

Your Only Choice:

# Eat Healthy Be Active



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# Acknowledgement

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Nutrition Society of Malaysia



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# Eat Healthy and Be Active – Your Only Choice to Prevent NCDs!



**Dr Tee E Siong**

Chairman of Nutrition Month Malaysia  
Steering Committee  
President of the Nutrition Society of  
Malaysia

“ Remember, the choice is in your hands. Only you can make a difference to your health! ”

Nowadays, it is common to hear that someone we know is suffering from heart diseases, obesity, diabetes or cancers.

The prevalence of these diseases, also known as non-communicable diseases (NCDs) has been increasing rapidly in the country. It is even more worrying to note that younger Malaysians are being affected! The main causes are unhealthy lifestyle practices, especially unhealthy diet and lack of physical activity. These practices, led by an increasing number of the population, lead to high prevalence of overweight and obesity, high blood cholesterol, high blood glucose, and high blood pressure. These are the main risk factors of NCDs, diseases that bring about much sufferings and financial burden to the patients and their families.

We need to understand that the only way to reduce our risk of getting NCDs is to embrace the habit of eating healthy and being active every day. We have no choice but to act now; change our habits today and make healthy lifestyle our new way of life!

Therefore, the Nutrition Month Malaysia 2018 programme is proud to present 'Your Only Choice: Eat Healthy & Be Active', the Infographic Kit Volume III. We include simple and useful tips to help you eat healthy and stay active! There are also checklists to guide you and your family members (including children) in moving towards a better and healthier lifestyle. You only need to make small changes to bring about huge benefits to your life.

4 The Ugly Truth About the Health of Malaysians

6 Basics of Healthy Diet – Balance, Moderation & Variety

8 Stay Active Everyday!

10 Eat Your Fruits and Veggies for Health

12 Be Informed, Make Wise Food Choices

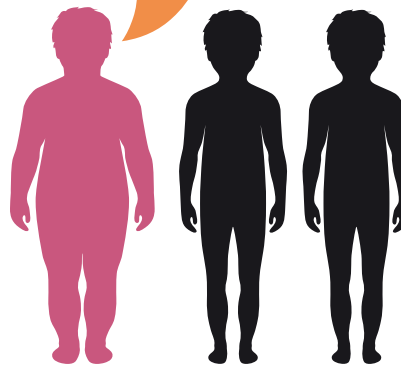
14 Healthy Lifestyle Tips to Reduce Risks of NCDs

# The Ugly Truth About the Health of Malaysians

Non-communicable diseases (NCDs) (especially cardiovascular disease, diabetes and cancers) have become the main causes of death. Risk factors of NCDs have been rising steadily in the past two decades and have reached alarming levels among adults and children.

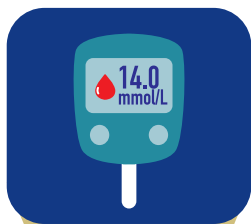


Overweight and obese children suffer health consequences and cognitive impairment and are at greater risk of becoming obese adults



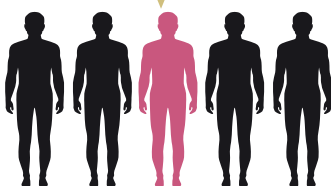
**About 1 in 3  
school children is overweight + obese**

**Overweight and obese adults are at increased risk of NCDs**



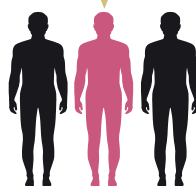
High Blood Glucose

**1 in 5  
adults**



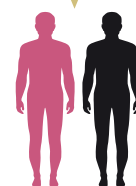
Hypertension

**1 in 3  
adults**



High Blood Cholesterol

**1 in 2  
adults**



Malaysians must take immediate steps to prevent NCDs and their risk factors. The only way to do this is to adopt a healthy lifestyle:  
**Practise Healthy Eating And Active Living Everyday.**

# How Healthy is Your Diet?

## QUIZ

Healthy eating practices prevent NCDs. But do you know if you are eating right? Take this short test to see whether you are eating healthily or if you need to improve your eating habits.



### 1 Which one of the following would you prefer for breakfast?

- a) A bowl of oatmeal or cereal and milk with fresh or dried fruits
- b) Kuih-muih and coffee or tea
- c) Crackers and a glass of milk



### 2 How often do you consume wholegrain products (e.g. brown rice, wholegrain bread, or oat)?

- a) Every day
- b) 3-4 times a week
- c) Once a month/ close to never



### 3 How often do you eat fried foods?

- a) Every day
- b) 3-4 times a week
- c) Once a month/ close to never



### 4 How many servings of vegetables do you usually eat in a day (1 serving = ½ cup of cooked or 1 cup of raw leafy vegetables)?

- a) 0 serving
- b) 1-2 servings
- c) 3 servings



### 5 Which one of the following would you grab in between meals?

- a) Egg sandwich
- b) Cookies
- c) Any chips or crisps



## What is your score?

#### 0 – 3 Points

**Excellent!** Based on your answers, you appear to be selecting the right balance of foods for a healthy diet. Keep up the good work!

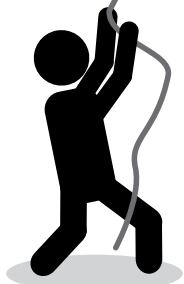
#### 4 – 7 Points

**You're almost there!** Your diet can still be improved. Making small changes now can help improve your health in the long term.

#### 8 – 10 Points

Make some healthy changes now to reduce the risks of NCDs.

Check your points here  
 1. a) 0 point, b) 2 points, c) 1 point  
 2. a) 0 point, b) 1 point, c) 2 points  
 3. a) 2 points, b) 1 point, c) 0 point  
 4. a) 2 points, b) 1 point, c) 0 point  
 5. a) 0 point, b) 2 points, c) 2 points



# Basics of Healthy Diet - Balance, Moderation & Variety

A healthy diet simply means a balanced, moderate and varied diet that includes a variety of foods from all food groups, which are consumed in appropriate amounts. It is the key to providing essential nutrients for our body's needs and in reducing the risk of nutrition-related diseases. It's simple! Use the Malaysian Food Pyramid and Healthy Plate as your everyday guide.



## 1 Use Malaysian Food Pyramid to Guide Daily Intake

It helps you to **achieve balance and enjoy variety by choosing healthier foods from all food groups in moderate amounts.**

### Eat less fat, sugar, salt and oil

- Reduce your intake of foods that are high in sugar, salt and fat



### Eat moderate amounts of fish, legumes, meat, poultry, egg, as well as milk & milk products

- Eat fish more often, if possible daily
- Eat more legumes e.g. beans, lentils, tempeh
- Consume milk daily, preferably plain/unflavoured

### Eat plenty of vegetables and fruits

- Include more colours and variety by choosing different vegetables and fruits for each meal

### Eat adequate amount of grains and grain products. Choose variety.

- Consume more whole grain daily, e.g. brown rice, wholemeal bread & noodles, oat

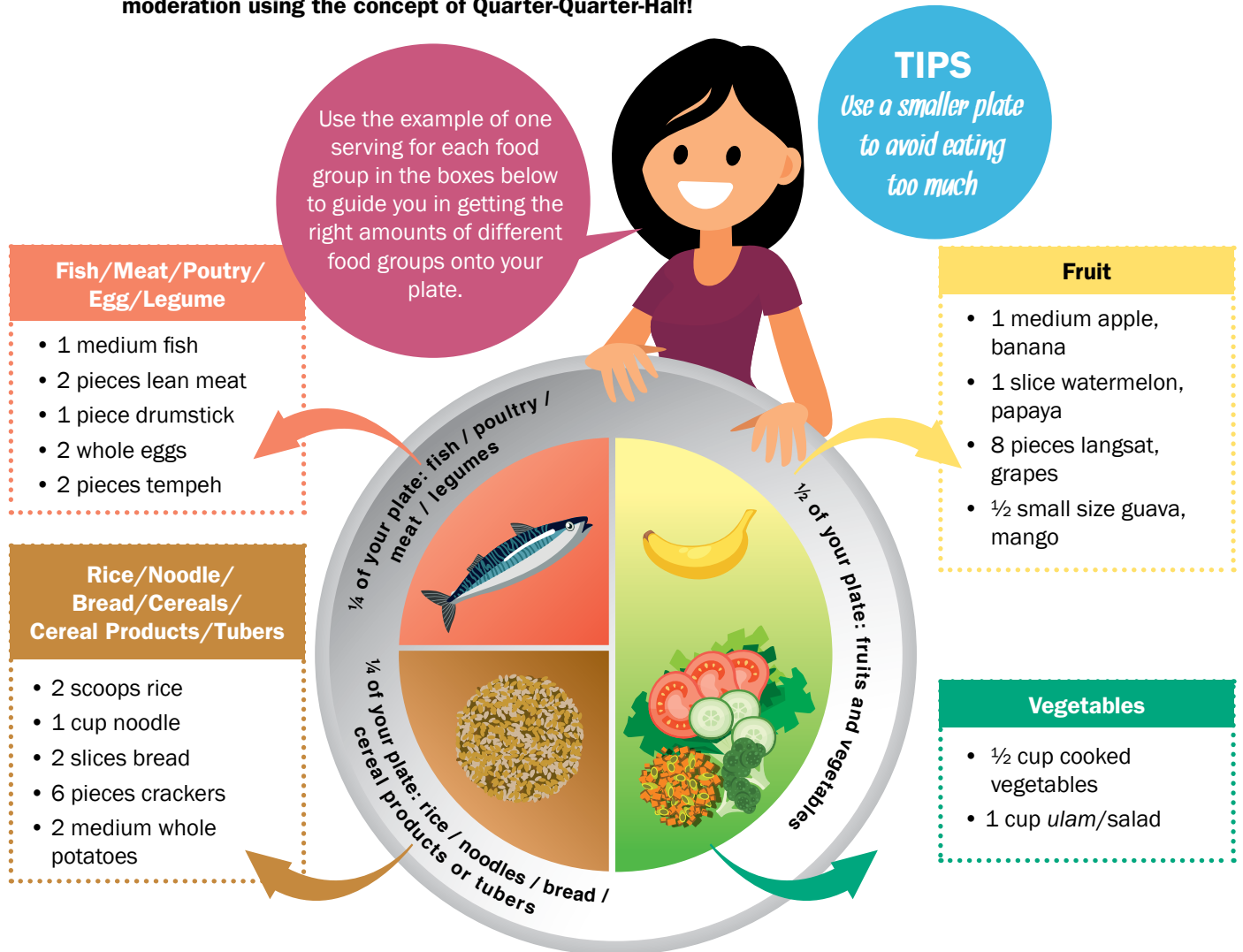
Tips to include all food groups in your meals every day.

FOOD GROUP	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
	✓		✓	✓	✓
		✓	✓		
	✓		✓		✓
	✓			✓	

Note: Don't forget to eat a variety of foods by choosing different kinds of foods within each group.

## 2 Use Malaysian Healthy Plate to Guide Single Meal Intake

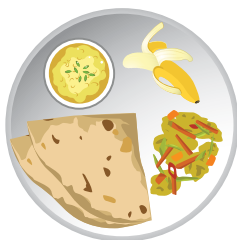
It helps to estimate an appropriate portion from each food group for one meal. **Achieve balance and moderation using the concept of Quarter-Quarter-Half!**



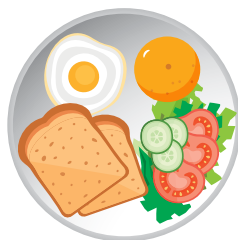
### 5 examples of meals using healthy plate method



Nasi lemak



Chapati & dhal



Bread with egg & salad



White rice with grilled fish & vegetables



Mee hoon soup



### Healthy Diet Checklist

- I include all food groups in my daily diet
- I include more whole grains and wholegrain products daily
- I fill half of my plate with vegetables and fruits for breakfast, lunch and dinner/whenever possible
- I choose fish or legumes as protein sources every day
- I choose foods prepared with less salt, sugar and fat
- I drink eight glasses of plain water daily

# Stay Active Everyday!

A daily routine of physical activity together with a healthy diet can bring about many health benefits. It also helps you to look and feel your best!

*When was the last time you put on your sports shoes and walked?*



## Start Today - here is why!



### Short Term Benefits



Improves concentration



Relieves stress and feels better



Increases energy level

### Long Term Benefits



Reduces risk of developing hypertension, heart disease, type 2 diabetes, cancer, osteoporosis, weight gain



Improves cognitive function



Prevents weak bones and muscle loss which benefits you as you get older






Promotes better quality of life

## Aim for FITT

Regardless of your age, it is never too late to start with small amounts of physical activity as part of your daily routine. If you are inactive previously, choose a level of activity that is comfortable and safe for you.

Remember that to get the full benefits of physical activities, what matters are your **Frequency, Intensity, Type** of activity you choose, and the **Time** spent doing these activities. See table below:

F FREQUENCY	I INTENSITY	T TYPE	T TIME
Everyday	<b>Light-intensity</b> Get moving and be physically active	E.g. walking, light housework, gardening, taking the stairs	 <b>Children 60 minutes</b> of moderate intensity physical activity daily
5 – 6x per week	<b>Moderate-intensity</b> You can still talk and walk without panting	E.g. brisk walking, swimming, cycling, dancing, hiking, playing badminton	<b>Adult 30 minutes</b> of moderate intensity physical activities on at least five to six days a week, preferably daily 
3x per week	<b>High-intensity</b> You have to pause for a breath to say more than a few words	E.g. fast cycling, walking briskly up a hill, playing basketball	<b>Elderly 30 minutes</b> of moderate intensity physical activities on at least five to six days a week, preferably daily 
2 – 3x per week	<b>Light-intensity</b> Activities that increase strength, flexibility and endurance	E.g. weight lifting using dumb bells, stretching exercises, tai chi, yoga, push ups, distance cycling	<ul style="list-style-type: none"> <li>Perform all physical activities in bouts of at least <b>10 minutes</b> duration</li> </ul>



# Get the Whole Family Moving



## Keep active indoor



## Make Physical Activities Part of Your Daily Life

### Children

- Play interactive and dance video games
- Play at the park with friends
- Take up a sport in school



### Adults

- Go hiking with friends
- Go for a bowling game
- Walk the dog



### Elderly

- Join a group exercise like tai chi
- Play games with grandchildren
- Gardening



## Easy Steps to Get More Steps Checklist

It is possible to achieve the recommended 10,000 steps per day, making small changes in daily activities will bring you closer to the target.

### Small changes in activities

- I take the stairs instead of using the lift
- I take a brisk walk
- I take an extra lap at the shopping mall
- I go for a walk after dinner

### Step Count Estimates

445 steps about 5 minutes (26 stairs per minute)

500-600 steps (for 5 minutes)

500-600 steps (about 5 minutes)

1500 steps (about 15 minutes)

# Eat Your Fruits and Veggies for Health



Fruits and vegetables provide us with disease-fighting phytonutrients, dietary fibre, vitamins and minerals essential for our bodies to function normally. Do your health a favour by eating more fruits and vegetables every day.

## Eat at least 5-A-Day, go for: 3 servings of vegetables + 2 servings of fruits

Each of these counts as 1 serving of fruits and vegetables:

### Fruits



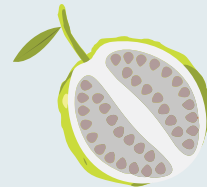
1 medium apple



1 medium banana



1 medium orange

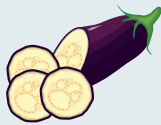


½ guava



1 slice of papaya

### Vegetables



½ cup cooked brinjal



3 tablespoons of peas



½ cup cooked carrot



½ cup of cooked leafy vegetables



1 cup raw vegetables

## Go for 5 colours

Each colour carries unique disease-fighting chemicals called phytonutrients. Hence, focus on getting a little of each colour in your diet every day to maximise the nutritional benefits.



Here is an example of what 5-A-Day looks like as part of a healthy diet!

### Breakfast

- 1 slice of papaya counts as 1



### Lunch

- 1 cup of cooked vegetables counts as 2



### Afternoon Snack

- 1 banana counts as 1



### Dinner

- 1 cup of raw vegetables counts as 1



## Fresh

- Add fresh fruits e.g. apple/strawberry chunks to your yoghurt
- Add sliced bananas with peanut butter on bread for breakfast or snack
- Make healthy homemade chips using carrots, or sweet potato



- Add extra vegetables to sandwiches

# Simple ways to include fruits and vegetables in daily meals

In order to achieve your 5-a-day, it is recommended to fill half of your plate with fruits and vegetables during meals. Follow the tips below to help you achieve your 5-a-day goal.

## Canned

- Add canned mushrooms to soups
- Add canned peas to egg omelette
- Make a quick salad with canned corn, chick peas and beans
- Drain the syrup in canned fruits and use the fruits to make fruit salad



## Frozen

- Blend frozen fruits into smoothie
- Toss frozen veggies in fried-rice for a quick and easy dish for busy days



## Juice

- Make your own combo vegetable juice
- Use fruit juices to make popsicles



## Dried

- Add dried fruits e.g. raisins to salad or breakfast cereal
- Try unsalted dried vegetable chips as snack



## Root-to-stem cooking

- Sauté broccoli stalks and floret
- Use celery stalks in stir-fry and leaves in soups
- Use pumpkin flesh for muffin or stew



## TIPS



## Getting kids to eat fruits and veggies!

- Lead by example and eat a variety of fruits and vegetables yourself
- Shop and cook together, let them pick their fruits and vegetables to try each week
- Offer fruits and vegetables in a variety of forms, textures, colours and shapes
- Serve fruits and vegetables at every meal
- Sneak fruits and vegetables into their favourite food
- Do not show frustration if kids refuse to eat
- Do not force them to finish it

## Consuming more Fruits and Vegetables Checklist

- I choose at least one type of vegetable for each meal
- I eat different types of vegetables of different colours for each meal
- I go for fruits as snack
- I choose vegetables cooked with healthier cooking method
- I fill half of my plate with fruits and vegetables

# Be Informed, Make Wise Food Choices



You can choose processed or packaged foods wisely by making use of the nutrition information on food labels. Use the following five nutrition information on the food labels when you go for grocery shopping!

## 1 Check **Nutrition Information Panel (NIP)** for nutritional content

- For most products, look for the amount of energy, carbohydrate, protein and fat. For ready-to-drink beverages, also look for the amount of sugar. The law requires these information to be declared on the label!
- You may also find content of other nutrients such as vitamins, minerals, dietary fibre, cholesterol and sodium
- Make food choices based on the content of several nutrients

Nutrition Information		
Serving Size: 30 g		
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
Fat (g)	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)	200.0	60.6
Calcium (mg)	720	218
Iron (mg)	14.0	4.2

## 2 Interpret **nutrition claims** wisely

### **Nutrient Content Claim**

This claim describes the level of a nutrient in a food product. Use this claim:

- If you are looking for a product that is “low in” or “free of” certain nutrients (e.g. sugar, salt/sodium, fat)
- When identifying a product that is a “source of” or “high in” certain nutrients (e.g. protein, fibre, vitamins, minerals)



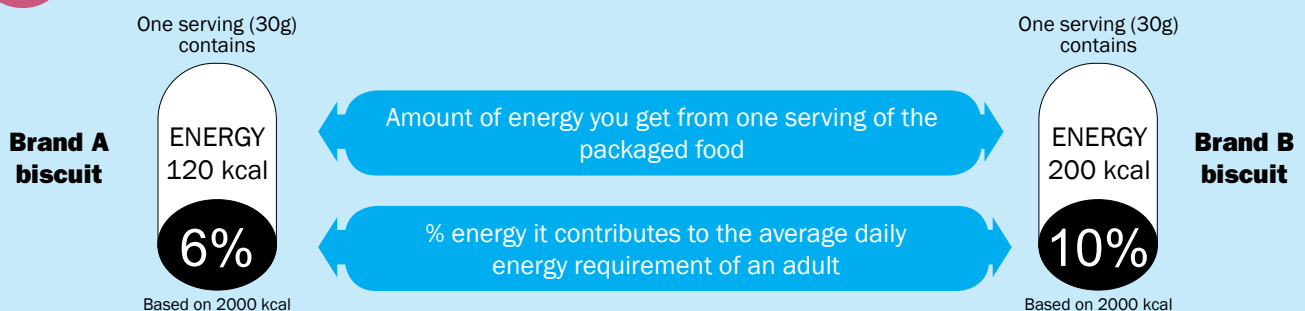
### **Nutrient Function Claim**

- Provides you with more information about the function of the nutrient in the human body
- Food law does not permit a food product to claim that it can cure, treat or prevent you from diseases



Do not choose products based on the nutrient content or nutrient function claims alone; instead, use these claims together with NIP in guiding food choices.

## 3 Use **energy icon** as quick guide of a product's calorie/energy content



Examples show that energy per serving is lower in Brand A biscuit (120 kcal) than Brand B (200 kcal). If you are concerned about excessive energy intake, Brand A would be a better choice.

4

## Look for **Healthier Choice Logo (HCL)** to identify healthier products in the same category



- It is a logo awarded to foods and beverages that meet certain nutrient criteria set by the Ministry of Health and is deemed “healthier” within that category
- For example, within the biscuit category, a product with HCL means that it has met the criteria
- Do not choose products just based on the HCL logo; also use the NIP to determine the content of all nutrients in the product

5

## Use **ingredient list** to understand ingredients used in the product

### BREAKFAST CEREAL A

**Ingredients:** Whole Grain Wheat, Corn Bran, Modified Wheat Starch, Colour (caramel colour and annatto extract), Salt, Sugar, Baking Soda, Natural Flavour. Contains permitted colourings.

**Vitamins and Minerals:** Calcium Carbonate, Zinc, Iron, Vitamin C, and B Vitamins.

Contains wheat ingredients.

### BREAKFAST CEREAL B

**Ingredients:** Whole Grain Wheat, Sugar, Corn Bran, Modified Wheat Starch, Brown Sugar Syrup. Colour (Caramel Colour and Annatto Extract), Salt, Baking Soda, Natural Flavour. Contains permitted colourings.

**Vitamins and Minerals:** Calcium Carbonate, Zinc, Iron, Vitamin C, Niacinamide, Vitamin B6, Riboflavin, Vitamin B1, Folic Acid, Vitamin B12, and Vitamin D3.

Contains wheat ingredients.

- Ingredients are listed according to the amount used in the product, from the most to the least. In the two breakfast cereals, whole grain wheat, first on the list, is the main ingredient.
- In cereal B, since sugar is listed as the second ingredient, this product is expected to contain more sugar than cereal A. Furthermore, product B also contains another form of sugar, brown sugar syrup.
- The list is also useful to help identify ingredients that you are allergic to e.g. wheat.

## Be Informed, Make Wise Food Choices Checklist



I read food labels whenever I buy a new food product, especially nutrition information panel and ingredient list; and, if available, nutrition claims and energy icon

I use the NIP to understand the nutrients contained in a product

I read the ingredient list to understand the ingredients contained in the product

I look for the energy icon to find out the calorie content of the product

# 12 Healthy Lifestyle Tips to Reduce Risks of NCDs

1



Practise eating a balanced, moderate and varied diet. Use My Healthy Plate and food pyramid as healthy eating guides.

7

Nutrition Information		
Serving Size: 30 g		
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
Fat (g)	3.8	1.2
Dietary fibre (g)	4.1	1.2
Vitamin C (mg)	39.0	11.7
Vitamin B1 (mg)	1.69	0.51
Vitamin B2 (mg)	1.8	0.55
Folic acid (µg)	200.0	60.0
Calcium (mg)	720	216
Iron (mg)	14.0	4.2

Make effective use of nutrition information on food labels.

8



Be active every day; aim for at least 30 minutes of physical activity every day.

2



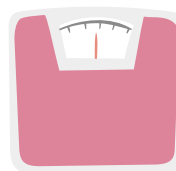
Eat more wholegrain products; aim for half serving of wholegrain products each meal.

3



Consume plenty of fruits and vegetables every day.

9



Maintain healthy body weight.

4



Choose foods low in salt, sugar and fat.

10



Manage stress and get sufficient rest daily.

5



Drink at least 8 glasses of plain water daily.

11



Quit smoking.

6



Consume at least 2 servings of milk and milk products every day.

12

Go for annual health screening.





# A Nation-Wide Community Nutrition Promotion Programme Since 2002

## 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 Association for the Study of Obesity (MASO)** and supported by **Ministry of Health Malaysia**. Corporate company support and partnership from 2008 enabled more educational materials and activities and greater outreach to the community.

### Family Carnivals

- Organised 10 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 102 articles in English, Bahasa Malaysia & Chinese newspapers



### Publications for Public

- Published 10 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:

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