

HE·AL

Guide to **H**ealthy **E**ating & **A**ctive **L**iving

Change Mindset to Prevent Diet-Related Diseases



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CHAIRMAN
Dr Tee E Siong

Nutrition Month Malaysia National Steering Committee 2024

MEMBERS

(Representatives from partner professional bodies)

Nutrition Society of Malaysia



Dr Roseline Yap
Wai Kuan



Assoc Prof
Dr Chin Yit Siew

Malaysian Dietitians' Association



Ms Tan Ye Ting



Mr Georgen Thye

Malaysian Society of Body Composition



Dr Noraida Omar



Dr Yong Heng Yaw

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Nutrition Society of Malaysia



Malaysian Dietitians' Association



Malaysian Society of Body Composition

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Secretariat



12A, Jalan PJS 8/4, Mentari Plaza, Bandar Sunway,
46150 Petaling Jaya, Selangor Darul Ehsan.
Tel: 03-5632 3301 Fax: 03-5638 9909
Email: versahealth@versa-group.com

Change Mindset to Prevent Diet-Related Diseases



Dr Tee E Siong, KMN

Chairman,
Nutrition Month Malaysia
National Steering
Committee 2024

and

Immediate-Past President,
Nutrition Society of Malaysia

In Malaysia, non-communicable diseases (NCDs) have remained a significant health concern for years. Hence, promoting awareness about healthy living is crucial and efforts to spread this message have been ongoing for decades. However, despite our awareness of the benefits of a healthier lifestyle through healthy diet and physical activities, NCD cases in Malaysia still continue to rise. This is in part largely because many still choose to ignore the importance of leading a healthy and active life. This is because many do not go for regular health screening and are oblivious about the diseases and their risk factors until it is too late. We cannot wait anymore, it is time to change our mindset and take action to PREVENT NCDs

Here is where Nutrition Month Malaysia (NMM) plays a role, as a programme designed to promote a healthier lifestyle among the public for the past 22 years. With a diverse range of engaging information and activities tailored to all age groups, NMM aims to inspire individuals to embrace positive changes. Our signature magazine this year, "HE-AL Volume 6: Change Mindset to Prevent Diet-Related Diseases", serves as a wake-up call for those who are procrastinating to change their mindset to prevent NCDs. It is an informative guide for all to adopt a healthy lifestyle through diet and exercise. Featuring eight key messages, such as assessing NCD risks, improving dietary habits, making wise choices during grocery shopping, and incorporating physical activity, this magazine provides simple actionable steps toward a healthier life.

Let's embark on this journey to wellness now. By taking small, yet consistent steps, we can gradually transition to a healthier lifestyle.

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Do health screening regularly


Common NCDs in Malaysia

Many are not aware they are at high risk of developing **non-communicable diseases (NCDs)**, or are already having these diseases such as diabetes, heart diseases or cancers.


High prevalence of NCDs and risk factors in Malaysia

Are you at risk of NCDs?


1 in 2 adults are **overweight or obese**




1 in 5 adults are **diabetic**



3 in 10 adults have **hypertension**



1 in 12 adults have all **3 NCD risk factors** (hypertension, high blood glucose, high blood cholesterol)

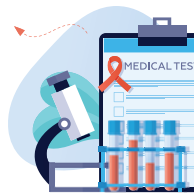


Assess your NCD risks regularly

Many people do not go for regular health screening and only see a doctor for treatment when they detect symptoms of various NCDs.

This delay in detection of NCDs can result in costly treatment and worsening of the disease.

Change your mindset now! Do regular health screening to enable you to take preventive measures early.



Aim for normal values:

Body mass index, BMI



Aim for	
Normal BMI	< 18.5-24.9 kg/m ²
Undesirable BMI ranges	
Underweight	< 18.5 kg/m ²
Overweight	25 – 29.9 kg/m ²
Obesity	≥30 kg/m ²

Waist circumference



Aim for	
Male	< 90 cm / < 35 inches
Female	< 80 cm / < 32 inches



Body fat percentage

Aim for	
Male	< 25%
Female	< 35%



Blood glucose level

Aim for	
Random	< 7.8 mmol/L
Fasting	< 5.6 mmol/L

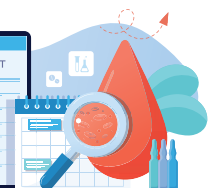
to save lives

Know your numbers

You are at risk of NCDs if you have multiple of these conditions: high BMI, body fat, blood pressure, blood glucose, blood cholesterol, and large waist circumference.

Seek advice from healthcare professionals (e.g. physicians, nutritionists, or dietitians) to review your health screening results.

This will help you make any lifestyle changes, if needed, to improve your overall health and well-being.



Blood pressure



Aim for	
< 120 – 129 mmHg (systolic)	< 80 – 84 mmHg (diastolic)
At risk of hypertension	
≥ 140 mmHg (systolic)	≥ 90 mmHg (diastolic)

Lipid profile



Aim for	
Total cholesterol	< 5.2 mmol/L
Triglycerides	< 2.26 mmol/L
LDL cholesterol (bad cholesterol)	< 2.6 mmol/L
HDL cholesterol (good cholesterol)	> 1.45 mmol/L (male) > 1.68 mmol/L (female)



Action plans

Adults

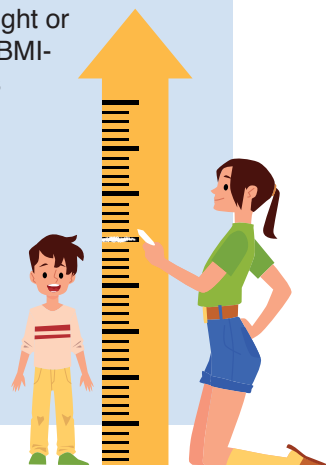
- ✓ For adults above 30 years old, attend health screenings annually
- ✓ Individuals with a family history of NCDs should have health screenings earlier and monitor their health status more closely

Children

- ✓ Parents can measure the weight and height of their children and monitor their BMI every 6 months
- ✓ Determine if they are underweight, overweight or stunted by using the BMI-for-age growth charts



Scan the QR code to download the charts



Practise Quarter-Quarter-Half and vary your diet

“Kuah banjir” on top of the rice, with fried chicken and a small portion of veggies. Such unhealthy meals are a favourite among many!



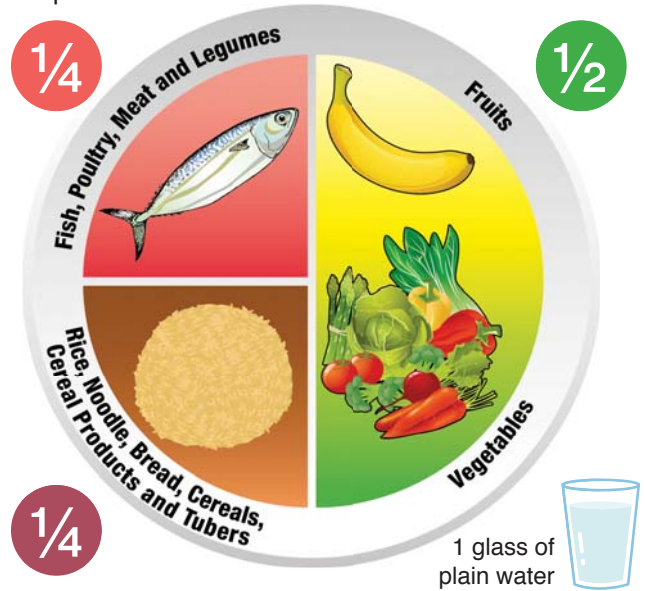
Do your lunches look like this?

A healthy diet helps the body reduce the risk of diet-related diseases. The Malaysian Healthy Plate is a simple guide to eating wholesome meals daily.

Malaysian Healthy Plate: Quarter-Quarter-Half

Your GUIDE to DAILY MEALS
- breakfast, lunch & dinner

It is applicable for all ages. It shows the appropriate amount of each food group that should be taken in a plate.



3 BASIC TIPS when planning meals

Practise BALANCE

Eat foods from all groups - fruits and veggies, cereals, cereal products and protein-based foods.

B

Ensure MODERATION

- Practise mindful eating - eat right amounts
- Consume appropriate serving size - share meals if portion size is too large
- Stop when you start to feel full

M

Go for VARIETY

Consume a variety of foods within each food group. For example, eat different types of veggies, fruits, and meats.

V

Why Quarter-Quarter-Half?

1/4 plate cereals & cereal products

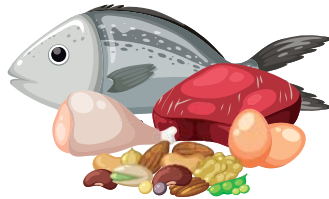


Rice, noodle, bread, cereals, cereal products or tubers

Main sources of energy for the body, but should be consumed in moderate amounts

Choose more whole grains as they are more nutritious, e.g. brown rice, oats and wholemeal bread, wholegrain cereals

1/4 plate protein



Fish, poultry, meat or legumes

Essential for the body, but needed only in moderate amounts

- Eat fish daily
- Choose lean cuts of meat from poultry, beef, lamb & pork
- Choose more plant-based protein foods such as legumes, nuts & seeds

1/2 plate vegetables & fruits



Vegetables & fruits

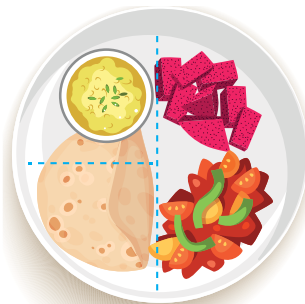
Contain lower fat & less calories but are rich in fibre, vitamins, minerals & phytonutrients needed by the body

Include various types of vegetables (e.g. spinach and tomato) and colourful fruits (e.g. watermelon and mangoes)

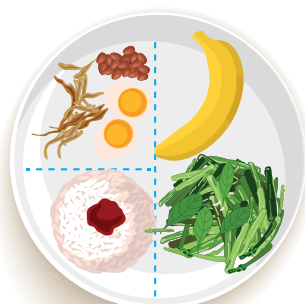
Practise the healthy plate concept for all meals

Be it breakfast, lunch or dinner and whether you eat at home or eat out, make the healthier choice by practising Quarter-Quarter-Half. See examples below:

Breakfast

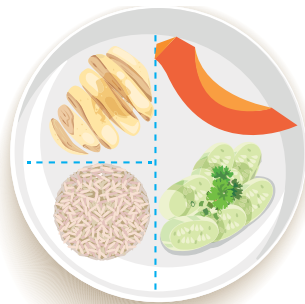


Chapati and dhal

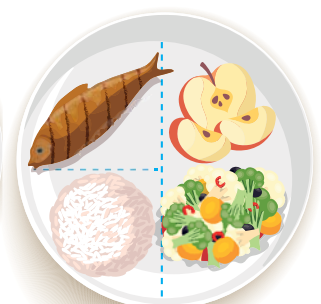


Nasi lemak

Lunch / Dinner



Chicken rice



Rice with grilled fish + vegetables

Make half of your grains whole grains

There's a myth that whole grains are only for sick people. The truth is that whole grains should be encouraged for everyone!

Intake of whole grains and wholegrain foods is extremely low. Most Malaysians, including children and adolescents, do not meet the recommended intake.

Why whole grains intake is so important?

The Malaysian Dietary Guidelines recommend that at least half of the grain products you eat everyday should be whole grains, because these may help to:



Meet your recommended daily intake of fibre



Stabilise your blood sugar level



Make you feel full longer



Reduce blood cholesterol and blood pressure levels



Promote a healthy balance of good gut bacteria



Improve digestion

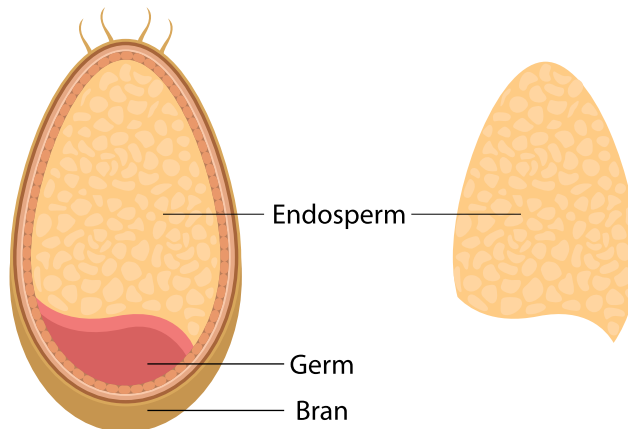


Improve your overall health

What is whole grain & refined grain

Whole grain

- Made up of all parts (bran, germ, endosperm)
- Bran and germ contain high amounts of important nutrients, namely vitamins, minerals, fibre & phytonutrients
- Also contains carbohydrates and some protein



Refined grain

- Made up of endosperm only (bran & germ removed)
- Contains mainly carbohydrates and some protein
- Contains only small amounts of vitamins, minerals & phytonutrients

Examples of whole grains



Brown rice



Oat



Corn



Whole wheat



Millet



Quinoa

Examples of wholegrain products



Wholegrain bread



Wholegrain cereals



Wholewheat flour

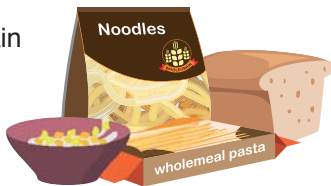


Wholemeal rice, noodle and pasta

Ideas to increase whole grain intake

Here are some suggestions to gradually incorporate whole grains into your diet:

- Mix white rice with whole grains such as brown rice, hulled barley, oat and corn
- Choose whole grain types of noodles and pasta, bread, breakfast cereals, biscuits and other cereal-based products
- Add whole grains such as corn to soups
- Check the label and choose products with higher percentages of whole grains



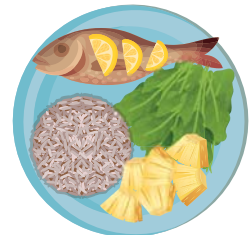
Examples of breakfast, lunch, dinner & snack with whole grains

Breakfast



Wholegrain oat cereal with fruits

Lunch



Brown rice with fish and vegetables

Dinner



Wholewheat seafood pasta with tomato sauce

Snack



Wholegrain bread with jam

Eat at least 3 servings of veggies and 2 servings of fruits daily

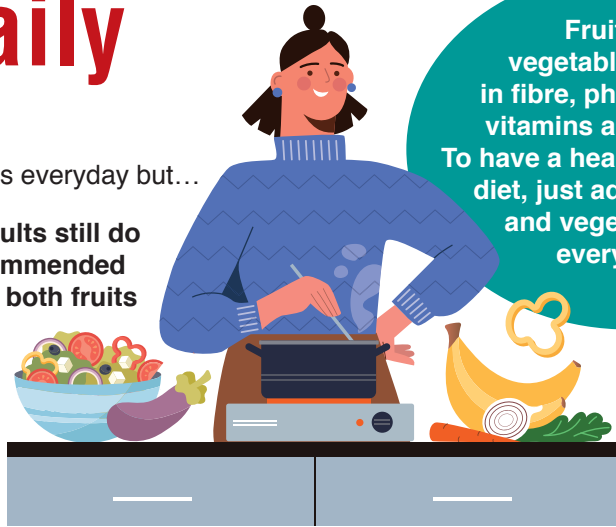
Did you know?

We need to eat fruits and vegetables everyday but...

95%

of Malaysian adults still do not eat the recommended daily amount of both fruits and vegetables.

Do you meet the recommended servings?



Fruits and vegetables are rich in fibre, phytonutrients, vitamins and minerals. To have a healthier, nutritious diet, just add more fruits and vegetables into every meal.

Aim for 3 veggies + 2 fruits

In practice, it means having vegetables and fruits during meal times as well as for snacks.

1 serving of vegetable



Half cup of spinach, cooked



1 cup of *ulam*



Half cup of mixed vegetables, cooked (i.e. cabbage + carrot + baby corn + French bean)

1 serving of fruit



1 medium sized banana (*berangan*)



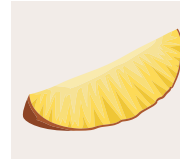
1 medium sized orange



1 slice of watermelon



1 medium sized apple



1 slice of pineapple



8 small grapes



1 slice of papaya



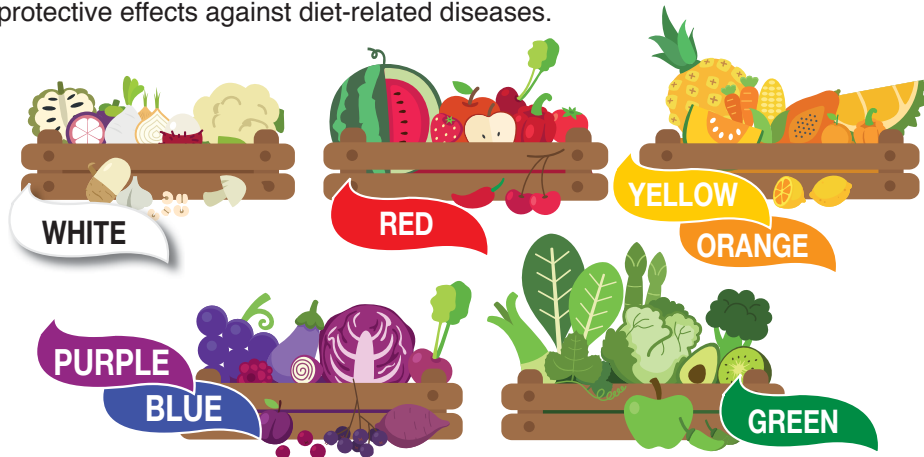
1 medium sized mango



Half a medium sized pear

Go for a rainbow of colours

The variety of colours in fruits and vegetables are attributed to their content of phytonutrients, e.g. various carotenoids and flavonoids. These may be able to function as antioxidants with potential protective effects against diet-related diseases.



Consume different types of vegetables:

Types of vegetables	Examples	Types of vegetables	Examples
Cruciferous	cabbage, cauliflower	Beans	lady's fingers, long beans
Green leafy	spinach, sawi	Flowers	asparagus
Fruits	tomato, brinjal	Sprouting	taugeh, pea sprout
Leafy ulam	ulam raja, pegaga	Starchy	potato, pumpkin

Eat more fruits & vegetables all day

To incorporate more fruits and vegetables into your diet, here are some tips you can practise:

Choose different types of fruits and vegetables for every meal

Choose fruits as your healthy snack

Add extra vegetables to rice, soup, sandwich, omelette and other dishes

Shop together with your child to expose them to different types of fruits and vegetables

To achieve 3 + 2

Breakfast



Add salad & tomato in your sandwich
(1 serving of vegetable)

Lunch



½ cup of cooked spinach + 1 slice of papaya (1 serving of vegetable & 1 serving of fruit)

Dinner



½ cup of cooked mixed vegetables
(1 serving of vegetable)

Snack



½ of medium sized guava
(1 serving of fruit)

Combine animal and plant protein foods in daily diet

When we think of protein foods, what usually come to mind are chicken, egg, fish, and meat. Many of us primarily consume animal protein foods daily. But, have you ever heard of plant protein? Some may not be aware that foods like tempeh, tofu, beans, legumes are also rich in protein—they're plant-based protein sources! Did you know that combining animal and plant protein foods gives a more nutritious diet?

Why is protein important for your body?

Protein is needed in the forming of new cells and repairing of old cells in our body. It is involved in the growth and maintenance of the human body. It is also important in the formation of enzymes and hormones.

Recommendations of daily protein intake

According to the Malaysian Dietary Guidelines 2020:



Fish:
1 serving



Poultry/meat/eggs:
1-2 servings



Legumes:
1 serving

Know your sources of protein

Animal Protein

Fish and shellfish

- Good sources of protein, contain less saturated fat than meat and poultry
- **Fish:** salmon & herring - high in omega-3-fatty acid
- **Shellfish:** crabs, lobster, oysters, shrimps - low in saturated fat & low in calories



Meat and poultry

- Complete protein, containing all essential amino acids
- e.g. chicken or turkey breast, beef or pork tenderloin



Eggs

- Complete protein, containing all essential amino acids
- **Egg yolk:** a rich source of many vitamins and minerals



Plant Protein

Legumes

- Low in fat (e.g. soya beans, red beans, chickpeas, green beans), high in dietary fibre, free from saturated fats & no cholesterol
- Contain phytonutrients



Nuts

- Contain unsaturated fatty acids & phytonutrients
- e.g. walnuts, pine nuts, almonds

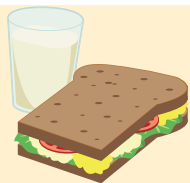


Soya bean foods

- Rich in protein, dietary fibre, unsaturated fat, vitamins & minerals
- e.g. tofu, soya bean milk, soya bean curd, tempeh



Ideas to combine animal and plant proteins into your meal



Breakfast

Soya bean milk with wholegrain egg sandwich



Lunch

Add chickpeas to beef stew



Dinner

Stir-fry shrimp with tofu

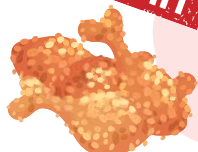
Tips to cooking and consuming protein foods

The ways you cook and consume protein foods are very important in order for your body to get all the essential nutrients needed and avoiding any excessive intake:



Use healthier cooking methods such as steaming, stewing, braising, boiling, poaching, microwaving, grilling, roasting and air frying

Limit deep-frying methods as deep-frying adds fat and calories to these dishes



Limit breading and battering as these will cause the food to soak up more oil during frying, therefore, adding more fat and calories

Choose lean cuts of meat and poultry to minimise the intake of saturated fat



Choose skinless chicken parts before cooking



Limit the intake of organ meats such as liver and kidney



Consume nuts in small amounts (on a weekly basis) because they are high in calories

Try this recipe with both plant-based and animal proteins!

Braised beancurd



Ingredients

350 g (2 pcs) soft beancurd, cut into 12 pieces (square)
 100 g prawn, remove shell
 60 g (3 tbsp) canned peas
 50 g (1/2) carrot, cut into small pieces
 10 g (2 pips) garlic
 10 g (1 tbsp) vegetable oil
 2 g pepper
 5 g (2 tsp) cornflour, mixed with 4 tbsp water
 salt to taste
 500 ml (2 cups) water

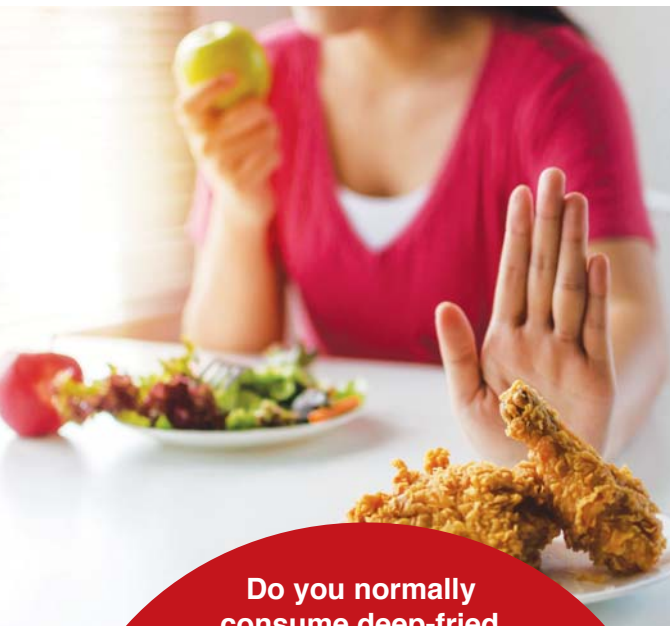
Garnishing

Coriander leaves and spring onion

Method

1. Heat oil and fry garlic until golden brown.
2. Add in prawns and stir-fry for a while.
3. Add in water, carrot and allow to simmer until half cooked.
4. Add in peas, beancurd, salt and cornflour mixture. Stir.
5. To serve, sprinkle pepper and garnish with spring onion and coriander leaves.

Consume foods prepared with less sugar, oil and salt



Do you normally consume deep-fried foods and sugary drinks and salty snacks in between meals? Be aware of hidden sugar, oil and salt in these foods!

Excessive intake of fats and oils, sugar and salt can result in higher risk of chronic diseases such as obesity, hypertension, diabetes, cardiovascular diseases and cancers.

Sugar

Contrary to popular belief, sugar does not cause diabetes. It is excessive intake of sugar that can result in high calorie intake that may lead to weight gain when coupled with sedentary lifestyle. Over a period of time, this may lead to overweight and obesity and will in turn increase the risk of getting NCDs such as diabetes, heart disease and cancer.

Examples of high-sugar foods and drinks & tips to reduce sugar



≈ 27 g / 5 teaspoons of sugar

Always choose plain water

Teh tarik (250 ml)



≈ 25 g / 5 teaspoons of sugar

Limit sweet local kueh that are high in sugar

Bingka ubi kayu (96 g)



≈ 19 g / 4 teaspoons of sugar

Replace sugary desserts with fresh fruits

Chocolate cake (130 g)



≈ 40-100 g / 8-20 teaspoons of sugar

Opt for lower sugar varieties

Sugar-sweetened packaged drinks

Recommendation

Less than 10 teaspoons daily. Taking one glass of *teh tarik* and one piece of *bingka ubi kayu* or chocolate cake would have already reached the recommended amount.

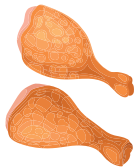
Note: Be mindful that carbohydrates also break down into sugar in the body. Excessive consumption of starchy foods can also lead to unnecessary calorie intake. Hence, consume these in moderation by practising the Malaysian Healthy Plate: only a quarter of your plate should contain carbohydrate foods.

Oils and fats

Oils and fats contribute two times more calories than carbohydrate and protein.

Hence, excessive intake can result in unintended weight gain, which can lead to NCDs such as heart disease.

Examples of high-fat foods & tips to reduce oil/fat



Fried chicken
(2 pieces - 187 g)

≈ 30 g / 8
teaspoons
of fat

Modify
cooking
method
to reduce
excessive
use of oil.
Try grilling
or use an
air-fryer



Rojak mamak/
Pasembor
(1 plate - 330 g)

≈ 51 g / 13
teaspoons
of fat

Reduce
deep-fried
and batter-
fried foods



Satay (10 sticks
+ sauce)

≈ 38 g / 10
teaspoons
of fat

Trim all visible
fats of meat
and remove
chicken
skin from
poultry before
cooking



Curry noodles
(1 bowl - 410 g)

≈ 37 g / 9
teaspoons
of fat

Consume
less gravy as
this is high
in oil

Recommendation

Not more than ~15 teaspoons

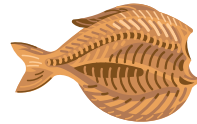
daily. Having a bowl of curry noodles for lunch and 10 sticks of satay with sauce for dinner would have already exceeded the recommended intake of oil/fat for that day!

Salt



High salt intake can lead to hypertension and may cause stroke or heart disease.

Examples of high-salt foods & tips to reduce salt



Dry salted fish
(100 g)

≈ 1.5 g / ⅓
teaspoons
of salt

Choose
foods with
lower salt
or sodium
content



Instant noodles
(1 pack)

≈ 3.5 g / ¾
teaspoons
of salt

Do not use
the whole
packet of
seasoning



Soya/fish sauce
(1 tablespoon)

≈ 1.5 g / ⅓
teaspoons
of salt

Limit the
amount
of salt,
sauces and
seasonings
in cooking



Soya sauce fried
noodles - "mee
kicap" (1 plate)

≈ 2.5 g / ½
teaspoons
of salt

Opt for
dishes with
lower salt and
sauces when
eating out

Recommendation

Reduce salt consumption to less than 5 g or 1 teaspoon per day.

Consuming a plate of "mee kicap" would have reached half of the salt recommended intake. Try to reduce foods prepared with sauces and opt for those prepared with spices & natural flavours.

Make smart food purchases

Do you plan your purchases for your regular grocery shopping? What are the main things that you look out for during such shopping trips?

It's important to pay attention to the quality of your fresh supplies and choice of packaged food products. Shop wisely to ensure we make nutritious and well-informed choices.



How to make smart food purchases for fresh food

Fruits and vegetables

- Don't buy fruits and vegetables that are bruised or damaged
- Go for variety of fruits and vegetables (bear in mind the perishability of the fruits and vegetables)



Meat, poultry and seafood

- Pay attention to the texture, colour and smell
- Choose locally produced meat, poultry and seafood
- Buy leaner or skinless cut of meat and poultry

Read the labels!

1 Nutrition Information Panel (NIP)

Check the NIP for nutritional content

- Look for the amount of energy, carbohydrate, total sugars, protein, fat and sodium. The law requires these to be declared on the label of packaged foods and beverages.
- You may also find content of other nutrients such as vitamins, minerals, dietary fibre, and cholesterol.
- Make choices based on the content of several nutrients.

Nutrition Information

Serving Size: 30g
Serving per package: 10

Nutrients	Per 100g	Per serving
Energy (kcal)	380	115
Carbohydrate (g)	78.7	23.8
Protein (g)	7.8	2.4
	3.8	1.2
Dietary fibre (g)	4.1	1.2
Vitamin C (mg)	70.0	21.2
Vitamin B1 (mg)	1.68	0.5
Vitamin B2 (mg)	1.6	0.5
Folic acid (ug)	200	60
Calcium (mg)	720	218
	14.0	4.2

INGREDIENTS:

Maize (24.4%), rice flour (21.4%), whole grain wheat (21.4%), whole grain oat flour (8.8%), whole grain barley (4.3%), sugar, wheat starch, glucose syrup, raising agent, brown sugar, palm oil, iodized salt, vitamin C, vitamin B1, vitamin B2, folic acid, calcium carbonate, iron & permitted colouring.

May contain traces of nuts, milk and egg.

USE BY AUG 2025
SG RING CEREAL

1 Nutrition Information
Serving Size: 30g
Serving per package: 10

2 Crispy & tasty
SG RING CEREAL
— BEST CHOICE FOR BREAKFAST —
NET WEIGHT : 300g

3 **INGREDIENTS:** Maize (24.4%), rice flour (21.4%), whole grain wheat (21.4%), whole grain oat flour (8.8%), whole grain barley (4.3%), sugar, wheat starch, glucose syrup, raising agent, brown sugar, palm oil, iodized salt, vitamin C, vitamin B1, vitamin B2, folic acid, calcium carbonate, iron & permitted colouring.
May contain traces of nuts, milk and egg.

4 Beta-glucan helps Reduce Blood Cholesterol
High in Dietary fibre

5 **5.8%** **5.8%**

How to make smart food purchases for pre-packaged foods



Foods in cans and packages

- Avoid cans that are rusty or dented and packages with torn labels



Pouch bags/sachets/refill packs

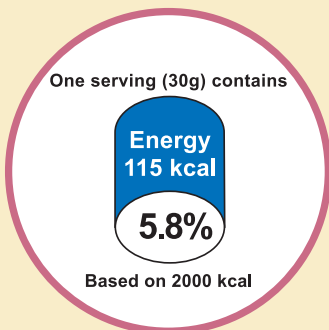
- Ensure there are no tears or holes
- Don't buy bags that are opened
- Make sure the product has not passed its expiry date



2 Front-of-Pack labelling for energy

Use the energy icon as a quick guide of a product's calorie/energy content. It indicates:

- Amount of energy you get from one serving of the packaged food
- % of energy it contributes to the average daily energy requirement of an adult



3 Ingredient list

Use the ingredient list to understand ingredients used in the product.

- The ingredients are listed in order of weight, from the most to the least
- Pay particular attention to the first three ingredients listed

(mg)	720	4.2
(mg)	14.0	

INGREDIENTS:
Maize (24.4%), rice flour (21.4%), whole grain wheat (21.4%), whole grain oat flour (8.8%), whole grain barley (4.3%), sugar, wheat starch, glucose syrup, raising agent, brown sugar, palm oil, iodized salt, vitamin C, vitamin B1, vitamin B2, folic acid, calcium carbonate, iron & permitted colouring.

May contain traces of nuts, milk and egg.

4 Nutrition claims

Interpret nutrition claims wisely to help you choose healthier options.

- Nutrient content claim



- Nutrient function claim



Do 30 minutes of exercise most days of the week



When was the last time you went for a brisk walk or played a sport like badminton with your friends or family? Over the weekend, do you prefer to stay at home or go out for some exercise or outdoor activity? Did you know that **in Malaysia, 1 in 4 adults are physically inactive?**

Exercise is important for the health and well-being of people of all ages. It has long been recognised as an important factor in enhancing health and reducing the risk of various chronic diseases.



Reduce risk of cognitive decline



Reduce risk of NCDs



Support bone health



Improve sleep quality



Feel more energised



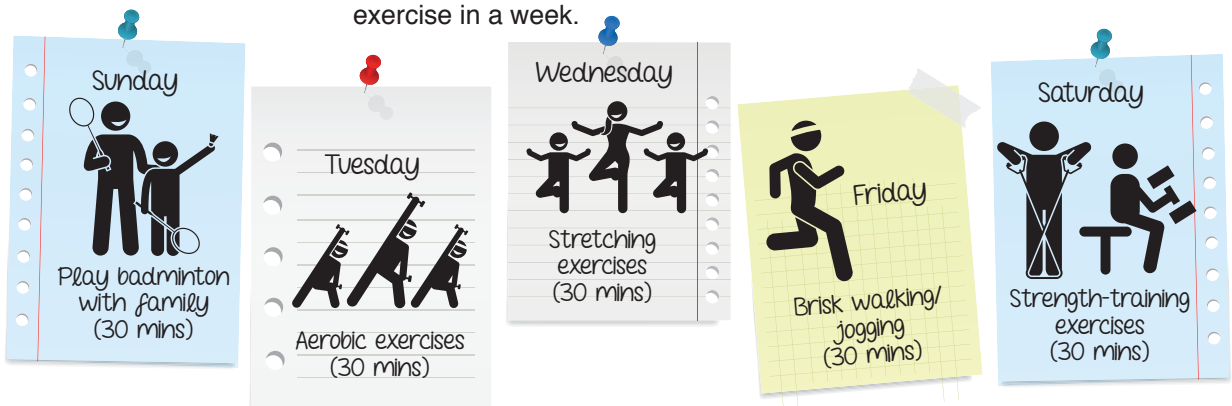
Help boost mood

Some tips to help you get started

- ✓ Choose activities that are suitable and enjoyable for you
- ✓ Choose to meet friends over exercise sessions instead of *makan* sessions
- ✓ Get an exercise companion so that you are less likely to skip out – two of you can motivate each other
- ✓ Set goals to keep you going when you feel demotivated

Begin with achievable short-term goals for a beginner and gradually increase the intensity & duration.

Examples of how you can achieve the recommended 150 minutes of exercise in a week.



Note: Particularly for the elderly or individuals who have been inactive for an extended period, we urge extra caution to prevent injury and ensure a safe and enjoyable exercise.

The Physical Activity Pyramid

The Physical Activity Pyramid is a simple and useful guide on the types and frequency of exercises you should aim in a week.



Different types of exercise produce different benefits to the body:

Endurance Exercises
improve cardiovascular fitness

Strength-Training Exercises
build muscle mass, strength & improve muscle function such as balance & posture

Balance Exercises
help to prevent falls and enhance balance

Flexibility Exercises
prevent injury to joint tissues

All types of exercise burn calories.

These much calories are burned when you exercise for a duration of 30 minutes:



Skipping:
239 kcal



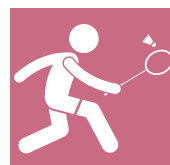
Light weightlifting:
95 kcal



Running:
209 kcal



Swimming:
209 kcal



Badminton:
120 kcal



Cycling:
119 kcal

Note: Calories calculated based on 30 minutes, ~60 kg body weight

Eat Well, Live Well.

Aji
AJINOMOTO.

Scan here for
less sodium recipe



Smart Salt

KURANGKAN GARAM, GUNA UMAMI

By replacing a portion of salt with **AJI-NO-MOTO®**, we can reduce the sodium level by up to 40% and able to enhance the deliciousness of the dish through Umami flavor.

Lesser salt, but same
GREAT TASTE with **UMAMI**

REPLACE

1 tsp of salt



WITH

1/2 tsp of salt



+
1/2 tsp of MSG



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smartcooking.com.my



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Mainly BCAA

- BOOST energy and improve your endurance!
- IMPROVE your muscle endurance
- HELP with muscle soreness recovery



No. 1 brand in Japan!

3,000 mg of amino acids, mainly Branched Chain Amino Acids (BCAAs)

Apple Jelly Flavoured drink with amino acids

112 Kcal only

Drink it 30 mins before, during and after the sport activity

No.1 Brand in Japan*

APPLE JELLY FLAVOURED DRINK WITH AMINO ACIDS

Aj AJINOMOTO

amino VITAL アミノバイタル

Amino acids 3000 mg

mainly BCAA of 20 human body essential amino acids

* 2017 Food & Beverage Survey, 2017, 2018, 2019, 2020, 2021

BERAT/BERSIH/NET WEIGHT: 1000

No mixing required. Just twist open and drink up!

Suitable for:



Running



Cycling



Swimming



Golfing

Facebook: amino VITAL Malaysia
Instagram: myaminovital

Available on



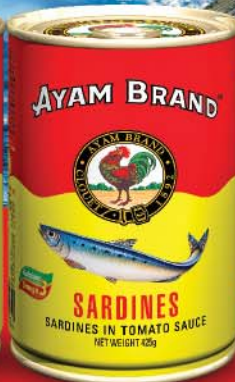
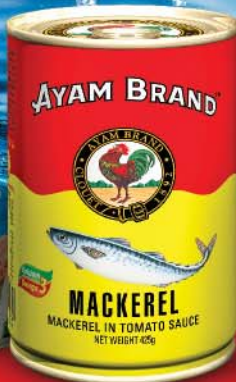


7x
MORE
OMEGA 3*

Freshly
canned

Omega 3

For your
Loved ones



ayambrandmy ayambrand.com.my

NO PRESERVATIVES

Comparing Ayam Brand Sardines in Tomato Sauce against home-cooked sardine fishes.
Reference: Muhammad Ezzudin et al. (2021)

Complete Your Healthy Diet with Malaysian Palm Oil

carotenoids

phytosterols

vitamin E
tocotrienols

squalene

coQ10



Malaysian
Healthy Plate



Scan for More Information
on the MPOC Website

Did you know?

Most of the cooking oils in the Malaysian market are palm oil or blended oils that contain palm oil. This is because palm oil is stable at high cooking temperatures due to its unique fat composition, making it superior for cooking.

Red palm oil is packed with powerful antioxidants, such as vitamin E tocotrienols, provitamin A carotenoids, and many others. Including 2 teaspoons (10mL) of red palm oil in your daily cooking routines, such as using it as salad dressing or for stir-frying at lower temperatures, provides sufficient provitamin A carotenoids for our bodies to meet the daily vitamin A requirement!



JOM QUAKER *fit* HELPS MANAGE WEIGHT*

WITH PROPER DIET AND HEALTHY LIFESTYLE WITH

**7x
MORE
FIBRE**



**SEE RESULTS IN AS
EARLY AS 30 DAYS!***

*WITH BETA GLUCAN INTAKE OF 3-6G/DAY, WITH LOW FAT & HIGH FIBRE DIET AND EXERCISE. RESULTS MAY VARY.

*USDA Food Composition Database per 100g reference amount between Quick Oats 08402 and White Rice 20444.

Want to know what's in Yakult?

**BOOK A SESSION
NOW!**



Scan Here

History of Yakult

Sejarah Yakult
Yakult 的历史

85 Years



Yakult

Yakult



Achievements of NMM

Aimed to promote greater awareness of healthy eating and active living among Malaysians, it is a strategic partnership between three professional bodies, namely, Nutrition Society of Malaysia (NSM), Malaysian Dietitians' Association (MDA), Malaysian Society of Body Composition (MSBC). Corporate company support and partnership from 2008 enabled more educational materials and activities and greater outreach to the community.

Family Carnivals

- Organised 16 major fun-filled carnivals



School & Kindergarten Roadshows

- Visited 160 primary schools and provided healthy eating and active living messages
- Visited 175 kindergartens and conducted interactive nutrition activities



Educational Materials for School Children & Preschoolers

- Published comic book and activity book for primary school children
- Published DVD and worksheets for preschoolers



Educational Press Articles

- Published over 120 articles in English, Bahasa Malaysia & Chinese newspapers



Publications for Public

- Published 16 practical nutrition guidebooks, 5 recipe books and 1 mini-booklet



Mass Media Promotions

- Disseminated messages through radio, television & website



Visit our website to obtain more information on educational materials from the Nutrition Month Malaysia programme. We also welcome feedback/queries. To reach us, please contact:

Chairman, Nutrition Month Malaysia
 Email: president@nutriweb.org.my
 Website: www.nutritionmonthmalaysia.org.my

OR
 VersaComm Sdn Bhd,
 Nutrition Month Malaysia Secretariat
 Tel: (03) 5632 3301/5637 3526