are rich in nutrients.
2. A staple-adjusted nutritious diet for the average household size of 4 people costs 1,191,883 IDR per month. Purchasing this diet from the local markets is the most expensive in Papua province (1,689,534 IDR) and the least expensive in Sulawesi Selatan province (1,023,655 IDR).
3. Based upon current food expenditure figures from the 2016 SUSENAS, 62% of the national population can afford a staple-adjusted nutritious diet. The affordability of this diet is highest in Kalimantan Selatan, where 76% of the population can afford this diet and lowest in NTT where only 32% of the population can afford this diet.
4. Food availability is not a key barrier to households consuming a staple-adjusted nutritious diet. However, economic access to foods (affordability) is a key barrier. Other barriers to the consumption of a this diet may include knowledge of what foods are key sources of nutrients and preference for foods and drinks that are less nutritious, more expensive and/or more convenient.
5. The recommended food basket for the Rastra transformation programme (BPNT) is rice, eggs and green leafy vegetables (called the nutritious package). This package with a voucher value worth 110,000 IDR per month has the greatest nutritional impact compared to the current Rastra programme, BPNT with rice and sugar, and BPNT with rice and eggs. It is strongly recommended that the BPNT does not provide a basket of rice and sugar as it will have very little nutritional impact due to the very low content of essential nutrients. Furthermore, given the rising overweight and obesity issue in Indonesia, where 12% of children under 5 years of age are overweight and 25% and 6% of adults are overweight and obese respectively, a package of rice and sugar could contribute to further exacerbating this issue.
6. If the voucher value was to increase by 50% (to 165,000 IDR) it is recommended that the nutritious package also includes 20g per day of a fortified complementary food for households that have a child aged 6-23 months. If the voucher value was to increase by 100% (to 220,000 IDR) is it recommended that the nutritious package also includes the fortified complementary food and that households can access the left over money as cash to be able to purchase other nutritious foods of their choice.

---

7. The cost of the foods included in the Rastra, BPNT or nutritious packages, differs from province to province. This impacts a household’s ability to purchase the quantities required for nutritional impact in line with the national level analysis. This is particularly true for Papua, Maluku and NTT, where the cost of nutritious foods are much more expensive.

8. In the interest of equity and nutritional impact, WFP recommends that fixed quantities of foods be available for households to purchase regardless of the province in which BNPT recipients live. Thus the value of the voucher will need to be adapted according to the price of those foods at the provincial level. In some provinces (e.g. Jawa Barat and Jawa Timur) the cost of the voucher will be lower; in others (e.g. Papua and Maluku) it will be higher. WFP also recommends that the Government explore mechanisms for ensuring that food price volatility does not reduce the amount of food able to be purchased with the voucher.
1. Introduction

1.1. Purpose of the study

Despite improvements over the past 10 years, 16% of the population of Indonesia live on $1.25 a day or less, whilst 43% of the population live on $2 a day or less, an indication that poverty remains a key issue for human development. The national prevalence of stunting in children under the age of 5 years, an indicator of child development is of high public health significance at 37% and the prevalence of wasting for the same age group is of high public health significance at 12%. Anemia in women of reproductive age is of moderate public health significance with a prevalence of 23%. Achieving food security and improved nutrition for all Indonesians is possible, particularly if the Government’s capacity to address malnutrition, adapt to climate change and prepare for disasters is augmented. Food sovereignty and nutrition are central to the National Medium-Term Development Plan (2015–2019).

The Government of Indonesia spends 0.7 percent of its annual Gross Domestic Product on social assistance. These programs have been credited with reducing poverty, but to date have not been found to have much impact on nutritional status. The World Food Programme (WFP) in Indonesia offers technical assistance to support the Government of Indonesia to strengthen the monitoring and evaluation capacity and the nutrition outcome for the national social assistance schemes, namely Rastra and PKH.

Rastra delivers 15 kg of rice per month to poor households at a fixed subsidized price of 1,600 IDR per kilogram through BULOG. Rastra reaches approximately 25% of the population (15.5 million households) per month and is the largest social assistance scheme in Indonesia, representing around 30 percent of the total social assistance public expenditure in 2015.

Rastra’s transformation agenda aims to provide a more balanced, nutritious diet for the poor and vulnerable people. Following a pilot in 2016 by BAPPENAS and the National Team for the Acceleration of Poverty Reduction (TNP2K) and guided by the implementation guidelines of Bantuan Pangan Non-Tunai (BPNT) Rastra’s in-kind rice assistance in 44 urban areas in 2017 will be transformed into an e-voucher programme using banking networks and food outlets such as cooperatives, small shops, E-Warongs, mini-markets and local merchants. The basic feature of the transformation is a non-cash ‘payment’ at a transfer value of 110,000 IDR per month per household. The households shall be able to purchase rice and eggs with the voucher, but there is scope to include other pre-determined foods. The reformed programme is expected to be rolled out to all urban and rural areas from 2018.

---

8 Rice Subsidy To The Poor or Beras untuk Rakyat Sejahtera, previously known as Raskin
9 Family Hope Program- Program Keluarga Harapan
10 18.9 trillion IDR or 1.4 billion USD in 2017 APBN book
11 Translated as Non Cash Food Assistance
13 As detailed in the Implementation Guidelines for Non-Cash Food Assistance (Pedoman Pelaksanaan Bantuan Pangan Non-Tunai) 2017. The guideline defines food commodities as rice and eggs and suggests other types of
As part of the President’s drive to eventually unify the social assistance programmes under one card providing “cashless” electronic payments, WFP was asked by the Indonesian Ministry of National Development Planning (BAPPENAS) to conduct a Cost of the Diet (CoD) study to inform the decision making process regarding the BPNT voucher value and the local foods that could be redeemed by the voucher. This report summarizes the results from the Cost of the Diet study and makes recommendations for these two key decisions.

1.2 Objectives of the Cost of the Diet study

The objectives for this Cost of the Diet study are as follows:

1. To evaluate whether the foods available in local markets can meet the macro and micronutrient needs of households, particularly of those that include members of nutritionally vulnerable groups such as children under the age of 2 years and pregnant and lactating women

2. To estimate the lowest cost of a combination of locally available foods, including the main staple food (rice), that would meet the nutritional needs of all members of a household, including a child aged 12-23 months old, a breastfeeding woman, a man and an adolescent girl

3. To estimate the proportion of households that would be able to purchase this lowest-cost, locally available, nutritious diet, based on the amount of money per month they currently spend on food

4. To assess to what extent the unavailability and/or unaffordability of nutritious foods limits access to a nutritious diet

5. To contribute to informing the design of the BPNT to improve access to or availability of nutritious diets through:
   a. Identifying which locally available foods should be included in BPNT’s pre-determined local food basket with a voucher value of 110,000 IDR in order to meet the household members’ recommended nutrient intake in the most cost-effective way (called the Nutritious Package)
   b. Estimating what percentage of the WHO/FAO recommended nutrient intakes (RNIs) would be met for the household from the nutritious package and compare this to the current Rastra rice subsidy, BPNT rice and sugar, and BPNT rice and eggs package
   c. Estimating the potential impact that increasing the BPNT voucher transfer value to 165,000 IDR and 220,000 IDR would have on the quantity and nutritional quality of the foods included in the pre-determined local food basket.

However, this study will not be able to answer the following questions:

- Is there an adequate supply chain for selected local foods that are proposed for inclusion in the BPNT food basket? And can vouchers be used to provide access?
- Can all targeted households reach the outlets in order to redeem the e-voucher for the specific nutritious local foods?
- Are recommended nutritious local foods acceptable to the BPNT beneficiaries and how will they use them (i.e. consumed by intended individuals, stored and prepared in correct way)?

commodities be added subject to further evaluation. Rice and sugar are being supplied in Feb 2017 during the BPNT launching period.
2. Methods

2.1 Cost of the Diet method and software

The Cost of the Diet is a method and software developed by Save the Children UK to better understand the extent to which poverty affects the ability to meet nutrient requirements, a prerequisite to be free from undernutrition. The aim of the Cost of the Diet is to theoretically calculate the amount, combination and overall cost of local foods that are needed to provide a typical family with their average needs for energy and their recommended intakes of protein, fat and micronutrients\(^\text{14}\). The foods selected by the software can help to understand which nutrients are the hardest to obtain from locally available foods. The software can also identify the foods which are the least expensive sources of energy and nutrients.

When the results from the Cost of the Diet are compared with income or expenditure data, the affordability of a nutritious diet for a population can be estimated. This information can then be used to assess if poverty prevents poor households obtaining a varied, nutritious diet and what proportion and which members of the population are most at risk of insufficient economic access.

One of the most innovative aspects of the Cost of the Diet software is that potential interventions can be modelled to estimate their impact on improving the quality and the affordability of the diet. These results can be used to inform and influence policies and programs, such as the Rastra transformation program (BPNT).

2.2 Data required and sources

The Cost of the Diet study required the following data:

- The cost per 100g of locally available fresh foods
- The cost per 100g of fortified foods
- The average number of people in a household and which members are of interest (e.g. child under two and breastfeeding woman)
- Income or expenditure data in deciles

The cost per 100g of locally available fresh foods, the average household size and total monthly expenditure data was sourced from the March 2016 National Socioeconomic Survey (SUSENAS) dataset. Data was extrapolated from this dataset using IBM SPSS Statistics 20 at a national level and for the following provinces as agreed in consultation with BAPPENAS:

- Jawa Barat
- Jawa Timur
- Kalimantan Selatan
- Lampung
- Maluku
- Nusa Tenggara Timur
- Papua
- Sulawesi Selatan

The quantity of 65 food purchased in units of kilograms, grams and milliliters and the amount of money spent on these quantities per household per district, were converted to a cost per 100g. Each of the 65 food items identified were then selected from the food composition database in the Cost of the Diet software, prioritizing those foods found in the Indonesia, Bangladesh and

\(^{14}\) Refer to the Save the Children UK (2015) Cost of the Diet Practitioner Guide for more information
United States Department of Agriculture (USDA) food tables. The cost per 100g was then entered into the software. A list of the 65 food items from the SUSENAS dataset, their Cost of the Diet software equivalents and cost per 100g in each district are listed in Annex 1.

2.3 Market survey to collect prices of fortified foods

The nutrient content and cost per 100g of fortified foods was collected through primary market survey data collection in three markets in each of the following districts in January 2017, shown in Figure 1:

- Banjar (Kalimantan Selatan: Rural)
- Bandar Lampung (Lampung province: Urban)
- Bandung (Jawa Barat province: Urban)
- Central Maluku (Maluku province: Rural)
- Jayapura district (Papua province: Urban)
- Jeneponto (Sulawesi Selatan: Rural)
- Sampang (Jawa Timur province: Rural)
- Timor Tengah Selatan (Nusa Tenggara Timur province: Rural)

Figure 1. A map of Indonesia showing the market survey locations for the Cost of the Diet study

A list of the markets visited in each district can be found in Annex 2. These districts, in the provinces that had already been selected for the Cost of the Diet analysis, were selected based on

---

15 Foods from the Bangladesh food table were chosen if a food could not be found in the Indonesia food table because Bangladesh is the most recently updated Asian food table (in the CotD software) and also the closest country geographically to Indonesia (compared to the other food tables in the CotD software). Foods from the USDA food table were also chosen if a food could not be found in the Indonesia or Bangladesh food tables because these are the most scientifically reliable food tables developed.
the relatively high number of households that are living below the poverty line\textsuperscript{16}, the higher prevalence of stunting in children under the age of 5 years\textsuperscript{17}, the district priority based upon the Food Security and Vulnerability Atlas (FSVA)\textsuperscript{18} conducted in 2015 and the number of very poor households that are likely to be included in the BPNT programme\textsuperscript{19}.

First, a list of all fortified food items available in the assessment district was developed using information from key informants and the knowledge of the data collectors. This was followed by a field trial in a local market in Jakarta city (data not included) where participants practiced data collection methods whilst adding items to the food list. The resulting comprehensive food list was then used to collect data on price, nutrient content, and weight in the markets.

To collect the information needed to estimate the cost per 100g of the fortified foods, market traders were asked the price of each fortified food item that they sold at the moment the survey was conducted. The weight of the packet as displayed on the food label was written into the market survey questionnaire. Where possible, four traders were visited in each of the 3 markets, to provide a sample size of up to 12 data points per district. Data collectors took pictures of the nutrient composition displayed on the package, which was then converted into a nutrient composition per 100g.

In addition to 3 local markets, data was also collected in an Indomart and an Alfamart store where possible, as poor households are increasingly shopping at these mini-markets. Indomart data was entered for Banjar, Bandar Lampung, Bandung, Jeneponto and Sampang districts. Alfamart data was entered for Bandar Lampung, Bandung, Jeneponto and Sampang districts. The team in Banjar district did not receive permission to collect data in Alfamart. These stores are not available in the other three districts.

The quantitative price and weight data was entered into the Cost of Diet software by market for each district. For every food, the software calculates the price per 100g for each price and weight sample and then averages these data across the traders to give the final price per 100g for the food item in a market, which were then used to average the price across markets per province.

### 2.4 Selection of fortified foods for inclusion in the scenario modelling

Over 200 fortified foods from 5 food groups\textsuperscript{20} were found during the market survey. As it was unrealistic that all of these were selected for inclusion in the Cost of the Diet analysis, 18 were chosen from each district based upon their greater availability, higher nutrient content and lower cost. These foods were entered into the Cost of the Diet software with the fresh foods from the SUSENAS dataset for the province associated with each district. For example, the fortified foods collected in market surveys in Banjar district were added to the Cost of the Diet software analysis for Kalimantan Selatan province. The selection of the fortified foods for the national analysis was based upon the foods that were available in three or more districts. A list of the fortified foods chosen for the analysis and their cost per 100g by district can be found in Annex 3.

\textsuperscript{16} Taken from the 2014 SUSENAS dataset
\textsuperscript{17} Taken from the 2013 Riskesdas survey 2013
\textsuperscript{18}http://documents.wfp.org/stellent/groups/public/documents/ena/wfp276251.pdf?_ga=1.89961307.1958110165.1476709500
\textsuperscript{19} Based upon a survey from TNP2k in 2015
\textsuperscript{20} Grains and grain based products (including noodles), milk and milk products, sugars and confectionary, beverages, and infant foods.
2.5 Specification of household size and composition

The March 2016 SUSENAS data was used to determine the average household size for the selected provinces. All but two provinces had an average household size of 4 people. To be able to compare the results across the provinces, a household of 4 people was selected for all provinces. The national average household size is also 4 people. The following household composition was used for the analysis:

- Child (either sex) 12-23 months, breastfeeding
- Female 15-16 years
- Woman, 30-59y, 55kg, moderately active, lactating
- Man, 30-59y, 60kg, moderately active

2.6 The diet analysed by the software

A Staple-Adjusted Nutritious Diet was estimated for all the analyses. This is the least expensive diet that meets the WHO/FAO recommended intakes for energy, protein, fat, 9 vitamins and 4 minerals. This diet also includes the preferred staple food, which is rice in the case of Indonesia. Rice was included in the diet at least once a day for all household members. All other foods in the food list (as listed in Annex 1), apart from fortified wheat flour, maize flour and roots and tubers, were available for the software to include up to three times per day. The inclusion of fortified wheat flour was restricted to up to three times per week, to reflect typical consumption habits. Furthermore the inclusion of roots and tubers was restricted to up to three times per week in the national level analysis and all provinces except Papua and Maluku to reflect current consumption habits. As roots and tubers are regularly consumed in Papua and Maluku, for these areas those foods were available for the software to choose up to three times per day. Maize was included in the diet at least 3 times per week in NTT, sweet potatoes were included in the diet at least 3 times per week in Papua, and the cheapest variety of fish was included at least 3 times per week in Maluku, Papua, Kalimantan Selatan and Sulawesi Selatan to reflect the consumption habits of the population in these provinces.

The portion sizes for each food selected were realistic for the household members’ age and sex as determined by the Cost of the Diet software. It was also assumed that the child aged 12-23 months was receiving the age-specific recommended portion of breast milk per day (532g).

The software optimizes the diet to meet the Estimated Average Requirement (EAR) for energy, the recommended percentage energy from fat and the Recommended Nutrient Intake (RNI) for protein, vitamins and minerals. Energy requirements cannot be exceeded by the software but requirements for the other nutrients can be. Upper limits have been set for fat, vitamin A, vitamin C, niacin, calcium and iron, which the software cannot exceed in order to prevent obesity or toxicity. This diet was analysed for the eight provinces and at national level.

---

21 Which had an average household size of 5 people
22 An adolescent girl was selected instead of a school aged child as her requirements for macro and micronutrients are higher. Selecting this individual will ensure that the food basket determined for BNPT will also cover the needs for the school aged child
23 The results for this woman will also be used as a proxy for a pregnant woman
24 Please refer to the Save the Children UK (2015) Cost of the Diet Practitioner’s Guidelines for more information
2.7 Estimating the affordability of the diet
The cost of the diets become a more meaningful figure when compared with household’s purchasing power. For the purpose of the affordability analysis, data from the March 2016 SUSENAS dataset was used to compare the monthly cost of the staple-adjusted nutritious diets against food expenditure.

Using IBM SPSS Statistics 20 software the average per capita food expenditure figure at a national level and for the eight provinces was extracted and multiplied by 4 to calculate the average food expenditure for a household of 4 people.

2.8 Modelling scenarios
Five scenarios were modelled to provide recommendations to the BAPPENAS regarding the Rastra transformation programme (BPNT). For each model the reduction in the cost of the staple-adjusted nutritious diet and the nutritional contribution of the local food baskets were analysed. These scenarios were modelled at the national and provincial level.

2.8.1 Scenario 1: The potential impact of the current Rastra rice subsidy programme
To model the potential impact of the current rice subsidy programme, 15 kg of rice per month at a fixed subsidized price of 725 IDR per 100g was entered into the staple-adjusted nutritious diet for a household of 4 people.

2.8.2 Scenario 2: The potential impact of the BPNT pilot of a monthly voucher worth 110,000 IDR that includes a food basket of rice and sugar
To model the potential impact of the current BPNT pilot, 10 kg rice and 2 kg sugar, which is a fixed provision, with a total fixed cost of 110,000 IDR, was included in the staple-adjusted nutritious diet for a household of 4 people.

2.8.3 Scenario 3: The potential impact of the pilot BPNT pilot of a monthly voucher worth 110,000 IDR that includes a food basket of rice and eggs
To model the potential impact of the pilot BPNT programme in which poor households receive a voucher of 110,000 IDR per month to purchase rice and eggs, it was assumed that the entire monetary value of the voucher would be spent on these foods, where 75% of the voucher would be spent on rice and 25% would be spent on chicken eggs. The quantity of rice and eggs that could be purchased with the voucher per month was calculated using the national and province-specific costs of the two commodities per 100g from the March 2016 SUSENAS data and added to the staple-adjusted nutritious diet for a household of 4 people.

2.8.4 Scenario 4: The potential impact of a monthly voucher of 110,000 IDR that includes rice and other commodities identified by the Cost of the Diet software
To model the potential impact of a BPNT voucher with a cash value of 110,000 IDR that includes rice and other commodities it was assumed that the entire monetary value of the voucher would be spent on the foods chosen by the software. It was also assumed that 50% of the voucher would be spent on rice, 25% on the cheapest animal product included by the software and 25% on another food that the software choose as an inexpensive source of nutrients in the staple-adjusted nutritious diet. The quantity of the selected foods that could be purchased with the voucher per month was calculated

---

25 This is the price per 100g that the Government pays to BULOG to enable Rastra households to be able to purchase the rice at a subsidized price of 160 IDR per 100g
26 At a non-subsidized cost
using the national and province specific cost per 100g from the March 2016 SUSENAS data and added to the staple-adjusted nutritious diet for a household of 4 people.

2.8.5 Scenario 5: The potential impact of a monthly voucher of 165,000 IDR that includes rice and other commodities identified by the Cost of the Diet software
As there is scope to potentially increase the monetary value of the BPNT voucher, the potential impact of a 50% (165,000 IDR) increase in the voucher value was modelled on the same, but now larger, food packages determined in scenario 3, with the inclusion of a 20g per day sachet of fortified complementary food for a child aged 6-23 months.

The monthly cost of providing the fortified complementary food was added to 110,000 IDR and whatever amount of money was leftover to provide a total voucher value of 165,000 IDR was distributed to the foods selected for scenario 3 with the same assumptions (50% rice, 25% animal source, 25% inexpensive source of nutrients). The quantity of the rice, animal source and other food that could be purchased with the voucher per month was calculated using the national and province specific cost per 100g from the March 2016 SUSENAS data and added to the staple-adjusted nutritious diet for a household of 4 people.

2.8.6 Scenario 6: The potential impact of a monthly voucher of 220,000 IDR that includes rice and other commodities identified by the Cost of the Diet software
To model the potential impact of a 100% (220,000 IDR) increase in the voucher value, the underlying assumptions were changed slightly. For this voucher the foods included in scenario 5 were still included. However the quantities of these foods were changed to ensure that this basket had the same or superior nutritional impact compared to the Rastra rice subsidy and BPNT baskets and to ensure that an adequate amount of money was left over to enable households to purchase other nutritious foods of their preference.

The quantity of the rice, animal source and other food that could be purchased with the voucher per month was calculated using the national and province specific cost per 100g from the March 2016 SUSENAS data and added to the staple-adjusted nutritious diet for a household of 4 people.
3. Results and Key Findings

3.1 Objective 1

- **It is possible to consume a staple-adjusted nutritious diet using foods available in the local markets**
- **Rice, eggs, tofu, fish, green leafy vegetables and fortified wheat flour and oil have been identified as relatively inexpensive foods that are rich in nutrients**
- **The inclusion, by the CotD software, of two fortified foods in the staple-adjusted nutritious diet emphasizes the importance of the national fortification of staple foods and indicates the potential benefits that rice fortification could have on improving the nutrient intakes of the Indonesian population**
- **Vitamin B12, iron and calcium are the most expensive nutrients to purchase using locally available foods and are likely to be deficient in the current diet**

The Cost of the Diet software was able to create a diet that meets the WHO/FAO recommended intakes for energy, protein, fat, 9 vitamins and 4 minerals for all members in the household, both at national and provincial level (staple-adjusted nutritious diet). A range of 13 different foods (and breastmilk for the child under 2 years of age) were selected in the assessment areas as the cheapest source of nutrients, as shown in Table 1. In addition to the staple (rice) the software identified fortified wheat flour, fortified oil, a variety of roots and tubers, eggs, tofu, fish, and green leafy vegetables as relatively inexpensive foods that are rich in essential micronutrients.

Rice, eggs and green leafy vegetables were identified as the foods able to meet the most nutritional requirements for the lowest cost and should therefore be prioritized in programmes that aim to improve the nutritional quality of the diet. These have been selected for the ‘Nutritious Package’ that was modeled for the BPNT programme.

Annex 4 shows the percentage of the recommended nutrient intakes that are met for each individual and the household in the staple-adjusted nutritious diet and the percentage that each food contributes to meeting nutrient requirements at a national level and for the eight provinces.

In particular rice was chosen as an inexpensive source of protein, water soluble B-group vitamins, magnesium and zinc, whilst eggs were chosen as an important source of vitamin A, water soluble B-group vitamins, vitamin B12 and iron. Green leafy vegetables such as cassava leaves, spinach and mustard greens were identified as a rich source of vitamin A, vitamin C, folic acid, magnesium, iron and zinc.

In addition, roots and tubers were found to provide energy as well as water soluble B-group vitamins whilst tofu has been identified as a relatively inexpensive, rich source of protein, calcium, magnesium and iron. Fish were identified as an important source of protein, niacin and vitamin B12.

The inclusion of two fortified foods (wheat flour and oil) emphasizes the importance of the national fortification programme for staple foods to improve the nutrient intakes of a population. If rice was also fortified, it could meet more of the nutrient requirements on a larger scale.

---

27 Found in the local markets as listed in the SUSENAS dataset.
28 Fortified with water soluble B-group vitamins, folic acid and iron
29 Fortified with vitamin A
30 It is more likely in this context that households will be consuming fortified flour through noodle consumption.
Table 1. The foods selected by the Cost of the Diet software for the staple-adjusted nutritious diet at the national level and for eight provinces

<table>
<thead>
<tr>
<th></th>
<th>Fortified wheat flour</th>
<th>Maize</th>
<th>Sweet potato</th>
<th>Sago</th>
<th>Taro</th>
<th>Cassava</th>
<th>Peanut</th>
<th>Tofu/Tempeh</th>
<th>Fish</th>
<th>Egg</th>
<th>Green leafy vegetables (cassava leaf)</th>
<th>Fortified oil</th>
<th>Breast milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Jawa Barat</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Jawa Timur</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Kalimantan Selatan</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Lampung</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Maluku</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Nusa Tenggara Timur</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Papua</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Sulawesi Selatan</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>
Limiting nutrients are defined as nutrients for which the diet meets the nutrient requirements by exactly 100%. As these nutrients are the most expensive they are likely to be deficient in the current diet, especially among households that cannot afford a staple-adjusted nutritious diet.

The analysis indicates that vitamin B12, iron and calcium, which are mainly contributed by animal source foods, were the most difficult and expensive to meet for the household at a national and provincial level. In addition, zinc was an expensive nutrient to meet for the child aged 12-23 months at a national and provincial level, whilst vitamin B1 and pantothenic acid were expensive to meet for certain individuals in certain provinces.

These foods and nutrients should therefore be prioritised in programmes that aim to improve the nutritional quality of the diet. In this analysis the software has identified eggs, tofu, fish and green leafy vegetables as locally available, less expensive, foods that are rich in these nutrients.

Annex 5 shows the limiting nutrients for each of the four individuals of the modeled household for the staple-adjusted nutritious diet at a national and provincial level.

### 3.2 Objective 2

- **A staple-adjusted nutritious diet for the average household size of 4 people costs 1,191,883 IDR per month**
- **Purchasing a staple-adjusted nutritious diet from the local markets is the most expensive in Papua province (1,689,534 IDR) and the least expensive in Sulawesi Selatan province 1,023,655 IDR)**
- **An adolescent girl and a lactating woman are the most expensive individuals in the household to purchase a staple-adjusted nutritious diet for**

Table 2 presents the daily, monthly and annual cost of a staple-adjusted nutritious diet at a national and provincial level for a household of 4 people and the breakdown of the cost per individual. At a national level, the cost of a this diet was 1,191,883 IDR per month but at the provincial level the monthly household costs ranged from 1,023,655 IDR in Sulawesi Selatan to 1,689,534 IDR in Papua.

Interestingly, the staple-adjusted nutritious diet for the adolescent girl and the lactating woman were consistently shown to be the most expensive within the household, compared to the adult man and the child aged 12-23 months. This is due to the increased requirements for energy and essential micronutrients during adolescence that is required to support growth and development and during lactation to ensure that the women remains well-nourished whilst producing high quality breast milk for the child. Programming and policy interventions that are targeted at these nutritionally vulnerable target groups and aim to improve their access and consumption of nutritious fresh foods or fortified foods should be considered.

---

31 I.e. Breast milk that contains the nutrients required to support the growth of the child.
Table 2. The daily, monthly and annual cost (IDR) of the staple-adjusted nutritious diet at the national level and for eight provinces

<table>
<thead>
<tr>
<th>Household member</th>
<th>National</th>
<th>Jawa Barat</th>
<th>Jawa Timur</th>
<th>Kalimantan Selatan</th>
<th>Lampung</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child 12-23 months</td>
<td>2,592</td>
<td>78,853</td>
<td>946,238</td>
<td>2,645</td>
<td>80,441</td>
</tr>
<tr>
<td>Female 15-16 years</td>
<td>13,562</td>
<td>412,512</td>
<td>4,950,138</td>
<td>13,413</td>
<td>407,985</td>
</tr>
<tr>
<td>Woman, 30-59y, 55kg moderately active, lactating</td>
<td>13,846</td>
<td>421,156</td>
<td>5,053,869</td>
<td>13,461</td>
<td>409,444</td>
</tr>
<tr>
<td>Man, 30-59y, 60kg, moderately active</td>
<td>9,185</td>
<td>279,363</td>
<td>3,352,350</td>
<td>8,914</td>
<td>271,149</td>
</tr>
<tr>
<td>Total</td>
<td>39,185</td>
<td>1,191,883</td>
<td>14,302,596</td>
<td>38,433</td>
<td>1,169,019</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Household member</th>
<th>Maluku</th>
<th>Nusa Tenggara Timur</th>
<th>Papua</th>
<th>Sulawesi Selatan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child 12-23 months</td>
<td>3,323</td>
<td>101,086</td>
<td>1,213,029</td>
<td>2,653</td>
</tr>
<tr>
<td>Female 15-16 years</td>
<td>16,838</td>
<td>512,142</td>
<td>6,145,703</td>
<td>14,622</td>
</tr>
<tr>
<td>Woman, 30-59y, 55kg moderately active, lactating</td>
<td>16,911</td>
<td>514,387</td>
<td>6,172,645</td>
<td>14,854</td>
</tr>
<tr>
<td>Man, 30-59y, 60kg, moderately active</td>
<td>11,186</td>
<td>340,228</td>
<td>4,082,734</td>
<td>9,463</td>
</tr>
<tr>
<td>Total</td>
<td>48,258</td>
<td>1,467,843</td>
<td>17,614,110</td>
<td>41,592</td>
</tr>
</tbody>
</table>
3.3 Objective 3

- Based on current food expenditure figures from the 2016 SUSENAS, 62% of the national population can afford a staple-adjusted nutritious diet
- The affordability of a staple-adjusted nutritious diet is highest in Kalimantan Selatan, where 76% of the population can afford this diet
- The affordability of a staple-adjusted nutritious diet is lowest in NTT where only 32% of the population can afford this diet

Figure 2 shows the percentage of the population (at a national and provincial level) who, according to data on food expenditure, do or do not have enough money to be able to afford to buy the lowest cost, staple-adjusted, nutritious diet. This analysis indicates that at a national level, 62% of the population can afford this diet but more than one third of the population (38%) cannot afford this diet. NNT province presented the worst picture of affordability where it is estimated that only 32% or the population can afford the staple-adjusted nutritive diet (68% of the population therefore cannot afford this diet). Maluku and Papua also show low percentages of the population who can afford this diet at 44% and 52% respectively. Kalimantan Selatan province showed the best picture of affordability where it is estimated that 76% of the population can afford a staple-adjusted nutritious diet.

**Figure 2.** The percentage of 4 person households that cannot afford a staple adjusted nutritious diet at national and province level
3.4 Objective 4

✓ Food availability is not a key barrier to households consuming a staple-adjusted nutritious diet
✓ Economic access to foods (affordability) is a key barrier to household consuming a staple-adjusted nutritious diet
✓ Knowledge of what foods are key sources of nutrients and should therefore be prioritized for a nutritious diet could also be a barrier to households consuming a nutritious diet, in addition to other reasons such as food preferences and convenience

The Cost of the Diet software has been able to create a staple-adjusted nutritious diet using locally available foods, which indicates that the availability of nutritious foods is not a key barrier to households consuming a nutritious diet. However, the affordability analysis has shown that more than one third of the national population (and higher proportions for 7 out of 8 provinces researched) do not have enough money to be able to buy a nutritious diet, highlighting economic access as a key barrier.

Furthermore, those who do have enough money to be able to afford a nutritious diet may not spend their money on nutritious foods because of preference, convenience or knowledge. For example the March 2016 SUSENAS data found that the food group with the highest percentage (14%) of expenditure in Indonesia was ‘prepared foods and beverages’, which includes unhealthy foods such as cookies, cakes and fizzy drinks. This data also showed that on average households purchased 1.4 kg of boiled or steamed cake, 3.2 kg of fried foods and 0.77 kg of snacks for a child (any age) such as krupuk per week compared to 87 g of spinach, 47 g of mustard greens and 170 g of tofu. This indicates that food choices could also be a key barrier to households consuming a nutritious diet. More research is needed to understand what drives these choices.

3.5 Objective 5

✓ The recommended food basket for the Rastra transformation programme (BPNT) is rice, eggs and green leafy vegetables (called the nutritious package)
✓ The nutritious package of rice, eggs and green leaves with a voucher value worth 110,000 IDR per month has the greatest nutritional impact compared to the current Rastra programme, BPNT with rice and sugar and BPNT with rice and eggs
✓ It is strongly recommended that a basket of rice and sugar is not provided as part of the Rastra transformation programme as it will have very little nutritional impact due to its low nutrient content. Furthermore, given the rising overweight and obesity issue in Indonesia, where 12% of children under 5 years of age are overweight and 25% and 6% of adults are overweight and obese respectively, a package of rice and sugar could contribute to further exacerbating this issue.
✓ If the voucher value was to increase by 50% (to 165,000 IDR) it is recommended that the nutritious package also includes 20 g per day of a fortified complementary food for the child aged 6-23 months
✓ If the voucher value was to increase by 100% (to 220,000 IDR) it is recommended that the nutritious package with a fortified complementary food is included and that households can access the left over money as cash to be able to purchase other nutritious foods of their choice

---

35 Either SUN or Cerelac depending on what is available in the local markets
The provincial differences between the costs of the foods included in the Rastra, BPNT or nutritious packages, impacts households’ ability to purchase the quantities required for nutritional impact in line with the national level analysis. This is particularly true for Papua, Maluku and NTT, where the cost of nutritious foods are much more expensive.

In the interest of equity and nutritional impact, WFP recommends that fixed quantities of foods be available for households to purchase regardless of the province in which BNPT recipients live. Thus the value of the voucher will need to be adapted according to the price of those foods at the provincial level. In some provinces (e.g. Jawa Barat and Jawa Timur) the cost of the voucher will be lower; in others (e.g. Papua and Maluku) it will be higher. WFP also recommends that the Government explore mechanisms for ensuring that food price volatility does not reduce the amount of food able to be purchased with the voucher.

As the Cost of the Diet software included rice, eggs and green leafy vegetables in the largest quantities to meet the nutrient requirements of the household, these foods were selected for the recommended ‘Nutritious Package’ for the Rastra reform.

If the voucher value was to increase by 50% (to 165,000 IDR) it is highly recommended that 20 g sachet per day \(^{36}\) of fortified complementary food for a child aged 6-23 months is included in the food basket. This is because children of this age, whether breastfed or not, must be given foods that are highly dense in nutrients to ensure their needs are met. This can be very difficult to achieve using locally available foods, particularly for iron and zinc \(^{37}\) requirements. The estimated monthly cost of 600g of this food at a national and provincial level is shown in Table 3. For households that include a child aged 6-23 months, WFP recommends that recipients be allowed to spend any remaining balance of the e-voucher (after the fortified complementary food is purchased) on higher quantities of rice, eggs and green leafy vegetables (compared to a voucher of 110,000 IDR). If a target household does not include a child aged 6-23 months, then the monetary value of the voucher can only be used to purchase rice, eggs and green leafy vegetables.

Table 3. The estimated monthly cost of providing 600g of fortified complementary food for a child aged 6-23 months at a national and provincial level

<table>
<thead>
<tr>
<th></th>
<th>Cost of 600g per month of the cheapest fortified complementary food for a child aged 6-23 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>40,486</td>
</tr>
<tr>
<td>Jawa Barat</td>
<td>45,071</td>
</tr>
<tr>
<td>Jawa Timur</td>
<td>34,908</td>
</tr>
<tr>
<td>Kalimantan Selatan</td>
<td>35,572</td>
</tr>
<tr>
<td>Lampung</td>
<td>38,149</td>
</tr>
<tr>
<td>Maluku</td>
<td>43,725</td>
</tr>
<tr>
<td>Nusa Tenggara Timur</td>
<td>41,613</td>
</tr>
<tr>
<td>Papua</td>
<td>44,178</td>
</tr>
<tr>
<td>Sulawesi Selatan</td>
<td>38,360</td>
</tr>
</tbody>
</table>

\(^{36}\) 600 g per month

\(^{37}\) For example the complementary food that a 6-8 mo old child consumes needs to contain 9 times more iron and 4 times more zinc per 100 kcal than the food an adult man consumes.
If the voucher value was to increase by 100% (to 220,000 IDR) it is recommended that rice, eggs, green leafy vegetables and a fortified complementary food for a child aged 6-23 months be included. However, to bring protein requirements in line to that of the Rastra 15 kg rice provision, the quantity of eggs provided has been increased\(^{38}\), whilst the quantities of rice and green leafy vegetables remain fixed at the 100,000 IDR\(^{39}\) voucher value amounts. It is recommended that the remaining money in the voucher after these food provisions have been acquired is used by households to purchase other nutritious foods of their preference such as fish, tofu and legumes, depending on what is available in the local markets.

To model the nutritional impact of the six food baskets\(^{40}\) at a national and provincial level, the foods in the Rastra and BPNT rice and sugar baskets were included in the diet in the fixed quantities that are currently being given by the Government\(^{41}\). However the quantity of the foods in the remaining baskets was calculated using the cost of those foods at the national level and for each province\(^{42}\), using the assumptions described in section 2.8. Table 4 shows the quantity of each food included at the national and provincial level, and the amount of money remaining for households to purchase foods of their preference for the nutritious package with a value of 220,000 IDR. The nutritional impact\(^{43}\) of the baskets are based upon households consuming these quantities of foods.

**Table 4.** The quantity (in kilograms) of each food provided in the six food basket options for the Rastra reform programme (BPNT) and the amount of money to be used to purchase other foods a month ( IDR)

<table>
<thead>
<tr>
<th>Kilograms per month</th>
<th>Rice</th>
<th>Sugar</th>
<th>Eggs(^{44})</th>
<th>Green leaves</th>
<th>Fortified complementary food(^{45})</th>
<th>Leftover money to spend on food items of choice ( IDR)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>National</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rastra</td>
<td>15.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and sugar (110,000 IDR)</td>
<td>10.0</td>
<td>2.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and eggs (110,000 IDR)</td>
<td>9.0</td>
<td>1.1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 1 (110,000 IDR)</td>
<td>6.0</td>
<td>1.1</td>
<td>5.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 2 (165,000 IDR)</td>
<td>6.8</td>
<td>1.3</td>
<td>5.8</td>
<td>0.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 3 (220,000 IDR)</td>
<td>6.0</td>
<td>2.2</td>
<td>5.1</td>
<td>0.6</td>
<td>42,561</td>
<td></td>
</tr>
<tr>
<td><strong>Jawa Barat</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rastra</td>
<td>15.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and sugar (110,000 IDR)</td>
<td>10.0</td>
<td>2.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and eggs (110,000 IDR)</td>
<td>10.0</td>
<td>1.2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 1 (110,000 IDR)</td>
<td>6.7</td>
<td>1.2</td>
<td>5.9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 2 (165,000 IDR)</td>
<td>7.3</td>
<td>1.3</td>
<td>6.5</td>
<td>0.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 3 (220,000 IDR)</td>
<td>6.7</td>
<td>2.2</td>
<td>5.9</td>
<td>0.6</td>
<td>42,142</td>
<td></td>
</tr>
</tbody>
</table>

\(^{38}\) This also increases vitamin A and iron content of the package.
\(^{39}\) This is to ensure that there is enough leftover balance on the e-voucher for households to purchase other nutritious foods of their choice
\(^{40}\) Rastra, BPNT rice and sugar, BPNT rice and eggs, Nutritious Package 1 (110,000 IDR), Nutritious Package 2 (165,000 IDR), Nutritious Package 3 (220,000 IDR)
\(^{41}\) 15 kg rice for Rastra and 10 kg rice and 2 kg sugar for BPNT rice and sugar
\(^{42}\) As calculated using March 2016 SUSENAS data
\(^{43}\) Defined as the percentage of the intake recommended by the WHO/FAO for energy, protein, fat, 9 vitamins and 4 minerals
\(^{44}\) Assuming 1 egg weighs 50g, 1kg of eggs will be approximately 20 eggs
\(^{45}\) For a child aged 6-23 months
<table>
<thead>
<tr>
<th></th>
<th>Kilograms per month</th>
<th>Rice</th>
<th>Sugar</th>
<th>Eggs</th>
<th>Green leaves</th>
<th>Fortified complementary food</th>
<th>Leftover money to spend on food items of choice (IDR)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Jawa Timur</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rastra</td>
<td>15.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and sugar (110,000 IDR)</td>
<td>10.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and eggs (110,000 IDR)</td>
<td>10.1</td>
<td></td>
<td>1.3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 1 (110,000 IDR)</td>
<td>6.7</td>
<td></td>
<td>1.3</td>
<td>7.0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 2 (165,000 IDR)</td>
<td>8.0</td>
<td></td>
<td>1.6</td>
<td>8.2</td>
<td>0.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 3 (220,000 IDR)</td>
<td>6.7</td>
<td></td>
<td>1.3</td>
<td>7.0</td>
<td>0.6</td>
<td>75,092</td>
<td></td>
</tr>
<tr>
<td><strong>Kalimantan Selatan</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rastra</td>
<td>15.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and sugar (110,000 IDR)</td>
<td>10.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and eggs (110,000 IDR)</td>
<td>8.7</td>
<td></td>
<td>1.1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 1 (110,000 IDR)</td>
<td>5.8</td>
<td></td>
<td>1.1</td>
<td>4.7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 2 (165,000 IDR)</td>
<td>6.8</td>
<td></td>
<td>1.2</td>
<td>5.6</td>
<td>0.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 3 (220,000 IDR)</td>
<td>5.8</td>
<td></td>
<td>2.3</td>
<td>4.7</td>
<td>0.6</td>
<td>41,861</td>
<td></td>
</tr>
<tr>
<td><strong>Lampung</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rastra</td>
<td>15.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and sugar (110,000 IDR)</td>
<td>10.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and eggs (110,000 IDR)</td>
<td>9.4</td>
<td></td>
<td>1.2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 1 (110,000 IDR)</td>
<td>6.3</td>
<td></td>
<td>1.2</td>
<td>6.0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 2 (165,000 IDR)</td>
<td>7.3</td>
<td></td>
<td>1.3</td>
<td>6.9</td>
<td>0.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 3 (220,000 IDR)</td>
<td>6.3</td>
<td></td>
<td>1.8</td>
<td>6.0</td>
<td>0.6</td>
<td>58,234</td>
<td></td>
</tr>
<tr>
<td><strong>Maluku</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rastra</td>
<td>15.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and sugar (110,000 IDR)</td>
<td>10.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and eggs (110,000 IDR)</td>
<td>7.4</td>
<td></td>
<td>0.7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 1 (110,000 IDR)</td>
<td>5.0</td>
<td></td>
<td>0.7</td>
<td>3.4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 2 (165,000 IDR)</td>
<td>5.5</td>
<td></td>
<td>0.8</td>
<td>3.8</td>
<td>0.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 3 (220,000 IDR)</td>
<td>7.9</td>
<td></td>
<td>1.2</td>
<td>5.5</td>
<td>0.6</td>
<td>N/A^46</td>
<td></td>
</tr>
<tr>
<td><strong>Nusa Tenggara Timur</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rastra</td>
<td>15.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and sugar (110,000 IDR)</td>
<td>10.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and eggs (110,000 IDR)</td>
<td>8.4</td>
<td></td>
<td>0.8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 1 (110,000 IDR)</td>
<td>5.6</td>
<td></td>
<td>0.8</td>
<td>5.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 2 (165,000 IDR)</td>
<td>6.3</td>
<td></td>
<td>0.9</td>
<td>5.7</td>
<td>0.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 3 (220,000 IDR)</td>
<td>9.1</td>
<td></td>
<td>1.3</td>
<td>8.2</td>
<td>0.6</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td><strong>Papua</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rastra</td>
<td>15.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and sugar (110,000 IDR)</td>
<td>10.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and eggs (110,000 IDR)</td>
<td>6.5</td>
<td></td>
<td>0.6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 1 (110,000 IDR)</td>
<td>4.3</td>
<td></td>
<td>0.6</td>
<td>2.8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 2 (165,000 IDR)</td>
<td>4.8</td>
<td></td>
<td>0.6</td>
<td>3.1</td>
<td>0.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious Package 3 (220,000 IDR)</td>
<td>6.9</td>
<td></td>
<td>0.9</td>
<td>4.5</td>
<td>0.6</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td><strong>Sulawesi Selatan</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rastra</td>
<td>15.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and sugar (110,000 IDR)</td>
<td>10.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice and eggs (110,000 IDR)</td>
<td>10.7</td>
<td></td>
<td>1.2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

^46 N/A is explained in the text to follow the table
It is important to note that in Papua, NTT and Maluku the quantities of the foods that can be included in baskets of a fixed price are lower compared to the national level and the other provinces, due to the higher food prices, which has a consequence on the nutritional impact. For example in Papua the nutritious package 1 (110,000 IDR) would enable household to purchase 4.3 kg of rice, 600 g of eggs and 2.8 kg of green leafy vegetables compared to national level where the same value would enable households to buy 6 kg of rice, 1.1 kg of eggs and 5.1 kg of green leafy vegetables.

Furthermore, for the nutritious package of 220,000 IDR it is not possible to bring protein requirements in line with the Rastra rice provision basket (by increasing the quantity of eggs alone) with any leftover money available. Again this is due to the high cost of nutritious foods in these provinces. Instead, the monetary value of the basket (after the 600 g a month provision of the complementary food) was used to purchase rice, eggs and green leaves in the assumed value proportions of 50%, 25% and 25% respectively. This was the most nutritious solution in these three provinces for this voucher.

Figure 3 shows the nutritional impact that each basket has in terms of the proportion of the requirements of protein, vitamin A and iron that it provides. Annex 6 shows the nutritional impact for each basket at a national and provincial level for energy, protein, fat, 9 vitamins and 4 minerals. Figure 3 shows that although the Rastra basket and the BPNT rice and sugar basket provide a good amount of protein, they provide no vitamin A and a negligible amount of iron. The BPNT rice and egg basket provides marginally larger amounts of vitamin A and iron, contributed by the eggs. The figures in Annex 6 show that these baskets provide either none or negligible amounts of vitamin C, folic acid, vitamin B12 and calcium.

Therefore, even though these baskets could help provide households with greater economic access to nutritious diets (through the provision of the main staple in particular), this would require them to make optimal choices in the selection of other, nutritious, foods that they purchase with money ‘saved’ by not having to buy the rice, sugar and/or eggs, to ensure that they consume a diverse diet that is required to better meet required nutrient intakes. Furthermore, given the rising overweight and obesity issue in Indonesia, where 12% of children under 5 years of age are overweight and 6% of adults are overweight and obese respectively, a package of rice and sugar could contribute

---

47 The protein requirements were already in line with the Rastra rice provision in the Nutritious Package 2 (165,000 IDR) and so the quantities of these foods remained unchange

48 These nutrients are considered the most important by Government


to further exacerbating this issue. It is therefore recommended that a basket of rice and sugar is not provided through the Rastra scheme.

Figure 3 shows that the nutritious package of varying voucher values has the greatest nutritional impact, compared to Rastra, BPNT rice and sugar, and BPNT rice and eggs, particularly for vitamin A, for which a quarter of recommended requirements for the household could be met with a nutritious package worth 165,000 IDR and 220,000 IDR. The higher the monetary value of the voucher, the higher the quantities of the nutritious foods that can be included and therefore the greater the nutritional impact. These packages are also better sources of vitamin C, folic acid, vitamin B12 and calcium, with the nutritious package worth 110,000 IDR providing 26%, 12%, 9% and 8% of these nutrients respectively at a national level.

At a provincial level the nutritional impact of the nutritious packages range from 9-21% for protein, 11-34% for vitamin A and 3-9% for iron. The nutritious packages have the largest nutritional impact in Jawa Timur and the least impact in Papua. As discussed above, this is due to the fact that smaller amounts of these foods are included where their costs are higher.

It is important to note that the nutritional impact of the nutritious package with a voucher value of 220,000 IDR presented in Figure 2 and the figures in Annex 6 is the minimum nutritious impact for all provinces except Maluku, NTT and Papua, as the foods purchased with the leftover money are likely to contribute additional nutritional impact.

Figure 3. The percentage of recommended nutrients intakes provided by each package at a national level

---

Figure 4 shows the nutritional impact of providing 20 g sachet per day of SUN or Cerelac fortified complementary food to a child aged 12-23 months. Figure 3 shows that the nutrients provided by this quantity of SUN is mostly higher than of Cerelac, apart from protein, vitamin B1, vitamin B2 and vitamin B6. SUN provides double the requirements for vitamin B12.

Figure 4. The nutritional impact, in terms of proportion of nutrient requirements met, of providing 20 g per day of SUN or Cerelac fortified complementary food for a child aged 12-23 months

As mentioned, the data in Table 4 shows that the cost of the foods included in the packages, at a provincial level, can impact the quantities of these foods that can be included, and therefore their nutritional impact. Table 4 shows for example that compared to the national level baskets, a higher quantity of food (and therefore a greater nutritional impact) can be acquired for a given voucher value in Jawa Barat, Jawa Timur, Lampung and Sulawesi Selatan. The opposite is the case for Maluku, NTT and Papua.

Table 5 shows the monthly cost of the packages by province, should the Government decide that the quantities of foods provided and the nutritional impact in the provinces should be that of the national level analysis. Table 5 also shows that the cost of the vouchers would be lower than the original national voucher values for Jawa Barat, Jawa Timur, Lampung and Sulawesi Selatan, where the cost of the foods are lower than at the national level. This is positive as these provinces have a higher population density (and therefore larger beneficiary numbers) and so the Government could reach these households at a lower monthly cost. However, the cost of these packages are much higher in Papua in particular (but also for Maluku and NTT) with an additional 66,985 IDR, 82,457 IDR and 52,768 IDR per month required for the nutritious package with a value of 110,000 IDR, 165,000 IDR and 220,000 IDR per month, respectively. The population density and therefore the number of beneficiaries in these three provinces are smaller however and the cost savings from the provinces with the lower voucher costs will likely offset these higher voucher values.
Table 5. The monthly cost of the packages by province to provide the same quantities of foods and nutritional impact as the national level analysis

<table>
<thead>
<tr>
<th>Province</th>
<th>Rastra</th>
<th>BPNT rice and sugar</th>
<th>BPNT rice and eggs</th>
<th>Nutritious Package 1</th>
<th>Nutritious Package 2</th>
<th>Nutritious Package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>165,000</td>
<td>220,000</td>
</tr>
<tr>
<td>Jawa Barat</td>
<td>110,000</td>
<td>106,903</td>
<td>99,383</td>
<td>98,312</td>
<td>157,803</td>
<td>168,527</td>
</tr>
<tr>
<td>Jawa Timur</td>
<td>110,000</td>
<td>103,318</td>
<td>96,117</td>
<td>91,838</td>
<td>140,175</td>
<td>149,527</td>
</tr>
<tr>
<td>Kalimantan Selatan</td>
<td>110,000</td>
<td>124,156</td>
<td>114,512</td>
<td>115,525</td>
<td>168,009</td>
<td>179,825</td>
</tr>
<tr>
<td>Lampung</td>
<td>110,000</td>
<td>113,603</td>
<td>104,418</td>
<td>101,669</td>
<td>154,719</td>
<td>165,663</td>
</tr>
<tr>
<td>Maluku</td>
<td>110,000</td>
<td>145,725</td>
<td>141,162</td>
<td>149,042</td>
<td>214,798</td>
<td>233,954</td>
</tr>
<tr>
<td>Nusa Tenggara Timur</td>
<td>110,000</td>
<td>125,970</td>
<td>126,415</td>
<td>124,703</td>
<td>184,897</td>
<td>204,371</td>
</tr>
<tr>
<td>Papua</td>
<td>110,000</td>
<td>177,521</td>
<td>165,591</td>
<td>176,985</td>
<td>247,457</td>
<td>272,768</td>
</tr>
<tr>
<td>Sulawesi Selatan</td>
<td>110,000</td>
<td>102,026</td>
<td>93,917</td>
<td>91,340</td>
<td>143,153</td>
<td>154,326</td>
</tr>
</tbody>
</table>

a 15 kg rice a month  
b 10 kg rice, 2 kg sugar a month  
c 9 kg rice, 1.1 kg eggs a month  
d 6 kg rice, 1.1 kg eggs, 5.1 kg green leaves a month  
e 6.8 kg rice, 1.3 kg eggs, 5.8 kg green leaves, 600 g fortified complementary food a month  
f 6 kg rice, 2.2 kg eggs, 5.1 kg green leaves, 600 g fortified complementary food a month

Annexes 7 and 8 show visual summaries of the cost, food quantities and nutritional impact of the food packages at the national and provincial level. Annex 7 shows the results from the analysis where the cost of the foods in the packages is specific to province (as shown in Table 4 and Figure 3). Annex 8 shows the provincial level results when the quantities of the foods in the packages and the nutritional impact are fixed to that of the national level (as shown in Table 5 and Figure 3).
4. Recommendations and Conclusions

To conclude, it is recommended that the BPNT voucher includes rice, eggs and green leafy vegetables. This will ensure that the voucher’s contribution to nutrition is improved as the content of essential micronutrients and higher quality protein will be increased. It is also advised to put restrictions on the quantities of each food that can be purchased by the voucher. For this analysis it was assumed that 50% of the voucher would be spent on rice, 25% on eggs and 25% on green leaves but these could be changed so that a higher percentage of the voucher is spent on eggs and green leafy vegetables, which would further increase the percentage of nutrient requirements of household members that is met by the voucher.

If there is financial scope to increase the voucher value by 50% (to 165,000 IDR) it is highly recommended that 20 g per day of a fortified complementary food for the child aged 6-23 months is included in the nutritious package of rice, eggs and green leafy vegetables. The results show that the fortified complementary food provides an important contribution to a child’s nutrient requirements, which is essential in reducing the burden of stunting and micronutrient deficiencies among this age group in Indonesia.

If there is financial scope to increase the voucher value by 100% (to 220,000 IDR) it is highly recommended that the remaining money after the nutritious package and complementary food has been provided, is made available for households to access as cash so that they can purchase other nutritious foods of their choice such as peanuts, fish, tofu or other vegetables at the local markets. These foods could be recommended through behavior change communication messaging. Monitoring the purchasing patterns of the foods recommended after the exposure to these messages could also be carried out over time and, for example, be incorporated into BPNT’s monitoring and evaluation system.

The current BPNT rice and sugar basket is not recommended due to the lack of essential micronutrients that this package provides. This, in conjunction with the rise in overweight and obesity in children and adults in Indonesia, makes this package unsuitable.

This analysis has identified two ways in which the Government could determine the voucher value, the quantities of the recommended foods included in the voucher and the nutritional impact; they can either give a fixed voucher value, in which the quantities of foods that can be purchased and the nutritional impact will differ in each province; or they can fix the quantities of the foods purchased and the nutritional impact at a national level and provide vouchers of different values in each province.

Finally, this analysis has identified that providing a staple-adjusted nutritious diet for pregnant and lactating women is the most expensive element, due to their increased requirements particularly for micronutrients. It is therefore highly recommended that they are targeted with a fortified food to ensure they are well nourished during and after pregnancy, which will contribute to reducing the burden of stunting. However, this is out of the scope of the Rastra transformation programme as it is assumed that supplements for these target groups will be provided by the Ministry of Health clinics as part of the PMT Bumil programme.
## Annex 1. SUSENAS food list and Cost of the Diet software equivalent and price per 100g in each province

<table>
<thead>
<tr>
<th>SUSENAS Food code</th>
<th>Local name</th>
<th>English name</th>
<th>CotD software equivalent</th>
<th>National</th>
<th>Jawa Barat</th>
<th>Jawa Timur</th>
<th>Kalimantan Selatan</th>
<th>Lampung</th>
<th>Maluku</th>
<th>Nusa Tenggara Timur</th>
<th>Papua</th>
<th>Sulawesi Selatan</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Beras</td>
<td>Rice</td>
<td>Rice, white, raw, CotD</td>
<td>918.44</td>
<td>824.88</td>
<td>814.85</td>
<td>953.16</td>
<td>873.04</td>
<td>1,110.83</td>
<td>981.78</td>
<td>1,266.51</td>
<td>769.90</td>
</tr>
<tr>
<td>3</td>
<td>Beras ketan</td>
<td>Glutinous rice</td>
<td>Rice, white, glutinous, milled</td>
<td>1,392.76</td>
<td>1,267.31</td>
<td>1,400.44</td>
<td>1,181.58</td>
<td>1,335.95</td>
<td>1,918.78</td>
<td>1,423.49</td>
<td>2,052.48</td>
<td>1,347.94</td>
</tr>
<tr>
<td>4</td>
<td>Jagung basah dengan kulit</td>
<td>Fresh corn with husk</td>
<td>Maize, yellow, raw</td>
<td>603.89</td>
<td>530.46</td>
<td>449.56</td>
<td>632.28</td>
<td>454.20</td>
<td>665.79</td>
<td>637.40</td>
<td>1,238.17</td>
<td>563.70</td>
</tr>
<tr>
<td>5</td>
<td>Jagung pipilan/beras jagung</td>
<td>Dry shelled corn/cornmeal</td>
<td>Maize, yellow, grain or flour, CotD</td>
<td>596.64</td>
<td>716.65</td>
<td>546.52</td>
<td>783.98</td>
<td>537.83</td>
<td>842.92</td>
<td>614.42</td>
<td>1,574.40</td>
<td>550.87</td>
</tr>
<tr>
<td>6</td>
<td>Tepung terigu</td>
<td>Wheat flour (fortified)</td>
<td>Wheat, flour, fortified</td>
<td>979.07</td>
<td>865.00</td>
<td>683.33</td>
<td>785.71</td>
<td>975.00</td>
<td>1,133.33</td>
<td>683.33</td>
<td>740.74</td>
<td>731.67</td>
</tr>
<tr>
<td>8</td>
<td>Ketela rambat/ubi</td>
<td>Sweet potatoes</td>
<td>Sweet potato, white flesh, raw</td>
<td>529.87</td>
<td>428.01</td>
<td>330.75</td>
<td>555.63</td>
<td>425.65</td>
<td>935.53</td>
<td>603.44</td>
<td>875.19</td>
<td>548.91</td>
</tr>
<tr>
<td>9</td>
<td>Ketela pohon/singkong</td>
<td>Cassava</td>
<td>Cassava, white</td>
<td>405.12</td>
<td>318.10</td>
<td>283.28</td>
<td>376.30</td>
<td>281.11</td>
<td>607.20</td>
<td>557.64</td>
<td>1,050.87</td>
<td>453.49</td>
</tr>
<tr>
<td>10</td>
<td>Sagu</td>
<td>Sago flour</td>
<td>Sago palm, starch</td>
<td>732.57</td>
<td>668.21</td>
<td>844.87</td>
<td>596.41</td>
<td>819.47</td>
<td>642.98</td>
<td>709.25</td>
<td>1,034.31</td>
<td>521.01</td>
</tr>
<tr>
<td>11</td>
<td>Talas/keladi</td>
<td>Taro</td>
<td>Taro, a variety of, starch</td>
<td>719.80</td>
<td>541.96</td>
<td>357.66</td>
<td>663.11</td>
<td>447.61</td>
<td>1,042.01</td>
<td>523.34</td>
<td>1,122.94</td>
<td>599.23</td>
</tr>
<tr>
<td>12</td>
<td>Kentang</td>
<td>Potatos</td>
<td>Potato, raw</td>
<td>1,061.31</td>
<td>947.90</td>
<td>935.90</td>
<td>1,585.93</td>
<td>942.89</td>
<td>2,032.19</td>
<td>1,947.32</td>
<td>3,319.79</td>
<td>1,208.74</td>
</tr>
<tr>
<td>13</td>
<td>Gapek</td>
<td>Dried cassava</td>
<td>Cassava, tuber, dried</td>
<td>514.69</td>
<td>588.47</td>
<td>301.83</td>
<td>1,038.21</td>
<td>713.25</td>
<td>845.00</td>
<td>478.31</td>
<td>1,004.74</td>
<td>1,095.29</td>
</tr>
<tr>
<td>15</td>
<td>Tongkol/tuna/cakalang</td>
<td>Eastern tuna/skipjack tuna</td>
<td>Fish, tuna, skipjack, raw</td>
<td>2,233.17</td>
<td>2,508.86</td>
<td>1,989.63</td>
<td>2,586.01</td>
<td>2,213.49</td>
<td>1,733.36</td>
<td>2,072.85</td>
<td>3,747.81</td>
<td>2,075.23</td>
</tr>
<tr>
<td>16</td>
<td>Kembung</td>
<td>Long jawed mackerel</td>
<td>Fish, mackerel</td>
<td>2,449.26</td>
<td>2,526.00</td>
<td>1,778.03</td>
<td>2,867.18</td>
<td>2,458.96</td>
<td>1,798.14</td>
<td>2,192.38</td>
<td>3,665.76</td>
<td>2,058.44</td>
</tr>
<tr>
<td>17</td>
<td>Teri</td>
<td>Anchovies</td>
<td>Fish, anchovy, teri, raw</td>
<td>3,068.95</td>
<td>2,720.59</td>
<td>2,410.01</td>
<td>3,149.48</td>
<td>2,360.54</td>
<td>2,005.56</td>
<td>2,841.95</td>
<td>3,099.10</td>
<td>1,580.82</td>
</tr>
<tr>
<td>18</td>
<td>Mujair</td>
<td>Tilapia fish</td>
<td>Fish, tilapia, raw</td>
<td>2,398.80</td>
<td>1,829.02</td>
<td>2,222.68</td>
<td>3,169.18</td>
<td>2,412.97</td>
<td>1,979.19</td>
<td>3,008.79</td>
<td>4,823.87</td>
<td>1,854.06</td>
</tr>
<tr>
<td>19</td>
<td>Bandeng</td>
<td>Milk fish</td>
<td>Fish, milk</td>
<td>2,143.99</td>
<td>2,239.57</td>
<td>2,346.23</td>
<td>2,410.09</td>
<td>1,981.19</td>
<td>2,602.70</td>
<td>3,304.79</td>
<td>3,852.19</td>
<td>1,857.01</td>
</tr>
<tr>
<td>20</td>
<td>Lele/patin/gabus</td>
<td>Catfish/snake head/eel</td>
<td>Fish, catfish, lele</td>
<td>2,311.32</td>
<td>2,135.85</td>
<td>1,883.85</td>
<td>3,188.49</td>
<td>2,081.62</td>
<td>1,244.86</td>
<td>3,076.20</td>
<td>2,243.56</td>
<td>2,420.58</td>
</tr>
<tr>
<td>21</td>
<td>Ikan tawar</td>
<td>Freshwater fish and other</td>
<td>Fish, catfish and other freshwater fish</td>
<td>2,499.83</td>
<td>2,235.53</td>
<td>1,821.92</td>
<td>2,750.39</td>
<td>2,111.92</td>
<td>1,861.81</td>
<td>2,460.28</td>
<td>2,491.09</td>
<td>2,066.05</td>
</tr>
</tbody>
</table>

52 The fortified wheat flour brand selected was the cheapest available in the market for each province as shown in Annex 2.
<table>
<thead>
<tr>
<th>No.</th>
<th>Item</th>
<th>Description</th>
<th>Price (IDR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>Ikan laut segar lainnya</td>
<td>Other saltwater fish Fish, mackerel, king</td>
<td>2,169.96</td>
</tr>
<tr>
<td>23</td>
<td>Udang/cumi/sotong/kerang</td>
<td>Seafood and shellfish Shrimp, raw</td>
<td>4,048.09</td>
</tr>
<tr>
<td>24</td>
<td>Ikan tawar/payau diawetkan</td>
<td>Preserved freshwater fish Fish, dried, CotD</td>
<td>6,093.66</td>
</tr>
<tr>
<td>25</td>
<td>Ikan laut segar diawetkan</td>
<td>Preserved saltwater fish Fish, dried, salted</td>
<td>5,002.20</td>
</tr>
<tr>
<td>26</td>
<td>Udang/cumi/sotong/kerang</td>
<td>Salted shrimp Shrimp, dried</td>
<td>6,997.03</td>
</tr>
<tr>
<td>27</td>
<td>Ikan dalam kaleng</td>
<td>Canned fish Fish, sardines, canned in oil</td>
<td>5,676.92</td>
</tr>
<tr>
<td>28</td>
<td>Daging sapi</td>
<td>Beef</td>
<td>10,685.09</td>
</tr>
<tr>
<td>29</td>
<td>Daging babi</td>
<td>Pork</td>
<td>5,064.04</td>
</tr>
<tr>
<td>30</td>
<td>Daging ayam ras</td>
<td>Broiler chicken (non-local species) Chicken, meat</td>
<td>2,941.49</td>
</tr>
<tr>
<td>31</td>
<td>Daging ayam kampung</td>
<td>Local chicken meat Chicken, breast, without skin, raw</td>
<td>4,685.53</td>
</tr>
<tr>
<td>32</td>
<td>Daging diawetkan</td>
<td>Preserved meat Beef, meat, lean, cured, dried</td>
<td>6,019.12</td>
</tr>
<tr>
<td>33</td>
<td>Telur ayam ras</td>
<td>Broiler egg-chicken Egg, chicken, farmed, raw</td>
<td>2,475.11</td>
</tr>
<tr>
<td>34</td>
<td>Telur ayam kampung</td>
<td>Local chicken egg Egg, chicken, native, raw</td>
<td>4,504.59</td>
</tr>
<tr>
<td>35</td>
<td>Telur itik/manila</td>
<td>Duck egg Egg, duck</td>
<td>3,215.61</td>
</tr>
<tr>
<td>36</td>
<td>Telur puyuh</td>
<td>Quail egg Egg, quail</td>
<td>3,881.49</td>
</tr>
<tr>
<td>37</td>
<td>Susu bubuk</td>
<td>Milk powder Milk, cow, powderized, whole</td>
<td>9,371.48</td>
</tr>
<tr>
<td>38</td>
<td>Susu cair pabrik</td>
<td>UHT milk Milk, cow, whole, fresh, UHT</td>
<td>2,055.28</td>
</tr>
<tr>
<td>39</td>
<td>Susu kental manis</td>
<td>Sweetened condensed milk Milk, cow, condensed, sweetened</td>
<td>2,498.31</td>
</tr>
<tr>
<td>40</td>
<td>Bayam</td>
<td>Spinach Indian spinach, raw</td>
<td>722.28</td>
</tr>
<tr>
<td>41</td>
<td>Kangkung</td>
<td>Swamp cabbage Swamp cabbage, raw</td>
<td>666.64</td>
</tr>
<tr>
<td>42</td>
<td>Sawi hijau</td>
<td>Mustard greens Leaf, greens, mustard</td>
<td>799.01</td>
</tr>
<tr>
<td>43</td>
<td>Buncis</td>
<td>Green Beans Bean, yard long, immature, raw</td>
<td>745.71</td>
</tr>
<tr>
<td>No.</td>
<td>Item</td>
<td>Description</td>
<td>Province A</td>
</tr>
<tr>
<td>-----</td>
<td>-----------------------------</td>
<td>--------------------------------------</td>
<td>------------</td>
</tr>
<tr>
<td>49</td>
<td>Kacang panjang</td>
<td>String bean, Bean, French</td>
<td>924.59</td>
</tr>
<tr>
<td>50</td>
<td>Tomat</td>
<td>Tomato, ripe</td>
<td>928.06</td>
</tr>
<tr>
<td>51</td>
<td>Daun ketela pohon</td>
<td>Leaf, cassava, raw</td>
<td>538.46</td>
</tr>
<tr>
<td>52</td>
<td>Terong</td>
<td>Eggplant, purple</td>
<td>591.11</td>
</tr>
<tr>
<td>53</td>
<td>Tauge</td>
<td>Bean sprout, Beansprout, soybean, raw</td>
<td>913.48</td>
</tr>
<tr>
<td>56</td>
<td>Nangka muda</td>
<td>Young jackfruit, unripe</td>
<td>633.60</td>
</tr>
<tr>
<td>57</td>
<td>Bawang merah</td>
<td>Onion, raw</td>
<td>3,249.81</td>
</tr>
<tr>
<td>61</td>
<td>Kacang tanah tanpa kulit</td>
<td>Peanut, without shell</td>
<td>1,950.47</td>
</tr>
<tr>
<td>63</td>
<td>Tahu</td>
<td>Tofu, soybean curd</td>
<td>868.83</td>
</tr>
<tr>
<td>64</td>
<td>Tempe</td>
<td>Fermented soybean cake, Tempeh, soybean</td>
<td>959.18</td>
</tr>
<tr>
<td>66</td>
<td>Jeruk</td>
<td>Orange, sweet</td>
<td>1,471.15</td>
</tr>
<tr>
<td>67</td>
<td>Mangga</td>
<td>Mango, aromatic, sweet</td>
<td>1,427.75</td>
</tr>
<tr>
<td>68</td>
<td>Apel</td>
<td>Apple</td>
<td>2,622.93</td>
</tr>
<tr>
<td>69</td>
<td>Rambutan</td>
<td>Rambutan, average</td>
<td>792.86</td>
</tr>
<tr>
<td>70</td>
<td>Duku</td>
<td>Lanzan, duku or kokosan</td>
<td>1,133.73</td>
</tr>
<tr>
<td>71</td>
<td>Durian</td>
<td>Durian</td>
<td>1,814.51</td>
</tr>
<tr>
<td>72</td>
<td>Salak</td>
<td>Snake fruit</td>
<td>959.51</td>
</tr>
<tr>
<td>73</td>
<td>Pisang</td>
<td>Banana, average</td>
<td>829.71</td>
</tr>
<tr>
<td>74</td>
<td>Pepaya</td>
<td>Papaya</td>
<td>651.59</td>
</tr>
<tr>
<td>75</td>
<td>Semangka</td>
<td>Watermelon</td>
<td>642.21</td>
</tr>
<tr>
<td>78</td>
<td>Minyak goreng</td>
<td>Fortified oil</td>
<td>1,404.39</td>
</tr>
</tbody>
</table>

53 The fortified oil brand selected was the cheapest available in the market for each province as shown in Annex 2
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>79</td>
<td>Kelapa</td>
<td>Young coconut including the water</td>
<td>729.41</td>
<td>863.89</td>
<td>1,093.77</td>
<td>882.61</td>
<td>643.50</td>
<td>380.86</td>
<td>444.41</td>
<td>694.73</td>
</tr>
<tr>
<td>81</td>
<td>Gula pasir</td>
<td>Sugar white</td>
<td>1,420.42</td>
<td>1,220.77</td>
<td>1,091.66</td>
<td>1,442.00</td>
<td>1,314.94</td>
<td>1,732.09</td>
<td>1,389.61</td>
<td>2,543.48</td>
</tr>
<tr>
<td>82</td>
<td>Gula merah</td>
<td>Brown sugar</td>
<td>1,747.05</td>
<td>1,480.07</td>
<td>1,386.35</td>
<td>1,832.50</td>
<td>1,574.02</td>
<td>2,216.83</td>
<td>4,340.72</td>
<td>2,564.91</td>
</tr>
<tr>
<td>99</td>
<td>Mie instan</td>
<td>Instant noodles</td>
<td>2,642.62</td>
<td>2,642.54</td>
<td>2,564.10</td>
<td>2,427.44</td>
<td>2,455.42</td>
<td>3,113.55</td>
<td>2,564.10</td>
<td>3,296.70</td>
</tr>
</tbody>
</table>

54 The fortified noodles brand selected was the cheapest available in the market for each province as shown in Annex 2
Annex 2. A list of the markets visited in each district for the primary market survey data collection of fortified foods

<table>
<thead>
<tr>
<th>District</th>
<th>Markets surveyed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banjar, Kalimantan Selatan</td>
<td>Bauntung Batuah</td>
</tr>
<tr>
<td></td>
<td>Ulin Raya</td>
</tr>
<tr>
<td></td>
<td>Manarap</td>
</tr>
<tr>
<td></td>
<td>Alfamart</td>
</tr>
<tr>
<td></td>
<td>Indomart</td>
</tr>
<tr>
<td>Bandar Lampung, Lampung</td>
<td>Koga</td>
</tr>
<tr>
<td></td>
<td>Kangkung</td>
</tr>
<tr>
<td></td>
<td>Natar</td>
</tr>
<tr>
<td></td>
<td>Alfamart</td>
</tr>
<tr>
<td></td>
<td>Indomart</td>
</tr>
<tr>
<td>Bandung, Jawa Barat</td>
<td>Cibogo</td>
</tr>
<tr>
<td></td>
<td>Astana Anyar</td>
</tr>
<tr>
<td></td>
<td>Kordon</td>
</tr>
<tr>
<td></td>
<td>Indomart</td>
</tr>
<tr>
<td>Jeneponto, South Sulawesi</td>
<td>Gantingan Market</td>
</tr>
<tr>
<td></td>
<td>Karisa Market</td>
</tr>
<tr>
<td></td>
<td>Allu Market</td>
</tr>
<tr>
<td></td>
<td>Alfamart</td>
</tr>
<tr>
<td></td>
<td>Indomart</td>
</tr>
<tr>
<td>Sampang, Jawa Timur</td>
<td>Tamberu Market</td>
</tr>
<tr>
<td></td>
<td>Srimangunan Market</td>
</tr>
<tr>
<td></td>
<td>Pengarengan Market</td>
</tr>
<tr>
<td></td>
<td>Alfamart</td>
</tr>
<tr>
<td></td>
<td>Indomart</td>
</tr>
<tr>
<td>Timor Tengah Selatan, NTT</td>
<td>Soe Market</td>
</tr>
<tr>
<td></td>
<td>Niki-niki Market</td>
</tr>
<tr>
<td></td>
<td>Kapan Market</td>
</tr>
<tr>
<td>Jayapura, Papua</td>
<td>Pasar Doyo</td>
</tr>
<tr>
<td></td>
<td>Pasar Genyem</td>
</tr>
<tr>
<td></td>
<td>Pasar Lama Sentani</td>
</tr>
<tr>
<td>Maluku Tengah, Central Maluku</td>
<td>Pasar Suli /Tulehu</td>
</tr>
<tr>
<td></td>
<td>Pasar Binaya Masohi</td>
</tr>
<tr>
<td></td>
<td>Pasar Tehoru</td>
</tr>
</tbody>
</table>
### Annex 3. A list of the fortified foods selected in each district surveyed and their cost per 100g

<table>
<thead>
<tr>
<th>National</th>
<th>Banjar, Kalimantan Selatan District</th>
<th>Bandar Lampung, Lampung District</th>
<th>Bandung, Jawa Barat District</th>
<th>Jeneponto, South Sulawesi District</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grains and grain based products</strong></td>
<td><strong>Grains and grain based products</strong></td>
<td><strong>Grains and grain based products</strong></td>
<td><strong>Grains and grain based products</strong></td>
<td><strong>Grains and grain based products</strong></td>
</tr>
<tr>
<td>Mila tepung terigu (flour)</td>
<td>979.07</td>
<td>Mila Tepung Terigu (fortified wheat flour)</td>
<td>785.71</td>
<td>Segitiga Biru (fortified wheat flour)</td>
</tr>
<tr>
<td>Segitiga Biru (fortified wheat flour)</td>
<td>916.15</td>
<td>Segitiga Biru (fortified wheat flour)</td>
<td>908.46</td>
<td>MieSedap White Kari (instant noodles)</td>
</tr>
<tr>
<td>Energen all flavours</td>
<td>5,470.41</td>
<td>MieSedap Goreng (instant noodles)</td>
<td>2,427.44</td>
<td>MieSedap Goreng (instant noodles)</td>
</tr>
<tr>
<td>IndoMie Goreng (instant noodle)</td>
<td>2,515.69</td>
<td>MieSedap White Kari (instant noodles)</td>
<td>2,629.63</td>
<td>Energen All flavours (Cereal)</td>
</tr>
<tr>
<td>Energen All flavours (Cereal)</td>
<td>4,087.89</td>
<td>Energen All flavours (Cereal)</td>
<td>4,087.89</td>
<td>Energen All flavours (Cereal)</td>
</tr>
<tr>
<td><strong>UHT milk and milk powder</strong></td>
<td><strong>UHT milk and milk powder</strong></td>
<td><strong>UHT milk and milk powder</strong></td>
<td><strong>UHT milk and milk powder</strong></td>
<td><strong>UHT milk and milk powder</strong></td>
</tr>
<tr>
<td>Indomilk chocolate UHT milk</td>
<td>1,886.79</td>
<td>Real Good Chocolate (UHT milk)</td>
<td>1,650.00</td>
<td>Real Good Chocolate (UHT milk)</td>
</tr>
<tr>
<td>Dancow Batita 1-3 tahun Vanilla</td>
<td>8,851.65</td>
<td>Indomilk Minuman Susu Steril Strawberry (UHT milk)</td>
<td>2,237.05</td>
<td>Indomilk minuman Susu Steril Chocolate (UHT milk)</td>
</tr>
<tr>
<td>Dancow Fortigro coklat (milk powder)</td>
<td>9,093.65</td>
<td>Dancow Fortigro coklat (milk powder)</td>
<td>8,517.65</td>
<td>Milo ActiveGo Bubuk (milk powder)</td>
</tr>
<tr>
<td>Product Description</td>
<td>Quantity</td>
<td>Price</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-----------------------------------------------------------------------------------</td>
<td>----------</td>
<td>--------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dancow Batita 1-3 tahun Vanilla (milk powder)</td>
<td></td>
<td>8,753.34</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SGM Eksplor 3+ Madu Kemasan 1-3 tahun (milk powder)</td>
<td></td>
<td>8,878.97</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dancow Fortigro coklat (milk powder)</td>
<td></td>
<td>8,813.28</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dancow Batita Vanilla 1-3 tahun (milk powder)</td>
<td></td>
<td>7,887.78</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SGM Eksplor 3+ Madu Kemasan 1-3 tahun (milk powder)</td>
<td></td>
<td>8,849.31</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dancow Fortigro original (milk powder)</td>
<td></td>
<td>11,668.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anmun Materna Rasa Coklat (PLW milk powder)</td>
<td></td>
<td>21,210.4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oil and fats</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue band (fortified margarine)</td>
<td>3,714.38</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rose brand (fortified oil)</td>
<td>1,404.39</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forvita (fortified margarine)</td>
<td>2,380.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Palmia (fortified margarine)</td>
<td>2,433.33</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue band (fortified margarine)</td>
<td>3,287.14</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rose Brand (fortified oil)</td>
<td>1,300.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rose brand (fortified oil)</td>
<td>1,350.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sovia (fortified oil)</td>
<td>1,308.33</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SunCo (fortified oil)</td>
<td>1,365.71</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forvita (fortified margarine)</td>
<td>2,749.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue band (fortified margarine)</td>
<td>3,950.91</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars and confectionary</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Richeese Nabati Cheese Wafer</td>
<td>5,477.11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roma Malkist Crackers Abon (fortified biscuits)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roma Malkist Crackers (fortified biscuits)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biskuat Coklat (fortified biscuits)</td>
<td>5,322.61</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Richeese Nabati Cheese Wafer (fortified wafers)</td>
<td>5,575.59</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roma Malkist Crackers (fortified biscuits)</td>
<td>3,748.97</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roma Malkist Crackers (fortified biscuits)</td>
<td>4,361.48</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Richeese Nabati Cheese Wafer (fortified wafers)</td>
<td>5,315.25</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Richeese Nabati Cheese Wafer (fortified wafers)</td>
<td>5,579.89</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biskuat Coklat (fortified biscuits)</td>
<td>5,729.17</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Price</td>
<td>Name</td>
<td>Description</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------</td>
<td>------</td>
<td>-------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$3,977.27</td>
<td>BisVit Selimut Keju (fortified biscuit)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$1,960.00</td>
<td>Ultra Sari Kacang Ijo (fortified drink)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Beverages

<table>
<thead>
<tr>
<th>Price</th>
<th>Name</th>
<th>Description</th>
</tr>
</thead>
</table>

### Supplements and infant cereals

<table>
<thead>
<tr>
<th>Price</th>
<th>Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$6,655.05</td>
<td>Sun Bubur Bayi Beras Merah (6-24 months)</td>
<td></td>
</tr>
<tr>
<td>$7,695.91</td>
<td>Nestle Cerelac (6-24 months) Beras Merah</td>
<td></td>
</tr>
<tr>
<td>$6,655.05</td>
<td>Sun Kacang Hijau Ekonomis 6+ months (infant cereal)</td>
<td></td>
</tr>
<tr>
<td>$5,541.67</td>
<td>Sun Bubur Bayi Beras Merah 6-24 months (infant cereal)</td>
<td></td>
</tr>
<tr>
<td>$5,847.22</td>
<td>Sun Bubur Bayi Beras Merah 6-24 months (fortified infant cereal)</td>
<td></td>
</tr>
<tr>
<td>$6,270.83</td>
<td>Nestle Cerelac 6-24 months Beras Merah (infant cereal)</td>
<td></td>
</tr>
<tr>
<td>$7,408.65</td>
<td>Nestle Cerelac 6-24 months Beras Merah (fortified infant cereal)</td>
<td></td>
</tr>
<tr>
<td>$7,408.65</td>
<td>Nestle Cerelac 6-24 months Kacang Hijau (infant cereal)</td>
<td></td>
</tr>
<tr>
<td>$7,408.65</td>
<td>Nestle Cerelac 6-24 months Kacang Hijau (fortified infant cereal)</td>
<td></td>
</tr>
<tr>
<td>$7,408.65</td>
<td>Sun Bubur Sereal Kacang Hijau 6+ months (infant cereal)</td>
<td></td>
</tr>
<tr>
<td>$6,305.56</td>
<td>Sun Bubur Bayi Beras Merah 6-24 months (infant cereal)</td>
<td></td>
</tr>
<tr>
<td>$6,883.33</td>
<td>Lactogen 2 6 months+ (infant formula)</td>
<td></td>
</tr>
<tr>
<td>$13,675.13</td>
<td>Sun Bubur Sereal Susu Brokoli Dan Wortel 6-24 months (infant cereal)</td>
<td></td>
</tr>
</tbody>
</table>

39
<table>
<thead>
<tr>
<th>Grain and grain based products</th>
<th>Cost per 100g</th>
<th>Timor Tengah Selatan, NTT district</th>
<th>Cost per 100g</th>
<th>Papua_Jayapura District</th>
<th>Cost per 100g</th>
<th>Maluku Tengah, Maluku District</th>
<th>Cost per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lencana Merah (fortified wheat flour)</td>
<td>683.33</td>
<td>Kompas Premium (fortified wheat flour)</td>
<td>1,036.36</td>
<td>Gatotkaca tepung terigu (fortified wheat flour)</td>
<td>740.74</td>
<td>Mila tepung terigu serbaguna (fortified wheat flour)</td>
<td>1,133.33</td>
</tr>
<tr>
<td>Segitiga Biru (fortified wheat flour)</td>
<td>811.11</td>
<td>MieSedap Goreng (instant noodles)</td>
<td>2,697.30</td>
<td>Mila tepung terigu serbaguna (fortified wheat flour)</td>
<td>1,018.18</td>
<td>IndoMie Goreng (instant noodles)</td>
<td>3,113.55</td>
</tr>
<tr>
<td>MieSedap Goreng (instant noodles)</td>
<td>2,564.10</td>
<td>MieSedap Kari Spesial (instant noodles)</td>
<td>2,850.88</td>
<td>MieSedap Goreng (instant noodles)</td>
<td>3,296.70</td>
<td>MieSedap Soto (instant noodles)</td>
<td>3,431.37</td>
</tr>
<tr>
<td>MieSedap Soto (instant noodles)</td>
<td>2,716.67</td>
<td>Energen All flavours (Cereal)</td>
<td>2,888.89</td>
<td>Energen All flavours (Cereal)</td>
<td>6,363.64</td>
<td>Energen all flavours (Cereal)</td>
<td>6,500.00</td>
</tr>
<tr>
<td>Energen All flavours (Cereal)</td>
<td>5,163.01</td>
<td></td>
<td>5,172.41</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk and milk products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Indomilk UHT rasa Strawberry (UHT milk)</td>
<td>1,894.74</td>
<td>Frisian Flag Milky Strawberry (UHT milk)</td>
<td>2,546.59</td>
<td>Ultra Milk UHT Full Cream (UHT milk)</td>
<td>2,471.43</td>
<td>Ultra Milk UHT Full Cream (UHT milk)</td>
<td>2,425.00</td>
</tr>
<tr>
<td>Frisian Flag UHT Strawberry (UHT milk)</td>
<td>2,188.82</td>
<td>Dancow Fortigro coklat (milk powder)</td>
<td>9,000.00</td>
<td>Ultra Milk Rasa Coklat (UHT milk)</td>
<td>2,525.00</td>
<td>Frisian Flag Mikly UHT Rasa Coklat (UHT milk)</td>
<td>2,662.18</td>
</tr>
<tr>
<td>Milo Active-Go Rasa coklat kemasan (milk powder)</td>
<td>5,232.30</td>
<td>Milo Active-Go Rasa coklat kemasan (milk powder)</td>
<td>9,722.22</td>
<td>Milo ActivGo ready to drink (UHT milk)</td>
<td>2,768.88</td>
<td>Dancow Batita 1-3 tahun Vanilla (milk powder)</td>
<td>9,240.00</td>
</tr>
<tr>
<td>Dancow Batita Madu 1-3 years (milk powder)</td>
<td>8,340.09</td>
<td>Dancow Batita Madu 1-3 years (milk powder)</td>
<td>10,037.04</td>
<td>Dancow 1+ Coklat kemasan 1-3 tahun (milk powder)</td>
<td>11,458.33</td>
<td>Dancow Fortigro coklat (milk powder)</td>
<td>9,281.25</td>
</tr>
<tr>
<td>Item</td>
<td>Quantity</td>
<td>Price</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>----------</td>
<td>---------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SGM Eksplor 3+ Madu Kemasan 1-3 tahun (milk powder)</td>
<td>8,614.58</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dancow 1+ Madu kemasan 1-3 tahun (milk powder)</td>
<td>10,083.33</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prenagen Mommy vanilla (PLW milk powder)</td>
<td>16,750.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SGM Ananda Presinutri 2 Kemasan 6-12 bulan (milk powder)</td>
<td>9,806.67</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dancow Fortigro coklat (milk powder)</td>
<td>8,646.25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frisian Flag Jelajah Madu 1-3 years (milk powder)</td>
<td>10,568.06</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SGM Eksplor 1+ buah dan sayur (milk powder)</td>
<td>10,983.33</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oil and fats</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SunCo (fortified oil)</td>
<td>1,323.33</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amanda (fortified margarine)</td>
<td>2,208.33</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SunCo (fortified oil)</td>
<td>1,770.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sania (fortified oil)</td>
<td>1,875.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sovia Minyak Goreng Sawit (fortified oil)</td>
<td>1,457.14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sania (fortified oil)</td>
<td>1,507.14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Filma (fortified oil)</td>
<td>1,592.86</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue band (fortified margarine)</td>
<td>3,583.33</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sania (fortified oil)</td>
<td>1,875.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minyak Goreng Fotune (fortified margarine)</td>
<td>2,125.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue band (fortified margarine)</td>
<td>4,625.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Palmia (fortified margarine)</td>
<td>2,218.75</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SunCo (fortified oil)</td>
<td>1,600.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue band (fortified margarine)</td>
<td>4,625.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue band (fortified margarine)</td>
<td>3,445.83</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue band (fortified margarine)</td>
<td>3,445.83</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue band (fortified margarine)</td>
<td>3,445.83</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue band (fortified margarine)</td>
<td>3,445.83</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue band (fortified margarine)</td>
<td>1,500.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar and confectionary</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roma Malkist Crackers (fortified biscuits)</td>
<td>4,119.19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roma Biscuit Kelapa (fortified biscuit)</td>
<td>2,848.49</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roma Malkist Crackers (fortified biscuits)</td>
<td>5,091.36</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Richoco Bisvit Selimut (fortified biscuits)</td>
<td>3,921.18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Richeese Nabati Cokelat wafer (fortified wafers)</td>
<td>5,348.37</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roma Malkist Crackers (fortified biscuits)</td>
<td>3,973.06</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Richeese Nabati Cheese Wafer (fortified wafers)</td>
<td>6,018.68</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roma Malkist Crackers (fortified biscuits)</td>
<td>4,876.54</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biskuat Coklat (fortified biscuits)</td>
<td>6,262.64</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roma Malkist Cokelat Crackers (fortified biscuits)</td>
<td>4,166.67</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biskuat Original (fortified biscuits)</td>
<td>6,112.64</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Richeese Nabati Cheese Wafer (fortified wafers)</td>
<td>5,024.90</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Product</td>
<td>Quantity</td>
<td>Price</td>
<td>Category</td>
<td>Description</td>
<td>Price</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>----------</td>
<td>--------</td>
<td>-----------------------------------------------</td>
<td>--------------------------------------------------</td>
<td>---------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roma Malkist Crackers Abon</td>
<td></td>
<td>4,629.63</td>
<td></td>
<td>(fortified biscuits)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biskuat Coklat</td>
<td></td>
<td>4,736.26</td>
<td></td>
<td>(fortified biscuits)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biskuat Bolu Coklat</td>
<td></td>
<td>12,500.00</td>
<td></td>
<td>(fortified biscuits)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bischeese Roal Cheese</td>
<td></td>
<td>5,315.61</td>
<td></td>
<td>flavour (fortified biscuits)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biskuat Coklat</td>
<td></td>
<td>5,961.54</td>
<td></td>
<td>(fortified biscuits)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beverages</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ultra Sari Kacang Ijo</td>
<td></td>
<td>1,609.52</td>
<td></td>
<td>(fortified drink)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ABC Sari Kacang Ijo</td>
<td></td>
<td>1,697.14</td>
<td></td>
<td>(fortified biscuits)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supplements and infant cereal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Pisang Ekonomis 6+ months</td>
<td></td>
<td>5,518.52</td>
<td></td>
<td>months (infant cereal)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Bubur Sereal Pisang 6+ months</td>
<td></td>
<td>6,701.39</td>
<td></td>
<td>months (infant cereal)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nestle Cerelac 6-24 months</td>
<td></td>
<td>7,261.90</td>
<td></td>
<td>months Kacang Hijau</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Bubur Sereal</td>
<td></td>
<td>7,187.50</td>
<td></td>
<td>Susu Brokoli Dan Wortel 6-24 months</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Bubur Ayam Kampung dan Bayam 6+</td>
<td></td>
<td>7,958.33</td>
<td></td>
<td>months (infant cereal)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Bubur Bayi Beras Merah</td>
<td></td>
<td>7,202.38</td>
<td></td>
<td>sun 6 month+ Jeruk apel pisang (infant cereal)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Bubur Sereal</td>
<td></td>
<td>11,153.84</td>
<td></td>
<td>susu 6 months+ Jeruk apel pisang (infant cereal)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Bubur Sereal</td>
<td></td>
<td>7,500.00</td>
<td></td>
<td>Sun Bubur Sereal Kacang Hijau 6+ months</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Bubur Bayi Beras Merah</td>
<td></td>
<td>7,500.00</td>
<td></td>
<td>(infant cereal)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lactogen 2 6 months + Frisian Flag</td>
<td></td>
<td>11,657.85</td>
<td></td>
<td>Langkah 6-12 months (infant formula)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nestle Cerelac 6-24 months</td>
<td></td>
<td>8,083.33</td>
<td></td>
<td>Beras Merah 6-24 months (infant cereal)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nestle Cerelac 6-24 months</td>
<td></td>
<td>8,583.33</td>
<td></td>
<td>Beras Merah 6-24 months (infant cereal)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lactogen 2 6 months + Frisian Flag</td>
<td></td>
<td>11,657.85</td>
<td></td>
<td>Langkah 6-12 months (infant formula)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nestle Cerelac 6-24 months</td>
<td></td>
<td>7,500.00</td>
<td></td>
<td>Beras Merah 6-24 months (infant cereal)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Bubur Sereal</td>
<td></td>
<td>7,500.00</td>
<td></td>
<td>Sun Bubur Bayi Beras Merah 6-24 months</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Annex 4. The percentage of the recommended nutrient requirements that are met for each individual and the household in the staple-adjusted nutritious diet at a national level and for eight provinces, by the different foods selected by the software.

### National level

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Jawa Barat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains and grain-based products</td>
<td></td>
</tr>
<tr>
<td>Fortified wheat flour</td>
<td>18.7</td>
</tr>
<tr>
<td>Rice</td>
<td>25.5</td>
</tr>
<tr>
<td>Beans and legumes</td>
<td></td>
</tr>
<tr>
<td>Taro</td>
<td>24.1</td>
</tr>
<tr>
<td>Tofu</td>
<td>24.0</td>
</tr>
<tr>
<td>Tempeh</td>
<td>18.0</td>
</tr>
<tr>
<td>Fish, seafood, amphibians and invertebrates</td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>18.0</td>
</tr>
<tr>
<td>Eggs and egg products</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>24.0</td>
</tr>
<tr>
<td>Vegetables and vegetable products</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>20.0</td>
</tr>
<tr>
<td>Oil and fats</td>
<td></td>
</tr>
<tr>
<td>Fortified oil</td>
<td>24.0</td>
</tr>
</tbody>
</table>

**Jawa Barat**

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Jawa Barat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains and grain-based products</td>
<td></td>
</tr>
<tr>
<td>Fortified wheat flour</td>
<td>18.7</td>
</tr>
<tr>
<td>Rice</td>
<td>25.5</td>
</tr>
<tr>
<td>Beans and legumes</td>
<td></td>
</tr>
<tr>
<td>Taro</td>
<td>24.1</td>
</tr>
<tr>
<td>Tofu</td>
<td>24.0</td>
</tr>
<tr>
<td>Tempeh</td>
<td>18.0</td>
</tr>
<tr>
<td>Fish, seafood, amphibians and invertebrates</td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>18.0</td>
</tr>
<tr>
<td>Eggs and egg products</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>24.0</td>
</tr>
<tr>
<td>Vegetables and vegetable products</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>20.0</td>
</tr>
<tr>
<td>Oil and fats</td>
<td></td>
</tr>
<tr>
<td>Fortified oil</td>
<td>24.0</td>
</tr>
</tbody>
</table>
### Jawa Timur

<table>
<thead>
<tr>
<th>FoodItem</th>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Ash</th>
<th>Calcium</th>
<th>Iron</th>
<th>Magnesium</th>
<th>Zinc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains and grain-based products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified wheat flour</td>
<td>10.1</td>
<td>14.0</td>
<td>1.0</td>
<td>0.9</td>
<td>0.0</td>
<td>0.0</td>
<td>41.6</td>
<td>45.0</td>
<td>10.0</td>
</tr>
<tr>
<td>Rice</td>
<td>29.9</td>
<td>30.0</td>
<td>2.0</td>
<td>0.9</td>
<td>0.0</td>
<td>0.0</td>
<td>10.6</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Roots and tubers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>N (Taro, sweet potato)</td>
<td>16.3</td>
<td>6.4</td>
<td>0.1</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Cassava (Kee, kalo)</td>
<td>11.4</td>
<td>6.4</td>
<td>0.1</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Legumes, nuts, and seeds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pea</td>
<td>11.3</td>
<td>6.4</td>
<td>0.1</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Tolu</td>
<td>0.6</td>
<td>10.0</td>
<td>5.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Tomato</td>
<td>0.4</td>
<td>21.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Fish, seafood, amphibians, and invertebrates</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>0.4</td>
<td>21.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Eggs and egg products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>3.3</td>
<td>12.0</td>
<td>5.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Vegetables and vegetable products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>4.2</td>
<td>12.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Oils and fats</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified oil</td>
<td>11.0</td>
<td>10.0</td>
<td>75.0</td>
<td>14.7</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Breast milk</td>
<td>0.1</td>
<td>21.0</td>
<td>0.0</td>
<td>10.0</td>
<td>10.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Total</td>
<td>100.0</td>
<td>120.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>

### Kalimantan Selatan

<table>
<thead>
<tr>
<th>FoodItem</th>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Ash</th>
<th>Calcium</th>
<th>Iron</th>
<th>Magnesium</th>
<th>Zinc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains and grain-based products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified wheat flour</td>
<td>10.1</td>
<td>14.0</td>
<td>1.0</td>
<td>0.9</td>
<td>0.0</td>
<td>0.0</td>
<td>41.6</td>
<td>45.0</td>
<td>10.0</td>
</tr>
<tr>
<td>Rice</td>
<td>29.9</td>
<td>30.0</td>
<td>2.0</td>
<td>0.9</td>
<td>0.0</td>
<td>0.0</td>
<td>10.6</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Roots and tubers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Taro</td>
<td>11.3</td>
<td>6.4</td>
<td>0.1</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Fish, seafood, amphibians, and invertebrates</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>0.4</td>
<td>21.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Eggs and egg products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>3.3</td>
<td>12.0</td>
<td>5.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Vegetables and vegetable products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>4.2</td>
<td>12.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Oils and fats</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified oil</td>
<td>11.0</td>
<td>10.0</td>
<td>75.0</td>
<td>14.7</td>
<td>0.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Breast milk</td>
<td>0.1</td>
<td>21.0</td>
<td>0.0</td>
<td>10.0</td>
<td>10.0</td>
<td>0.0</td>
<td>10.0</td>
<td>37.8</td>
<td>25.0</td>
</tr>
<tr>
<td>Total</td>
<td>100.0</td>
<td>120.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>
### Lampung

<table>
<thead>
<tr>
<th>Food Name</th>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Vitamin E1</th>
<th>Vitamin E2</th>
<th>Magnesium</th>
<th>Zinc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains and grain-based products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified wheat flour</td>
<td>10.7</td>
<td>1.6</td>
<td>1.2</td>
<td>0.0</td>
<td>0.0</td>
<td>2.3</td>
<td>0.8</td>
<td>15.9</td>
<td>15.0</td>
</tr>
<tr>
<td>Rice</td>
<td>19.4</td>
<td>3.5</td>
<td>2.0</td>
<td>0.0</td>
<td>0.0</td>
<td>3.6</td>
<td>1.0</td>
<td>14.3</td>
<td>15.5</td>
</tr>
<tr>
<td>Roots and tubers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two</td>
<td>10.0</td>
<td>0.4</td>
<td>0.1</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Cassava (fresh or dried)</td>
<td>9.4</td>
<td>1.6</td>
<td>0.1</td>
<td>0.0</td>
<td>0.0</td>
<td>3.1</td>
<td>1.6</td>
<td>1.2</td>
<td>0.1</td>
</tr>
<tr>
<td>Legumes, nuts and seeds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peanuts</td>
<td>6.4</td>
<td>1.8</td>
<td>2.1</td>
<td>0.0</td>
<td>0.0</td>
<td>2.8</td>
<td>1.2</td>
<td>0.3</td>
<td>0.3</td>
</tr>
<tr>
<td>Total</td>
<td>5.0</td>
<td>1.7</td>
<td>1.6</td>
<td>0.0</td>
<td>0.0</td>
<td>3.0</td>
<td>1.2</td>
<td>0.3</td>
<td>0.3</td>
</tr>
<tr>
<td>TEMPO</td>
<td>2.7</td>
<td>0.9</td>
<td>0.2</td>
<td>0.0</td>
<td>0.0</td>
<td>2.1</td>
<td>0.8</td>
<td>0.1</td>
<td>0.1</td>
</tr>
<tr>
<td>Fish, seafood, amphibians and invertebrates</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>0.4</td>
<td>0.2</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Eggs and egg products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>0.4</td>
<td>0.1</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Vegetables and vegetable products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cassava leaves</td>
<td>9.2</td>
<td>1.7</td>
<td>2.0</td>
<td>0.0</td>
<td>0.0</td>
<td>3.0</td>
<td>1.2</td>
<td>0.3</td>
<td>0.3</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified</td>
<td>11.7</td>
<td>1.9</td>
<td>1.6</td>
<td>0.0</td>
<td>0.0</td>
<td>3.0</td>
<td>1.2</td>
<td>0.3</td>
<td>0.3</td>
</tr>
<tr>
<td>Breast Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>108.0</td>
<td>15.5</td>
<td>12.3</td>
<td>4.5</td>
<td>5.8</td>
<td>114.5</td>
<td>158.5</td>
<td>248.2</td>
<td>155.6</td>
</tr>
</tbody>
</table>

### Maluku

<table>
<thead>
<tr>
<th>Food Name</th>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Vitamin E1</th>
<th>Vitamin E2</th>
<th>Magnesium</th>
<th>Zinc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains and grain-based products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified wheat flour</td>
<td>10.0</td>
<td>1.4</td>
<td>1.0</td>
<td>0.0</td>
<td>0.0</td>
<td>2.2</td>
<td>0.8</td>
<td>16.8</td>
<td>17.4</td>
</tr>
<tr>
<td>Rice</td>
<td>19.4</td>
<td>3.5</td>
<td>2.0</td>
<td>0.0</td>
<td>0.0</td>
<td>3.6</td>
<td>1.0</td>
<td>14.3</td>
<td>15.5</td>
</tr>
<tr>
<td>Roots and tubers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugo</td>
<td>11.2</td>
<td>2.0</td>
<td>1.2</td>
<td>0.0</td>
<td>0.0</td>
<td>3.5</td>
<td>1.5</td>
<td>14.2</td>
<td>15.4</td>
</tr>
<tr>
<td>Cassava (fresh or dried)</td>
<td>11.4</td>
<td>2.2</td>
<td>1.3</td>
<td>0.0</td>
<td>0.0</td>
<td>3.6</td>
<td>1.7</td>
<td>14.4</td>
<td>15.6</td>
</tr>
<tr>
<td>Legumes, nuts and seeds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peanuts</td>
<td>9.4</td>
<td>1.7</td>
<td>1.2</td>
<td>0.0</td>
<td>0.0</td>
<td>2.8</td>
<td>0.9</td>
<td>12.2</td>
<td>13.4</td>
</tr>
<tr>
<td>Total</td>
<td>5.0</td>
<td>1.7</td>
<td>1.2</td>
<td>0.0</td>
<td>0.0</td>
<td>3.0</td>
<td>1.2</td>
<td>1.2</td>
<td>1.2</td>
</tr>
<tr>
<td>Fish, seafood, amphibians and invertebrates</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>2.0</td>
<td>0.4</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>2.4</td>
<td>1.0</td>
<td>12.2</td>
<td>13.4</td>
</tr>
<tr>
<td>Eggs and egg products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>0.4</td>
<td>0.2</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.2</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Vegetables and vegetable products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cassava leaves</td>
<td>9.2</td>
<td>1.7</td>
<td>2.0</td>
<td>0.0</td>
<td>0.0</td>
<td>3.0</td>
<td>1.2</td>
<td>0.3</td>
<td>0.3</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified</td>
<td>11.7</td>
<td>1.9</td>
<td>1.6</td>
<td>0.0</td>
<td>0.0</td>
<td>3.0</td>
<td>1.2</td>
<td>0.3</td>
<td>0.3</td>
</tr>
<tr>
<td>Breast Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>108.0</td>
<td>15.5</td>
<td>12.3</td>
<td>4.5</td>
<td>5.8</td>
<td>114.5</td>
<td>158.5</td>
<td>248.2</td>
<td>155.6</td>
</tr>
</tbody>
</table>

---

45
### Nusa Tenggara Timur

<table>
<thead>
<tr>
<th>Food Name</th>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Vitamin B1</th>
<th>Vitamin B2</th>
<th>Niacin</th>
<th>Folate</th>
<th>Vitamin B12</th>
<th>Calcium</th>
<th>Iron</th>
<th>Magnesium</th>
<th>Zinc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains and grain-based products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified wheat flour</td>
<td>10.7</td>
<td>16.3</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>0.9</td>
<td>2.0</td>
<td>2.3</td>
<td>2.9</td>
<td>4.6</td>
<td>15.0</td>
<td>15.4</td>
<td>3.9</td>
<td>3.0</td>
</tr>
<tr>
<td>Rice</td>
<td>20.0</td>
<td>20.0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0.6</td>
<td>1.0</td>
<td>1.0</td>
<td>0.8</td>
<td>2.0</td>
<td>10.2</td>
<td>16.0</td>
<td>2.0</td>
<td>2.2</td>
</tr>
<tr>
<td>Maize</td>
<td>2.8</td>
<td>0.7</td>
<td>1.0</td>
<td>0.1</td>
<td>0.5</td>
<td>1.0</td>
<td>2.2</td>
<td>2.0</td>
<td>0.8</td>
<td>0.1</td>
<td>0.1</td>
<td>0.7</td>
<td>1.0</td>
<td>0.5</td>
</tr>
<tr>
<td>Roots and tubers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Taro</td>
<td>9.4</td>
<td>0.4</td>
<td>0.1</td>
<td>0.0</td>
<td>0</td>
<td>0.9</td>
<td>0.9</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.2</td>
<td>0.8</td>
</tr>
<tr>
<td>Cassava (fresh peeled)</td>
<td>19.8</td>
<td>3.7</td>
<td>0.7</td>
<td>0.8</td>
<td>3.2</td>
<td>0.7</td>
<td>1.2</td>
<td>1.2</td>
<td>0.2</td>
<td>0.2</td>
<td>0.0</td>
<td>0.0</td>
<td>0.2</td>
<td>0.2</td>
</tr>
<tr>
<td>Legumes, nuts, and seeds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pekelis</td>
<td>3.0</td>
<td>1.5</td>
<td>1.6</td>
<td>0</td>
<td>0.0</td>
<td>2.3</td>
<td>1.2</td>
<td>1.5</td>
<td>3.6</td>
<td>2.4</td>
<td>4.3</td>
<td>0.0</td>
<td>1.8</td>
<td>1.8</td>
</tr>
<tr>
<td>Tofu</td>
<td>3.7</td>
<td>2.2</td>
<td>1.2</td>
<td>0</td>
<td>0</td>
<td>5.1</td>
<td>1.6</td>
<td>4.5</td>
<td>4.5</td>
<td>4.5</td>
<td>12.5</td>
<td>15.1</td>
<td>5.5</td>
<td>5.5</td>
</tr>
<tr>
<td>Fish, seafood, amphibians and invertebrates</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish and egg products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>2.9</td>
<td>10.4</td>
<td>0</td>
<td>0.1</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Vegetables and vegetable products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cassava leaves</td>
<td>3.4</td>
<td>4.7</td>
<td>1.1</td>
<td>0.0</td>
<td>0.0</td>
<td>4.4</td>
<td>1.0</td>
<td>4.4</td>
<td>5.0</td>
<td>3.1</td>
<td>3.1</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Uils and fats</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified wheat</td>
<td>10.7</td>
<td>16.3</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>0.9</td>
<td>2.0</td>
<td>2.3</td>
<td>2.9</td>
<td>4.6</td>
<td>15.0</td>
<td>15.4</td>
<td>3.9</td>
<td>3.0</td>
</tr>
<tr>
<td>Breast milk</td>
<td>5.7</td>
<td>3.3</td>
<td>3.0</td>
<td>15.4</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Total</td>
<td>108.0</td>
<td>146.3</td>
<td>117.0</td>
<td>335.0</td>
<td>114.0</td>
<td>104.3</td>
<td>196.5</td>
<td>282.3</td>
<td>294.1</td>
<td>321.3</td>
<td>416.4</td>
<td>166.8</td>
<td>190.3</td>
<td>190.3</td>
</tr>
</tbody>
</table>

### Papua

<table>
<thead>
<tr>
<th>Food Name</th>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Vitamin B1</th>
<th>Vitamin B2</th>
<th>Niacin</th>
<th>Folate</th>
<th>Vitamin B12</th>
<th>Calcium</th>
<th>Iron</th>
<th>Magnesium</th>
<th>Zinc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains and grain-based products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified wheat flour</td>
<td>10.1</td>
<td>16.8</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>0.9</td>
<td>2.0</td>
<td>2.3</td>
<td>2.9</td>
<td>4.6</td>
<td>15.0</td>
<td>15.4</td>
<td>3.9</td>
<td>3.0</td>
</tr>
<tr>
<td>Rice</td>
<td>20.0</td>
<td>20.0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0.6</td>
<td>1.1</td>
<td>1.0</td>
<td>1.0</td>
<td>2.0</td>
<td>12.5</td>
<td>17.4</td>
<td>2.0</td>
<td>2.2</td>
</tr>
<tr>
<td>Maize</td>
<td>2.8</td>
<td>0.7</td>
<td>1.0</td>
<td>0.1</td>
<td>0.5</td>
<td>1.0</td>
<td>2.2</td>
<td>2.0</td>
<td>0.8</td>
<td>0.1</td>
<td>0.1</td>
<td>0.7</td>
<td>1.0</td>
<td>0.5</td>
</tr>
<tr>
<td>Roots and tubers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Taro</td>
<td>9.4</td>
<td>0.4</td>
<td>0.1</td>
<td>0.0</td>
<td>0</td>
<td>0.9</td>
<td>0.9</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.2</td>
<td>0.8</td>
</tr>
<tr>
<td>Cassava (fresh peeled)</td>
<td>19.8</td>
<td>3.7</td>
<td>0.7</td>
<td>0.8</td>
<td>3.2</td>
<td>0.7</td>
<td>1.2</td>
<td>1.2</td>
<td>0.2</td>
<td>0.2</td>
<td>0.0</td>
<td>0.0</td>
<td>0.2</td>
<td>0.2</td>
</tr>
<tr>
<td>Legumes, nuts, and seeds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pekelis</td>
<td>3.0</td>
<td>1.5</td>
<td>1.6</td>
<td>0</td>
<td>0.0</td>
<td>2.3</td>
<td>1.2</td>
<td>1.5</td>
<td>3.6</td>
<td>2.4</td>
<td>4.3</td>
<td>0.0</td>
<td>1.8</td>
<td>1.8</td>
</tr>
<tr>
<td>Tofu</td>
<td>3.7</td>
<td>2.2</td>
<td>1.2</td>
<td>0</td>
<td>0</td>
<td>5.1</td>
<td>1.6</td>
<td>4.5</td>
<td>4.5</td>
<td>4.5</td>
<td>12.5</td>
<td>15.1</td>
<td>5.5</td>
<td>5.5</td>
</tr>
<tr>
<td>Fish, seafood, amphibians and invertebrates</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish and egg products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>2.9</td>
<td>10.3</td>
<td>0</td>
<td>0.1</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Vegetables and vegetable products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cassava leaves</td>
<td>3.4</td>
<td>4.7</td>
<td>1.1</td>
<td>0.0</td>
<td>0.0</td>
<td>4.4</td>
<td>1.0</td>
<td>4.4</td>
<td>5.0</td>
<td>3.2</td>
<td>3.2</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Uils and fats</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified wheat</td>
<td>10.7</td>
<td>16.3</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>0.9</td>
<td>2.0</td>
<td>2.3</td>
<td>2.9</td>
<td>4.6</td>
<td>15.0</td>
<td>15.4</td>
<td>3.9</td>
<td>3.0</td>
</tr>
<tr>
<td>Breast milk</td>
<td>5.7</td>
<td>3.3</td>
<td>3.0</td>
<td>15.4</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Total</td>
<td>108.0</td>
<td>146.3</td>
<td>117.0</td>
<td>335.0</td>
<td>114.0</td>
<td>104.3</td>
<td>196.5</td>
<td>282.3</td>
<td>294.1</td>
<td>321.3</td>
<td>416.4</td>
<td>166.8</td>
<td>190.3</td>
<td>190.3</td>
</tr>
</tbody>
</table>

46
### Sulawesi Selatan

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Vitamin B1</th>
<th>Vitamin B2</th>
<th>Niacin</th>
<th>Folic acid</th>
<th>Vitamin B6</th>
<th>Calcium</th>
<th>Iron</th>
<th>Magnesium</th>
<th>Zinc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grain and grain-based products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified wheat flour</td>
<td>18.3</td>
<td>18.3</td>
<td>1.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>2.4</td>
<td>15.4</td>
<td>47.0</td>
</tr>
<tr>
<td>Rice</td>
<td>43.2</td>
<td>43.4</td>
<td>2.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>2.5</td>
<td>4.0</td>
<td>43.5</td>
</tr>
<tr>
<td>Produce and tubers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato</td>
<td>1.4</td>
<td>0.9</td>
<td>0.4</td>
<td>0.1</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>8.4</td>
<td>0.7</td>
</tr>
<tr>
<td>Legumes, nuts and seeds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peanut</td>
<td>6.5</td>
<td>15.1</td>
<td>17.1</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>1.5</td>
</tr>
<tr>
<td>Tolu</td>
<td>3.3</td>
<td>29.5</td>
<td>13.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>22.2</td>
<td>10.5</td>
</tr>
<tr>
<td>Fish, seafood, amphibians and invertebrates</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>2.9</td>
<td>15.1</td>
<td>9.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>22.2</td>
<td>10.5</td>
<td>60.0</td>
</tr>
<tr>
<td>Eggs and egg products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>4.0</td>
<td>18.3</td>
<td>10.9</td>
<td>4.5</td>
<td>0.0</td>
<td>0.1</td>
<td>0.3</td>
<td>0.5</td>
<td>15.4</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>22.2</td>
<td>10.5</td>
</tr>
<tr>
<td>Vegetables and vegetable products</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage leaves</td>
<td>7.5</td>
<td>18.3</td>
<td>10.0</td>
<td>32.0</td>
<td>30.3</td>
<td>8.5</td>
<td>44.4</td>
<td>24.1</td>
<td>29.3</td>
<td>154.2</td>
<td>0.0</td>
<td>0.0</td>
<td>22.2</td>
<td>10.5</td>
</tr>
<tr>
<td>Oils and fats</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortified oil</td>
<td>17.5</td>
<td>9.0</td>
<td>7.0</td>
<td>154.5</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Breast milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast milk</td>
<td>0.1</td>
<td>0.1</td>
<td>0.0</td>
<td>10.0</td>
<td>11.5</td>
<td>0.0</td>
<td>5.6</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>22.2</td>
<td>10.5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100.0</strong></td>
<td><strong>152.5</strong></td>
<td><strong>122.0</strong></td>
<td><strong>440.0</strong></td>
<td><strong>344.4</strong></td>
<td><strong>152.0</strong></td>
<td><strong>334.0</strong></td>
<td><strong>271.4</strong></td>
<td><strong>292.4</strong></td>
<td><strong>254.0</strong></td>
<td><strong>189.5</strong></td>
<td><strong>100.0</strong></td>
<td><strong>211.0</strong></td>
<td><strong>173.2</strong></td>
</tr>
</tbody>
</table>
Annex 5. The limiting nutrients for the individual household members in the staple-adjusted nutritious diet at a national level and for eight provinces (X indicates when the diet meet the nutrient requirements by exactly 100%, indicating that these are likely cost-drivers of the diet and at-risk of not being met when less optimal food choices are made).

<table>
<thead>
<tr>
<th>Household member</th>
<th>Vitamin B1</th>
<th>Pantothenic Acid</th>
<th>Vitamin B12</th>
<th>Calcium</th>
<th>Iron</th>
<th>Zinc</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>National</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child 12-23 months</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female 15-16 years</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woman, 30-59y, 55 kg, moderately active, lactating</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Man, 30-59y, 60 kg, moderately active</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td><strong>Jawa Barat</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child 12-23 months</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female 15-16 years</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woman, 30-59y, 55 kg, moderately active, lactating</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Man, 30-59y, 60 kg, moderately active</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td><strong>Jawa Timur</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child 12-23 months</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female 15-16 years</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woman, 30-59y, 55 kg, moderately active, lactating</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Man, 30-59y, 60 kg, moderately active</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td><strong>Kalimantan Selatan</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child 12-23 months</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female 15-16 years</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woman, 30-59y, 55 kg, moderately active, lactating</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Man, 30-59y, 60 kg, moderately active</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td><strong>Lampung</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child 12-23 months</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female 15-16 years</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woman, 30-59y, 55 kg, moderately active, lactating</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Man, 30-59y, 60 kg, moderately active</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td><strong>Maluku</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child 12-23 months</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female 15-16 years</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woman, 30-59y, 55 kg, moderately active, lactating</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Man, 30-59y, 60 kg, moderately active</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td><strong>Nusa Tenggara Timur</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child 12-23 months</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female 15-16 years</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woman, 30-59y, 55 kg, moderately active, lactating</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Man, 30-59y, 60 kg, moderately active</td>
<td>x</td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td><strong>Papua</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child 12-23 months</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>x</td>
</tr>
<tr>
<td>Female 15-16 years</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>Country</td>
<td>Age Group</td>
<td>Weight (kg)</td>
<td>Activity Level</td>
<td>Lactating</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------</td>
<td>----------------------------</td>
<td>-------------</td>
<td>----------------</td>
<td>------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sulawesi Selatan</td>
<td>Woman, 30-59y, 55 kg, moderately active, lactating</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Man, 30-59y, 60 kg, moderately active</td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Child 12-23 months</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Female 15-16 years</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Woman, 30-59y, 55 kg, moderately active, lactating</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Man, 30-59y, 60 kg, moderately active</td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Annex 6. The percentage of the recommended nutrient intakes provided per month by the different food baskets for a household of 4 people at a national and provincial level
Jawa Barat
Kalimantan Selatan

Percentage of daily requirements met (%)
Lampung

Percentage of nutrient requirements met (%)
Nusa Tenggara Timur
Papua
Sulawesi Selatan
Annex 7. The national level and provincial level visual summaries of the cost, food quantities and nutritional impact of the food packages where the cost of the foods in the packages is specific to the province.

<table>
<thead>
<tr>
<th>National</th>
<th>Rasti</th>
<th>DPNT rice + sugar</th>
<th>DPNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Subsidy paid by the government (IDR per month)</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>165,000</td>
<td>220,000</td>
</tr>
</tbody>
</table>

Ingredients

<table>
<thead>
<tr>
<th>% Recommended intake</th>
<th>Protein</th>
<th>Vit A</th>
<th>Iron</th>
</tr>
</thead>
</table>

Jawa Barat

<table>
<thead>
<tr>
<th>National</th>
<th>Rasti</th>
<th>DPNT rice + sugar</th>
<th>DPNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Subsidy paid by the government (IDR per month)</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>165,000</td>
<td>220,000</td>
</tr>
</tbody>
</table>

Ingredients

<table>
<thead>
<tr>
<th>% Recommended intake</th>
<th>Protein</th>
<th>Vit A</th>
<th>Iron</th>
</tr>
</thead>
</table>

55 One square in the percentage recommended intake section = 1% of recommended nutrient intake met
<table>
<thead>
<tr>
<th>Province</th>
<th>Rastra</th>
<th>DPNT rice + sugar</th>
<th>DPNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Java Timur</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>155,000</td>
<td>220,000</td>
</tr>
<tr>
<td>Ingredients</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vit A</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Recommended intake</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kalimantan Selatan</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>155,000</td>
<td>220,000</td>
</tr>
<tr>
<td>Ingredients</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vit A</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Recommended intake</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Province</td>
<td>Rastra</td>
<td>DBNT rice + sugar</td>
<td>DBNT rice + eggs</td>
<td>Nutritious package 1</td>
<td>Nutritious package 2</td>
<td>Nutritious package 3</td>
</tr>
<tr>
<td>------------</td>
<td>--------</td>
<td>-------------------</td>
<td>------------------</td>
<td>----------------------</td>
<td>----------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>Lampung</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Subsidy paid by the government (IDR per month)</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>155,000</td>
<td>220,000</td>
</tr>
</tbody>
</table>

**Ingredients**

- BERAS 15 kg
- TELUR 1.0 kg
- SAYUR 3.0 kg

**% Recommended Intake**

- Protein
- Vit A
- Iron

<table>
<thead>
<tr>
<th>Province</th>
<th>Rastra</th>
<th>DBNT rice + sugar</th>
<th>DBNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maluku</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Subsidy paid by the government (IDR per month)</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>155,000</td>
<td>220,000</td>
</tr>
</tbody>
</table>

**Ingredients**

- BERAS 15 kg
- TELUR 1.0 kg
- SAYUR 3.0 kg

**% Recommended Intake**

- Protein
- Vit A
- Iron

61
### NTT

<table>
<thead>
<tr>
<th></th>
<th>Rastra</th>
<th>DPNT rice + sugar</th>
<th>DPNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Subsidy paid by the government (IDR per month)</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>155,000</td>
<td>220,000</td>
</tr>
<tr>
<td><strong>Ingredients</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BERAS 15 kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BERAS 10kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BERAS 8.4kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TELUR 0.8kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BERAS 5.6kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TELUR 0.9kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TELUR 0.9kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>% Recommended intake</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td><img src="image" alt="Protein" /></td>
<td><img src="image" alt="Protein" /></td>
<td><img src="image" alt="Protein" /></td>
<td><img src="image" alt="Protein" /></td>
<td><img src="image" alt="Protein" /></td>
<td><img src="image" alt="Protein" /></td>
</tr>
<tr>
<td>Vit A</td>
<td><img src="image" alt="Vit A" /></td>
<td><img src="image" alt="Vit A" /></td>
<td><img src="image" alt="Vit A" /></td>
<td><img src="image" alt="Vit A" /></td>
<td><img src="image" alt="Vit A" /></td>
<td><img src="image" alt="Vit A" /></td>
</tr>
<tr>
<td>Iron</td>
<td><img src="image" alt="Iron" /></td>
<td><img src="image" alt="Iron" /></td>
<td><img src="image" alt="Iron" /></td>
<td><img src="image" alt="Iron" /></td>
<td><img src="image" alt="Iron" /></td>
<td><img src="image" alt="Iron" /></td>
</tr>
</tbody>
</table>

### Papua

<table>
<thead>
<tr>
<th></th>
<th>Rastra</th>
<th>DPNT rice + sugar</th>
<th>DPNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Subsidy paid by the government (IDR per month)</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>155,000</td>
<td>220,000</td>
</tr>
<tr>
<td><strong>Ingredients</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BERAS 15 kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BERAS 10kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BERAS 8.4kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TELUR 0.8kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BERAS 5.6kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TELUR 0.9kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TELUR 0.9kg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>% Recommended intake</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td><img src="image" alt="Protein" /></td>
<td><img src="image" alt="Protein" /></td>
<td><img src="image" alt="Protein" /></td>
<td><img src="image" alt="Protein" /></td>
<td><img src="image" alt="Protein" /></td>
<td><img src="image" alt="Protein" /></td>
</tr>
<tr>
<td>Vit A</td>
<td><img src="image" alt="Vit A" /></td>
<td><img src="image" alt="Vit A" /></td>
<td><img src="image" alt="Vit A" /></td>
<td><img src="image" alt="Vit A" /></td>
<td><img src="image" alt="Vit A" /></td>
<td><img src="image" alt="Vit A" /></td>
</tr>
<tr>
<td>Iron</td>
<td><img src="image" alt="Iron" /></td>
<td><img src="image" alt="Iron" /></td>
<td><img src="image" alt="Iron" /></td>
<td><img src="image" alt="Iron" /></td>
<td><img src="image" alt="Iron" /></td>
<td><img src="image" alt="Iron" /></td>
</tr>
<tr>
<td>Ingredients</td>
<td>Rastra</td>
<td>BPNT rice + sugar</td>
<td>BPNT rice + eggs</td>
<td>Nutritious package 1</td>
<td>Nutritious package 2</td>
<td>Nutritious package 3</td>
</tr>
<tr>
<td>-------------</td>
<td>--------</td>
<td>------------------</td>
<td>-----------------</td>
<td>---------------------</td>
<td>---------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Subsidy paid by the government (IDR per month)</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>155,000</td>
<td>220,000</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Recommended intake</th>
<th>Protein</th>
<th>Vit A</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rastra</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice + sugar</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BPNT rice + eggs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious package 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious package 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutritious package 3</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

[Diagram of ingredients and their nutritional content]
Annex 8. The national level and provincial level visual summaries of the cost, food quantities and nutritional impact of the food packages where the quantities of the foods in the packages and the nutritional impact are fixed to that of the national level

<table>
<thead>
<tr>
<th>National</th>
<th>Rasta</th>
<th>BPNT rice + sugar</th>
<th>BPNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Value paid by Consumer (IDR per month)</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>110,000</td>
<td>165,000</td>
<td>220,000</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>BERAS 15 kg</td>
</tr>
<tr>
<td>BERAS 10 kg</td>
</tr>
<tr>
<td>TELUR 1.1 kg</td>
</tr>
<tr>
<td>SAYUR 5.1 kg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Recommended intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vit A</td>
</tr>
<tr>
<td>Iron</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Java Barat</th>
<th>Rasta</th>
<th>BPNT rice + sugar</th>
<th>BPNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Value paid by Consumer (IDR per month)</td>
<td>123,732</td>
<td>106,903</td>
<td>99,383</td>
<td>115,988</td>
<td>135,454</td>
<td>143,614</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>BERAS 15 kg</td>
</tr>
<tr>
<td>BERAS 10 kg</td>
</tr>
<tr>
<td>TELUR 1.1 kg</td>
</tr>
<tr>
<td>SAYUR 5.1 kg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Recommended intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vit A</td>
</tr>
<tr>
<td>Iron</td>
</tr>
</tbody>
</table>
## Java Timur

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Rastra</th>
<th>BPNT rice + sugar</th>
<th>BPNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Value paid by Consumer (IDR per month)</td>
<td>122,228</td>
<td>103,318</td>
<td>96,117</td>
<td>91,838</td>
<td>106,415</td>
<td>115,767</td>
</tr>
</tbody>
</table>

### Ingredients

- BERAS 15 kg
- TEUR 6.8 kg
- SAYUR 5.1 kg

### % Recommended Intake

- Protein
- Vit A
- Iron

## Kalimantan Selatan

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Rastra</th>
<th>BPNT rice + sugar</th>
<th>BPNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Value paid by Consumer (IDR per month)</td>
<td>142,974</td>
<td>124,156</td>
<td>114,512</td>
<td>115,525</td>
<td>133,607</td>
<td>145,422</td>
</tr>
</tbody>
</table>

### Ingredients

- BERAS 15 kg
- TEUR 6.8 kg
- SAYUR 5.1 kg

### % Recommended Intake

- Protein
- Vit A
- Iron
<table>
<thead>
<tr>
<th>Province</th>
<th>Rastra</th>
<th>BPNT rice + sugar</th>
<th>BPNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lampung</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Value paid by Consumer (IDR per month)</td>
<td>130,956</td>
<td>113,603</td>
<td>104,418</td>
<td>101,669</td>
<td>117,824</td>
<td>128,768</td>
</tr>
<tr>
<td>Ingredients</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vit A</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Recommended Intake</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Province</th>
<th>Rastra</th>
<th>BPNT rice + sugar</th>
<th>BPNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maluku</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Value paid by Consumer (IDR per month)</td>
<td>166,625</td>
<td>145,725</td>
<td>141,162</td>
<td>149,042</td>
<td>172,510</td>
<td>191,667</td>
</tr>
<tr>
<td>Ingredients</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vit A</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Recommended Intake</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NTT</td>
<td>Rastra</td>
<td>DPNT rice + sugar</td>
<td>DPNT rice + eggs</td>
<td>Nutritious package 1</td>
<td>Nutritious package 2</td>
<td>Nutritious package 3</td>
</tr>
<tr>
<td>-----</td>
<td>--------</td>
<td>-------------------</td>
<td>------------------</td>
<td>----------------------</td>
<td>----------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>Cost to consumer (EDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Value paid by Consumer (EDR per month)</td>
<td>147,267</td>
<td>125,970</td>
<td>126,415</td>
<td>124,703</td>
<td>144,652</td>
<td>164,126</td>
</tr>
</tbody>
</table>

**Ingredients**

<table>
<thead>
<tr>
<th>Protein</th>
<th>Vit A</th>
<th>Iron</th>
</tr>
</thead>
</table>

**Fasra**

| Cost to consumer (EDR per month) | 24,000 | 0 | 0 | 0 | 0 | 0 |
| Value paid by Consumer (EDR per month) | 189,977 | 177,521 | 165,591 | 176,985 | 204,731 | 230,042 |

**Ingredients**

<table>
<thead>
<tr>
<th>Protein</th>
<th>Vit A</th>
<th>Iron</th>
</tr>
</thead>
</table>

**Recommended Intake**

<table>
<thead>
<tr>
<th>Protein</th>
<th>Vit A</th>
<th>Iron</th>
</tr>
</thead>
</table>

---

67
<table>
<thead>
<tr>
<th>Sujawal Selatan</th>
<th>Rastra</th>
<th>BPNT rice + sugar</th>
<th>BPNT rice + eggs</th>
<th>Nutritious package 1</th>
<th>Nutritious package 2</th>
<th>Nutritious package 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost to consumer (IDR per month)</td>
<td>24,000</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Value paid by Consumer (IDR per month)</td>
<td>115,484</td>
<td>102,026</td>
<td>93,917</td>
<td>91,340</td>
<td>106,054</td>
<td>117,227</td>
</tr>
</tbody>
</table>

**Ingredients**

- BERAS 15 kg
- SERAS 10 kg
- TELUR 1.1 kg
- SAYUR 5.1 kg
- SAYUR 5.1 kg
- SAYUR 5.1 kg
- SAYUR 6.8 kg

**% Recommended Intake**

<table>
<thead>
<tr>
<th>Protein</th>
<th>Vit A</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Note: The image includes a table and a diagram showing nutritional content and recommended intake levels.*