

**ABSTRACT**

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***THE RELATIONSHIP BETWEEN THE LEVEL KNOWLEDGE OF  
BALANCED NUTRITION AND THE LEVEL MACRONUTRIENT  
ADEQUACY WITH THE NUTRITIONAL STATUS OF ADOLESCENTS  
AGED 15-18 YEARS***

*(Observational Study on Students of SMA Negeri 9 Tasikmalaya City in 2024)*

*Nutrition status is a balance between nutritional intake and the body's nutritional needs. The aim of this research is the relationship between the level of knowledge of balanced nutrition and the level of macronutrient adequacy with the nutritional status of students at SMA Negeri 9 Tasikmalaya City in 2024. The research method used was an observational study with a cross sectional design. The number of samples in this study was 104 people with proportional random sampling. This research instrument used a characteristics questionnaire, a balanced nutrition knowledge test questionnaire, and a 2x24 hour recall form for macronutrient adequacy levels. The results of the analysis using the chi square test showed that there was a significant relationship between the level of knowledge of balanced nutrition and nutritional status ( $p = 0.002$ ), the level of carbohydrate adequacy and nutritional status ( $p = 0.000$ ), the level of protein adequacy and nutritional status ( $p = 0.044$ ), and the level of fat adequacy with nutritional status ( $p = 0.000$ ). Suggestions for respondents are implement more balanced nutrition guidelines in the daily diet*

**Keywords:** *level of knowledge of balanced nutrition, level of macronutrient adequacy, nutritional status*