



eat
SMART

get
FIT & feel
GREAT



An Infographic Kit

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**Nutrition Month Malaysia
National Steering
Committee 2016**



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The Road to Healthy Life

Non-Communicable Diseases (NCDs) such as type 2 diabetes, obesity, heart disease and cancer have become the major causes of disability and death in this country. You must certainly know someone around you who has one or more of these diseases. Poor lifestyle habits, especially unhealthy diet and lack of physical activity are to blame for these deadly diseases. Take action today to adopt a healthy eating pattern and be physically active to prevent these diseases.

Don't know how to begin? Good news. The Nutrition Month Malaysia is proud to present the Eat Smart, Get Fit & Feel Great: An Infographic Kit. This handy booklet will help to guide you towards adopting healthy diet and active lifestyle. The following key messages will surely help to put you and your family on the road to a healthy life for the prevention of NCDs.

Dr Tee E Siong

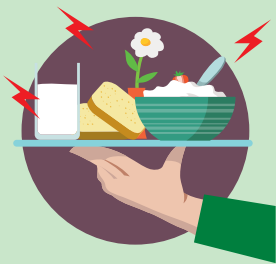
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Energise Yo with

Mom was Right: Breakfast is Good for You



Refuels an overnight fast

Breakfast provides your body with energy and nutrients to start the day.



Improves memory and concentration level

A nutritious breakfast restores blood glucose level, the essential nutrient for the brain to function, and allows you to focus and think better.

Helps to maintain a healthy body weight

A healthy breakfast keeps you full, makes you crave less for snacks and avoid overeating.



Provides energy to keep you going

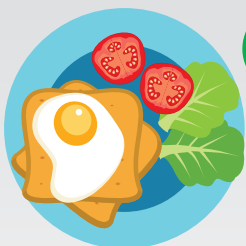
A balanced and nutritious breakfast provides the energy and nutrients that keep you energised throughout the day.



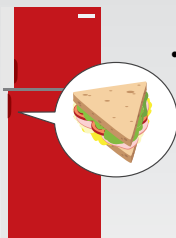
Promotes long term health

Eating healthy breakfast helps to reduce risk to obesity, high blood pressure, heart disease and diabetes.

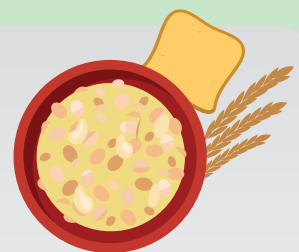
Power Tips to Start Your Day



- Must make time for breakfast.



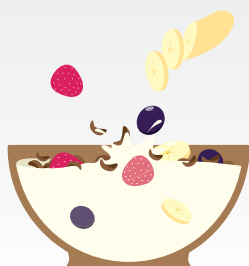
- Prepare meals in advance using simple ingredients that can be refrigerated and reheated the next morning if necessary. You can even bring the food with you to work.



- Eat starchy foods such as wholemeal bread or breakfast cereals for a yummy and healthy start.

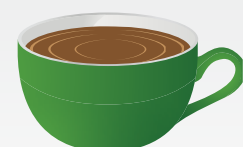


- Like cereals? Then go for whole grains that is lower in sugar.



- Breakfast is a good time to boost fruits intake. Try chopped fresh fruits on cereals rather than sugar to add sweetness.

For something different, try a fresh fruit smoothie – blended with milk or yoghurt.



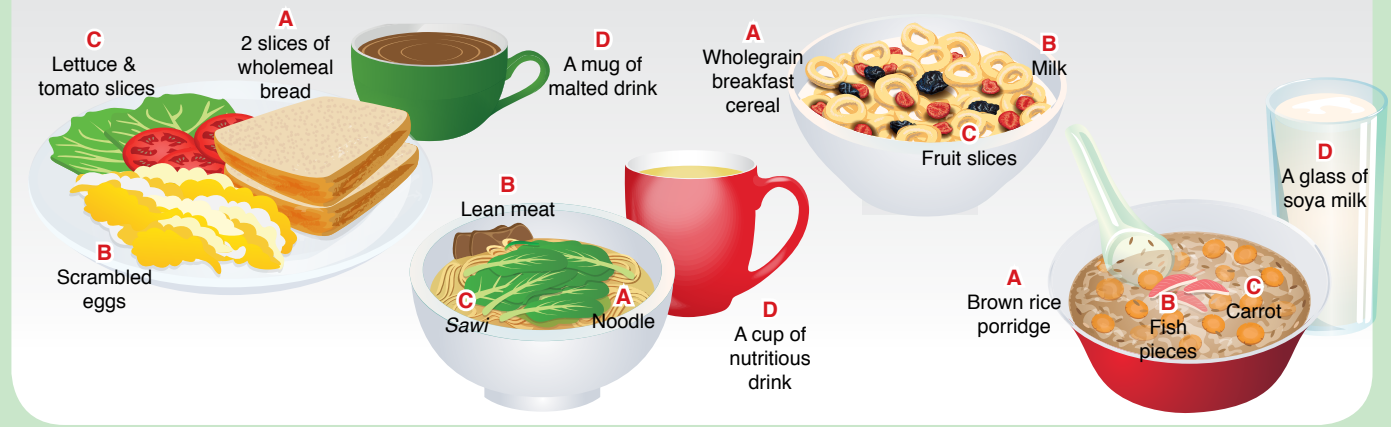
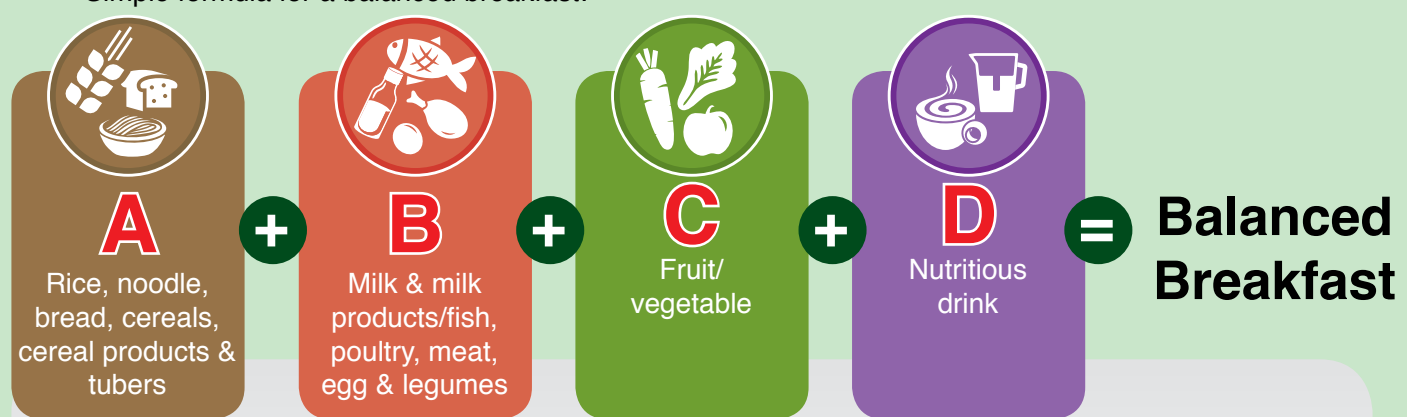
- Don't forget to include a nutritious beverage to start your day.

UR Day Breakfast



Power Breakfast Combo

Simple formula for a balanced breakfast:



MALAYSIAN DIETARY GUIDELINES

CHOOSE HIGH FIBRE BREAKFAST CEREALS SUCH AS OATS





Recharge with Healthy Lunch & Dinner

Eat On Time & Avoid Skipping Any Meal

Be Balanced & Encourage Variety

Include all food groups for a balanced meal

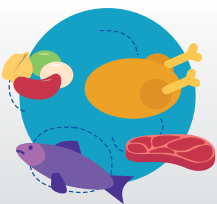


Cereals, cereal products (e.g. rice, noodle, bread) & tubers:

- Go for wholegrain cereal products as much as possible.
- If you have difficulty accepting totally whole grain, you can mix white rice with brown rice for a start.

Vegetables & fruits:

- Choose a different vegetable and fruit for each meal.
- Go fresh.
- Eat colourful varieties.



Fish, poultry, meat, egg & legumes:

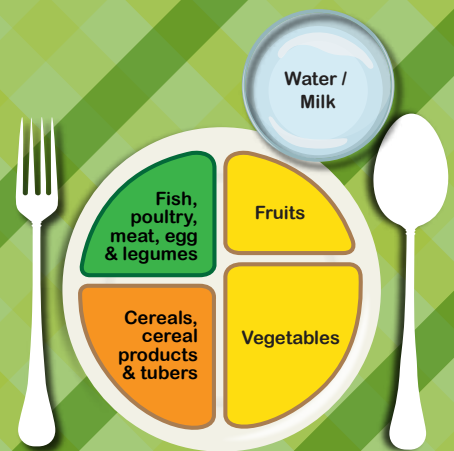
- Choose fish more frequently, if possible daily.
- Choose lean meat and poultry.
- Eat more legumes such as tempeh, beans, lentils.

Milk & milk products:

- Flavoured milk should be consumed less often as they generally contain more sugar.



Use the plate below as a guide to achieve a balanced meal.



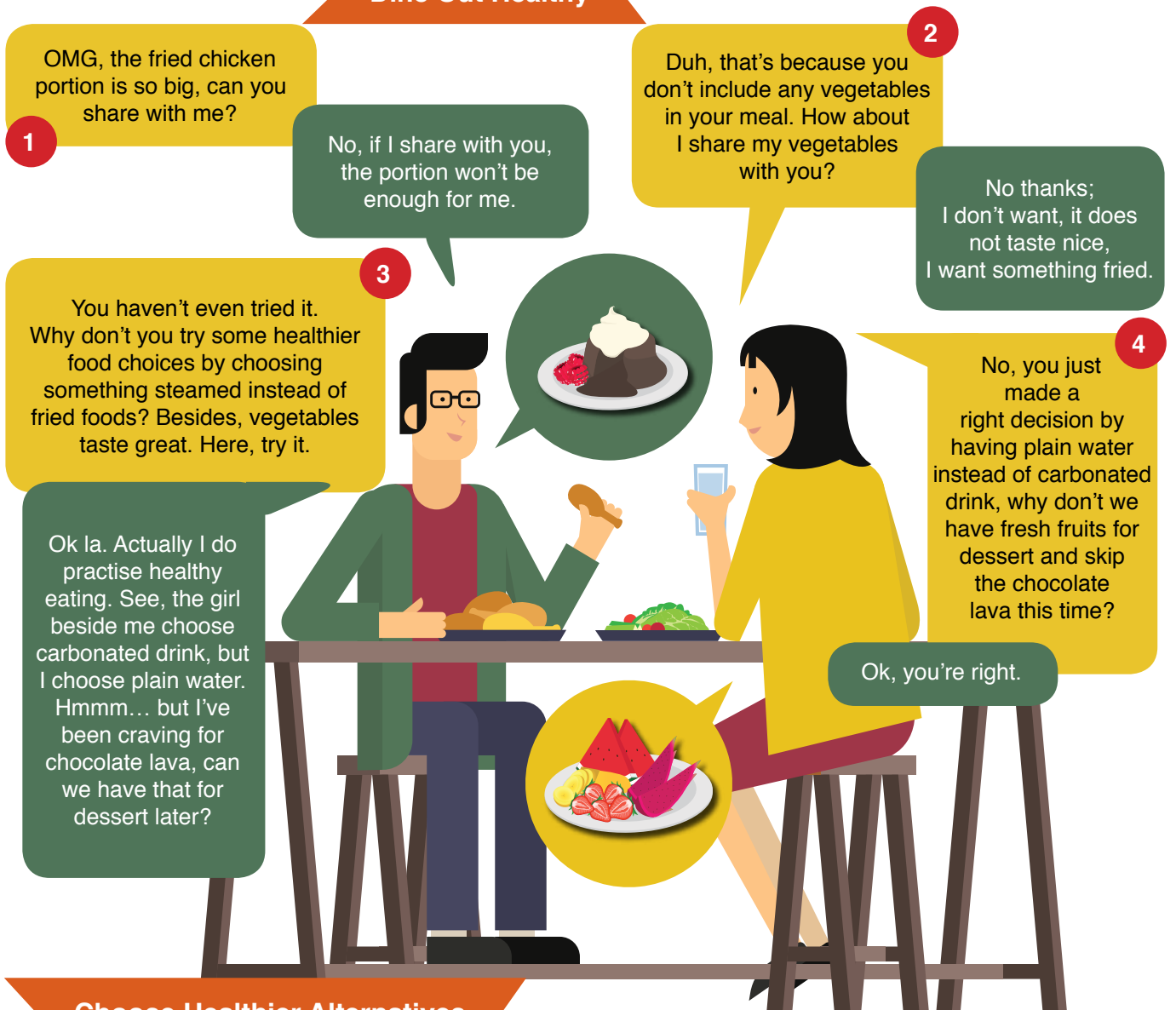
- A) Half of the plate for vegetables & fruits.
- B) ¼ of the plate for cereals, cereal products & tubers.
- C) ¼ of the plate for fish, poultry, meat, egg or legumes; go lean.
- D) Choose plain water or milk. Say no to sugary drinks.

Drink at least 8 glasses of plain water daily.

Tips

All foods may be eaten but be mindful of the amount and frequency of consuming each food.

Dine Out Healthy



Choose Healthier Alternatives

Choose more often:



Kueh-teow, soup
1 bowl (360g),
260kcal



Mee, soup
1 bowl (300g),
204kcal



Assam Laksa
1 bowl (680g),
470kcal



Teh O
1 mug (250ml),
60kcal



Plain water
1 glass (250ml),
0kcal

Choose less often:



Kueh-teow, fried
1 plate (380g),
670kcal



Mee, fried
1 plate (300g),
519kcal



Curry mee
1 bowl (520g),
670kcal



Teh tarik
1 mug (250ml),
140kcal



Carbonated drink
1 can (325ml),
137kcal

Go Light When You Grab A Bite



Snacks can be Part of Healthy Eating if We Eat Them Right

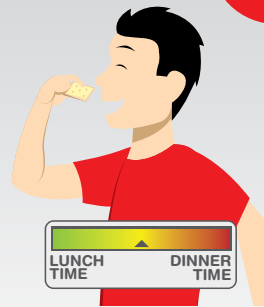
Healthy snacks can :



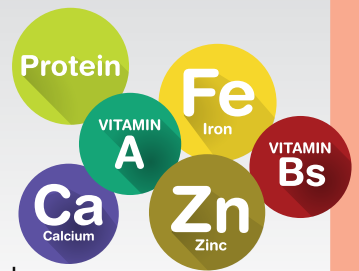
- Provide the essential fuel for growing kids.



- Provide energy for busy adults with hectic schedules.

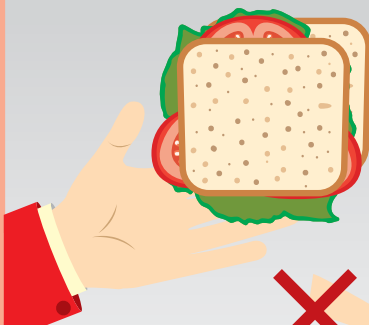


- Help to curb hunger pangs between meals and discourages overeating at the next meal.



- Provide important nutrients.

Quick Guide to Practise Healthy Snacking



- Keep healthy snacks on hand – easier for you to make smart snack choices.



- Look for good snacks with these attributes: great taste, low in sugar, salt, calories, and fat, high in protein.

- Avoid munching from a large bag or box, portion out to prevent overeating.



- Serve snacks in smaller bowl.



- Skip the empty calorie snacks such as sugary drinks and beverages.

Something sweet



Think fresh fruits! They are cheap, naturally sweet treats for you, and filled with healthy doses of vitamins, minerals, dietary fibre and phytonutrients.

Snacks of about 100kcal:
8 pieces of grapes – 60kcal
1 medium apple – 60kcal

Something fresh

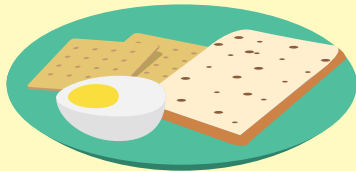


Vegetables are great as they are rich in nutrients (vitamins, minerals, dietary fibre and phytonutrients) and low in calorie.

Snacks of about 100kcal:
1 cup of carrot – 15kcal
1 cup of cucumber – 30kcal

Healthy Snack Ideas

Something savoury



Go for healthy grains such as wholemeal pita, wholemeal bread, wholemeal crackers, air pop popcorn. Try to select mostly whole grains, which provide more dietary fibre, vitamin and minerals.

Snacks of about 100kcal:
1 piece of wholemeal bread – 73kcal
3 pieces of wholemeal crackers – 102kcal
1 hard-boiled egg – 75kcal

Something crunchy



Nuts, seeds and beans such as boiled chickpeas, edamame, roasted cashew nuts, almonds, and pumpkin seeds are healthy crunchy snacks to munch on. They contain heart-healthy unsaturated fat, protein, dietary fibre and plant sterol.

Snacks of about 100kcal:
About 2 tablespoons of peanuts – 100kcal
About 13 cashews – 100kcal



Cut back on unhealthy snacks

- Chips, candy, cookies, and sugary drinks are not good snack choices.
- Reduce intake of deep fried snacks and kuih-muih that are high in sugar, fat and santan.

EAT NON-LEAFY VEGETABLES SUCH AS CAPSICUM,
PERIA & PETOLA SEVERAL TIMES A WEEK



Healthy Cooking Healthy Bites

Healthy Cooking Methods

Not all dishes need to be prepared using fats and oil. Let's explore several healthier cooking methods to help you cook healthily!



Boiling

- Cooking in boiling water, no oil is needed and top layer of fat can be removed easily using a spatula/spoon.
- **Good for:** *almost all kinds of food*



Stir-frying/ Sauteing

- Cooks small pieces of food quickly with continual stirring. Little oil is used, retains flavour and nutrients.
- **Good for:** *small pieces of meat and vegetables*

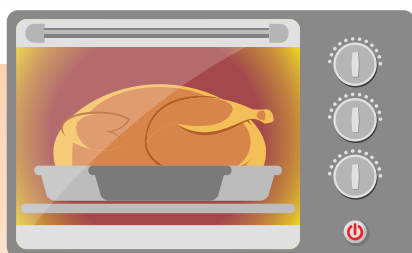
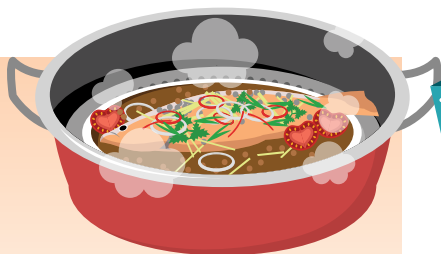


Grilling

- Applying dry heat to the food to cook the food quickly. Food is lightly oiled to prevent sticking on grills. Retains flavour.
- **Good for:** *meat, poultry, fish, and vegetables*

Steaming

- Cooking using steam produced by boiling water. No oil is needed. Food texture, colour, taste and nutrients are retained.
- **Good for:** poultry, meat, seafood, vegetables

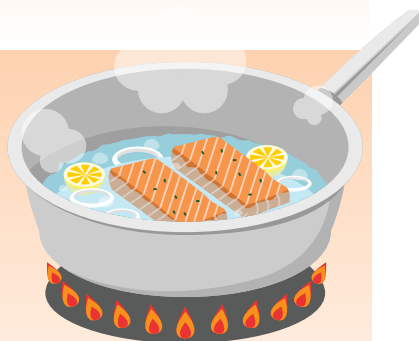


Roasting/Baking

- The term roasting is used for meat, while baking is for cake. Uses indirect, diffused heat (as in an oven) to cook. Food becomes crispy and fragrant without using oil.
- **Good for:** poultry, lean meat, seafood, root and bulb vegetables

Poaching

- Cook by gently simmering food in a liquid (e.g. milk, stock or water) until tender. Only little oil or no oil is required.
- **Good for:** fish, egg



Stewing/braising

- Foods cooked slowly using heat from an oven or stovetop with a little water or broth.
- **Good for:** tough cuts of meat

Modifying Recipes: Tips on Healthy Substitutes

Sugar

Can be reduced by $\frac{1}{2}$ the amount without affecting texture or taste in most baked goods.



Sour cream/cheese/mayonnaise

Use low fat or light varieties in dips, spreads, salad dressings and toppings. Take note that fat-free, low-fat and light varieties may not work well for baking.



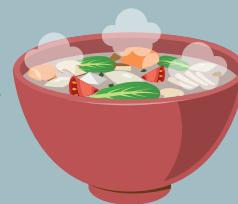
Coconut milk

Use yoghurt or low fat milk instead of coconut milk in cooking to reduce the calories and saturated fat. It tastes just as great by adding some spices and herbs.



Soups

Add more vegetables and beans for flavours. You can also add oats to thicken your soups.



White flour

Replace $\frac{1}{2}$ or more of white flour with wholemeal flour.



Salt

Use herbs (1 tablespoon fresh = 1 teaspoon dried = $\frac{1}{4}$ teaspoon powder) instead. Add the herbs towards the end of cooking; add more if you want a stronger flavour.



Go Whole Grains

Whole grains became part of our diet over 10,000 years ago when man first discovered agriculture.

What is Whole Grain?

Whole grains are the entire grain that contains all the three natural parts – the fibre-rich bran, the nutrient-packed germ and the starchy endosperm. They are more nutritious because they contain more dietary fibre and several other nutrients and phytonutrients.

Bran contains:

dietary fibre, B vitamins, iron, zinc, and other minerals

Endosperm contains:

mainly carbohydrates, some proteins, small amounts of vitamins and minerals, and phytonutrients

Germ contains:

B vitamins, vitamin E, unsaturated fatty acids and phytonutrients

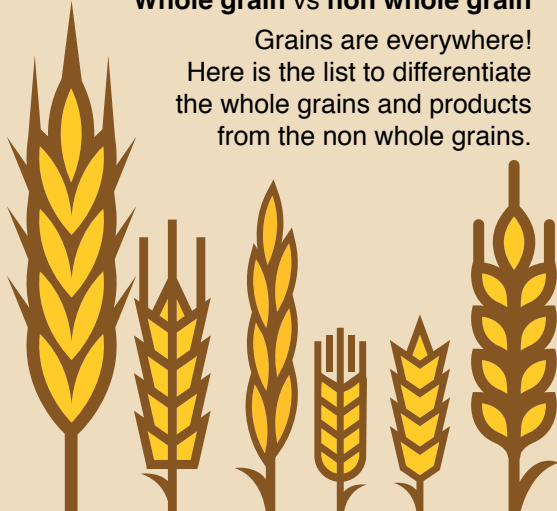
Refined Grains

When grains are refined to make white products, such as white rice, white bread, refined flour, the bran and germ are removed, leaving only the endosperm. Thus, they don't contain as much nutrients as whole grains.



Whole grain vs non whole grain

Grains are everywhere! Here is the list to differentiate the whole grains and products from the non whole grains.



Whole grains & products

Wholegrain cereals
Brown rice
Whole wheat
Whole oats
Corn
Rye
Buckwheat
Hulled barley
Wholemeal bread
Popcorn
Wholemeal cracker
Millet
Sorghum

Non whole grains & products

Bran
Pearled barley
White rice
Brown bread
Wheat bran/germ
Chickpeas
Multi-grain bread
Sunflower seed
Soya bean products
Foods made with enriched flour

How to Look for Wholegrain Products?

1 Product name

- Look for words like 'whole grain', 'wholemeal' or 'whole' that comes before the grain's name.
- Words like 'multi-grain', 'enriched', '7 grains' do not necessarily mean the product contains whole grains.

2 Ingredient list

- On the ingredients list, look for the term 'whole grain' or a specific whole grain (such as whole oats) listed as an ingredient.
- Whole grain ingredient(s) should ideally be listed as the first or second item in the list.
- Some wholegrain products are not necessarily made up of 100% whole grain. The percentage of whole grains may be stated on the food label. Opt for those with higher percentage of whole grains.

INGREDIENTS:

Wholemeal Flour, Wheat Flour, Non-hydrogenated Vegetable Oil (Palm), Sugar, Malt Extract, Salt, Vitamins & Minerals (A,B1,



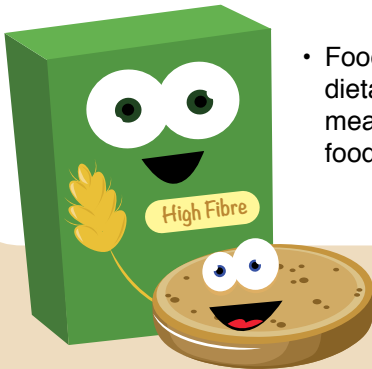
Whole grain logo

- Some products have a logo that indicates that they are wholegrain foods.

3



These aren't Wholegrain Products



- Food products that are high in dietary fibre do not necessarily mean that they are wholegrain foods.

- Foods with brown or dark colours do not necessarily mean that these foods are made with whole grains.

READ FOOD LABELS FOR WHOLE GRAIN CONTENT



INGREDIENTS:
~~WHOLE GRAIN WHEAT FLOUR,~~
~~WATER, SUGAR, WHEAT GLUTEN,~~
 SOYBEAN OIL, NATURAL FLAVOR,
 SEA SALT, YEAST, CULTURED
 WHEAT FLOUR, MOLASSES, SOY
 LECTHIN, RAISIN JUICE, VINEGAR,
 ASCORBIC ACID; TOPPED WITH
 WHEAT BRAN.



Whole Grains Are Wholesome



Bowel health

Whole grains are an important source of dietary fibre, which is beneficial for regulating bowel movement and preventing constipation.



Heart disease and cancers

Whole grains have valuable antioxidants, phytonutrients, vitamin E, trace minerals and dietary fibre that help to reduce the risk of heart disease and cancers.



Weight maintenance

Adding whole grains into diet helps to maintain healthier body weight.



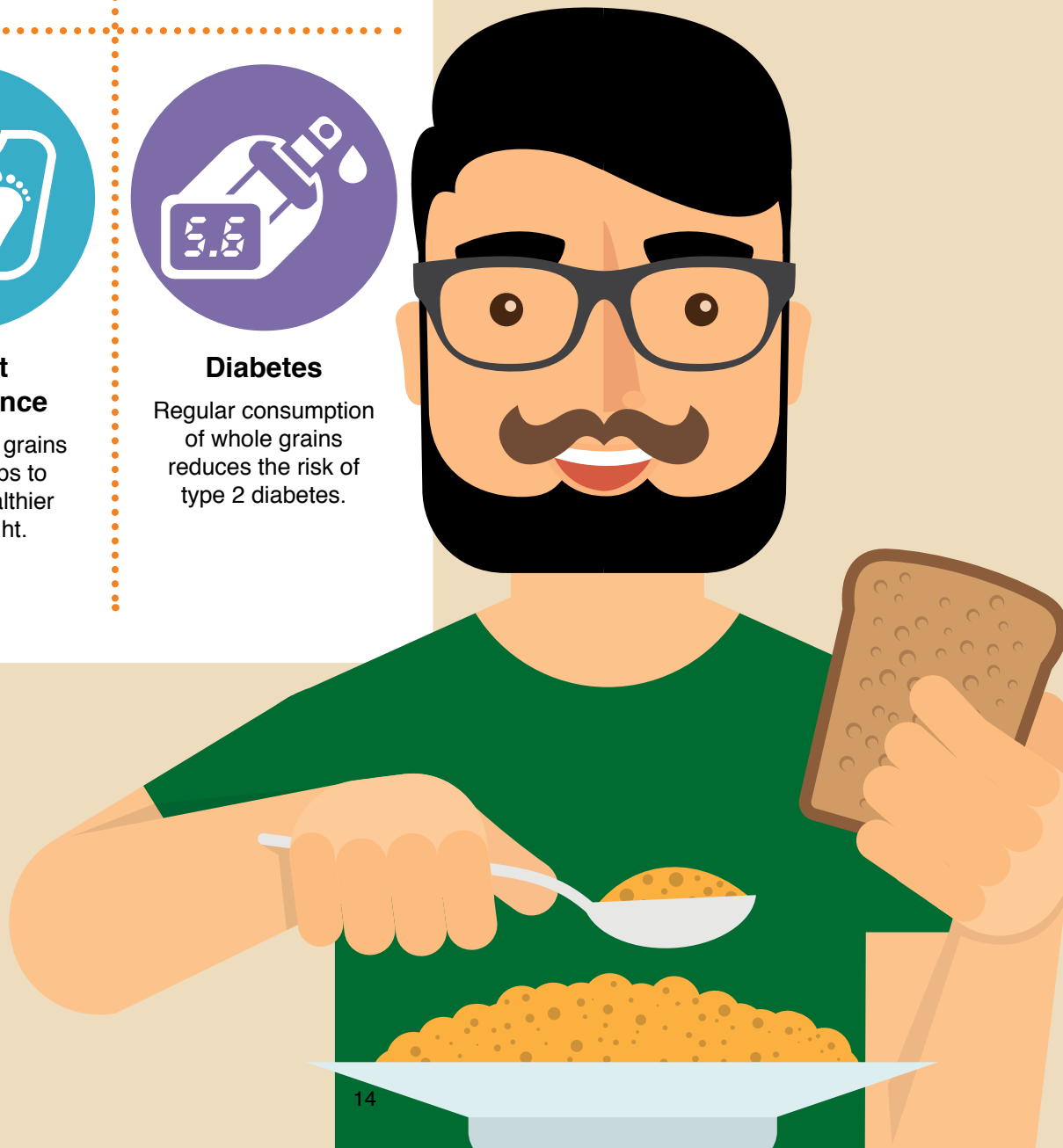
Diabetes

Regular consumption of whole grains reduces the risk of type 2 diabetes.



Make Half of Your Grains Whole

In Malaysia, consumption of whole grains amongst children and adolescents is extremely low. It is recommended that half of our grains intake should be whole grains. For an adult who requires four servings of grains per day, this means eating at least two servings of whole grains.

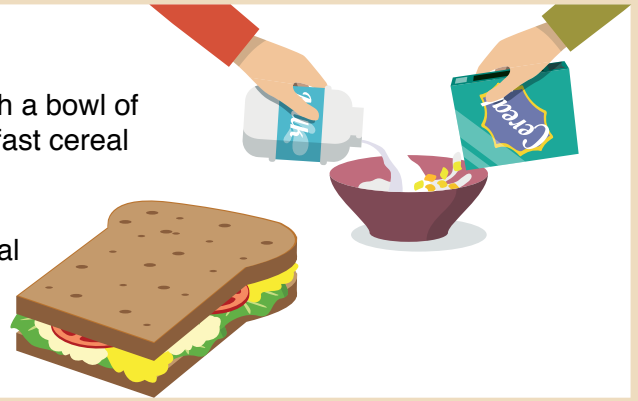


How to fit two servings into your daily diet?



Breakfast

- Start your day with a bowl of wholegrain breakfast cereal or oats with milk.
- Choose wholemeal bread for sandwiches.



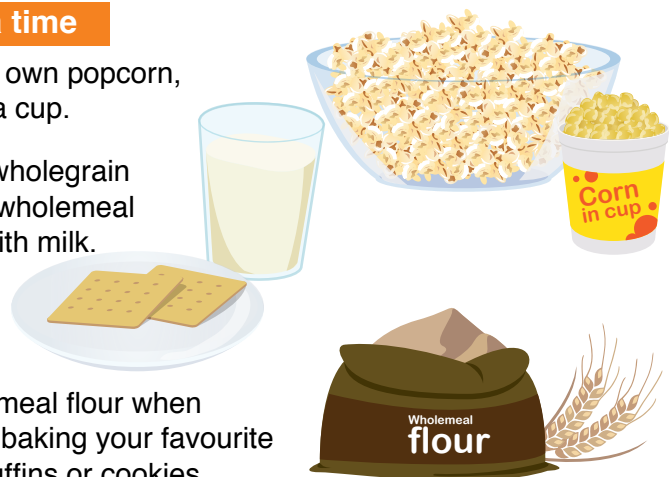
Lunch & Dinner

- Mix brown rice with white rice.
- Choose wholemeal pasta, mee hoon or noodles.



Snack/ Tea time

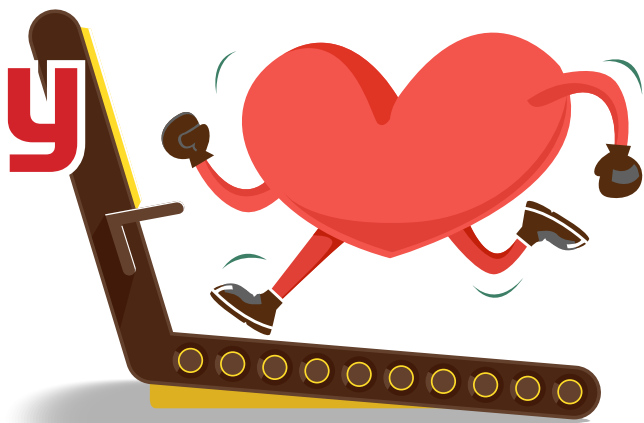
- Make your own popcorn, or corn in a cup.
- Snack on wholegrain cereals or wholemeal crackers with milk.
- Use wholemeal flour when cooking or baking your favourite breads, muffins or cookies.



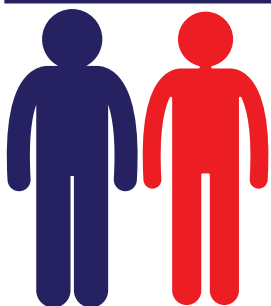
CHOOSE HIGH FIBRE BISCUITS THAT ARE LOW IN FAT, SUGAR & SALT



Reduce Cholesterol for a Healthy Heart

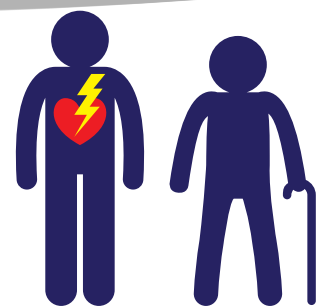


High Blood Cholesterol Among Malaysians



1 in 2 Malaysian adults have high blood total cholesterol level

Malaysians get heart attack 10 years younger compared to 30 years ago



Cholesterol Myths & Facts

1 Cholesterol only comes from foods we eat

Not true. Cholesterol comes from two sources. While food is one of them, cholesterol is also produced by our liver for various important body functions such as building cell membranes, production of hormones and absorption of fat from food.

2 We should not eat foods containing bad cholesterol

This is an incorrect statement. Animal-based foods do contain cholesterol, but there is no good or bad cholesterol in food. Good (HDL) and bad (LDL) cholesterol are only found in blood. With good dietary practices and an active lifestyle, a person can raise his HDL cholesterol level in the blood.

3 Kids can't have high blood cholesterol

No. Research has shown that kids as young as eight years of age can have high blood cholesterol.



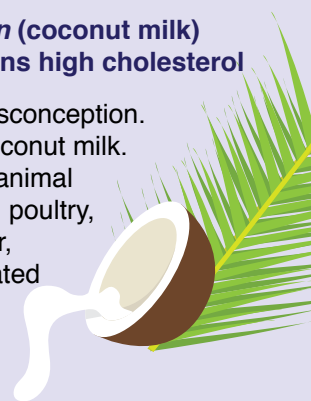
4 Only obese people have high blood cholesterol

Not true. Even thin people can have high blood cholesterol.



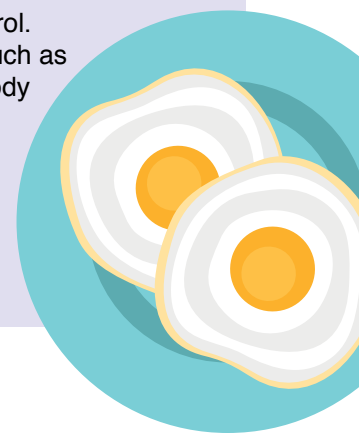
5 Santan (coconut milk) contains high cholesterol

A popular misconception. There is no cholesterol in coconut milk. Cholesterol is only found in animal products such as egg, meat, poultry, and dairy products. However, coconut milk contains saturated fat that can raise blood cholesterol level.



6 It is not encouraged to eat eggs because they are high in cholesterol

Not true. Eggs do contain cholesterol. However, cholesterol from foods such as eggs is poorly absorbed into the body and thus contributes to a small rise in blood cholesterol. Therefore, we can continue to eat eggs and give them to our children as they are nutritious.



When Should I Be Alerted? What's Considered Healthy?



Excessive cholesterol in the blood should be avoided as this can lead to artery blockage and heart disease.



Watch out if your blood cholesterol level is not within the normal range. Aim to achieve the following target values:

- Total cholesterol <5.2mmol/L
- HDL (good) cholesterol >1.6mmol/L
- LDL (bad) cholesterol < 2.6mmol/L

What Can I Do to Achieve Normal Blood Cholesterol Level?

Changes in lifestyle habits can help to achieve healthy blood cholesterol levels.



Eat a healthy balanced diet.

Eat more fruits and vegetables, whole grains, fish. Eat less saturated fat (e.g. coconut oil, coconut milk, fatty part of meat, poultry's skin, ghee, and butter), processed meat and salt.



Limit alcohol intake

to help reduce cholesterol and triglyceride levels.



Lose excess body fat. Being overweight may contribute to high bad cholesterol levels.

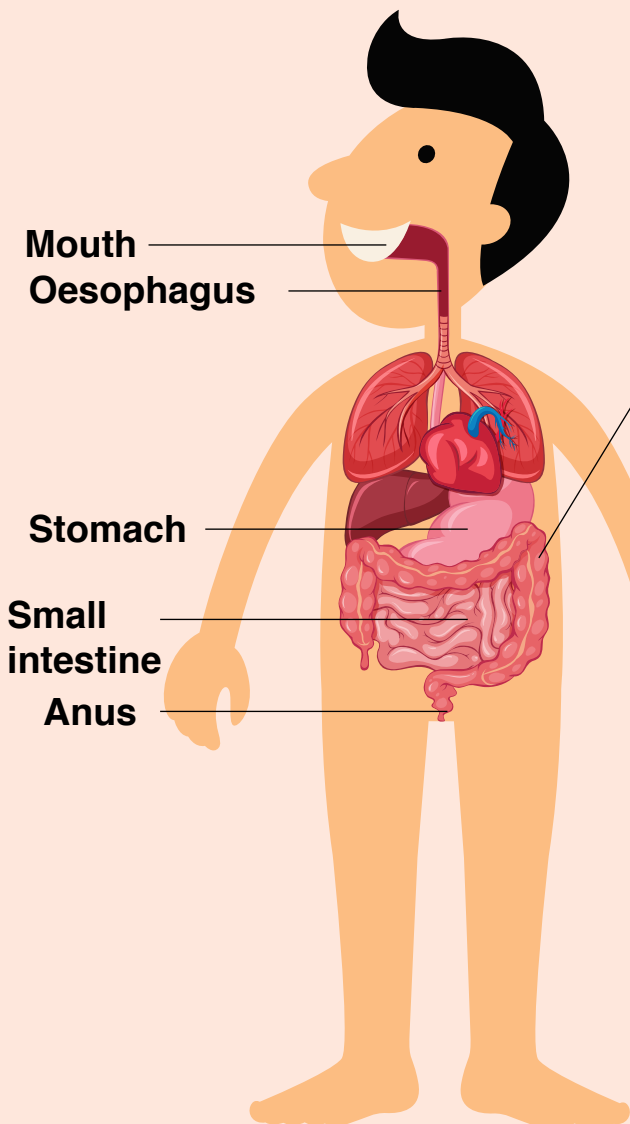
Exercise regularly for at least 30 minutes most days of the week. Exercise helps to increase good cholesterol and reduces the bad cholesterol.

MINIMISE THE USE OF FAT IN FOOD PREPARATION IN ORDER TO KEEP TOTAL DAILY FAT INTAKE BETWEEN 20% TO 30% ENERGY (45 - 65 GRAM OF FAT).



Caring for Your

Get to Know Your Large Intestine –
Home to a Vast Population of Bacteria that are Crucial for Health



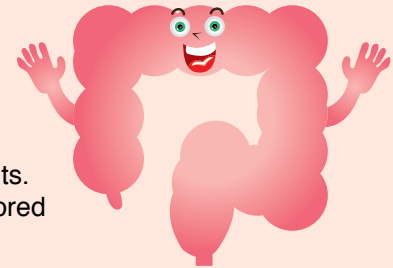
Do you know that the first step of digestion takes place when the food enters your mouth? The food will then go through the digestive tract, from mouth to the oesophagus, stomach, small intestine and large intestine before the remaining waste is expelled from the anus.

Every part of the digestive system has its own vital role, making sure the ingested food is digested, the nutrients are absorbed and the waste is efficiently removed from the body.

Large intestine

The large intestine, also known as the colon, is the last part of the digestive tract. It is not involved in digestion and absorption of nutrients.

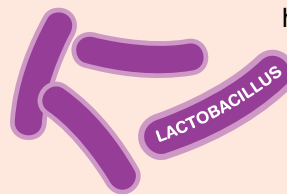
For this reason, it is often the ignored or neglected part of the system.



Not appreciated by many people, the large intestine is actually an important component of the digestive system. The main function of the large intestine is to expel the food left over after nutrients are absorbed from it. Water is first reabsorbed from the waste, which is temporarily stored in the large intestine.

The large intestine also plays an important role in maintaining overall health and wellbeing. It hosts a huge number of bacteria also called gut flora. Many of the bacteria in the large intestine are of helpful variety (or good bacteria) for example *Lactobacillus*.

At the same time, there are some harmful ones, such as *E.coli*. The good bacteria aid in the digestion process, as well as play a positive role in the body's immune system.



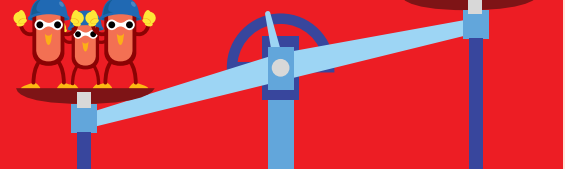
The wellness of your digestive health depends on the balance between the good (helpful) and bad (harmful) bacteria in the large intestine. When the population of these bacteria is out of balance, for example when harmful bacteria are more than the helpful ones, your digestive health maybe disturbed, which can adversely affect your overall wellbeing.

Promoting a healthy gut flora is therefore key to caring for your digestive health!

More
Good Bacteria

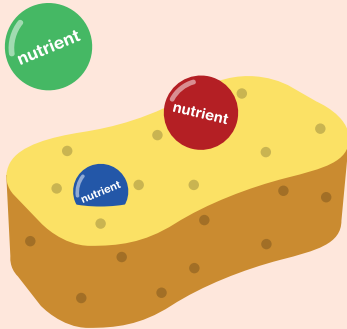


Less
Bad Bacteria

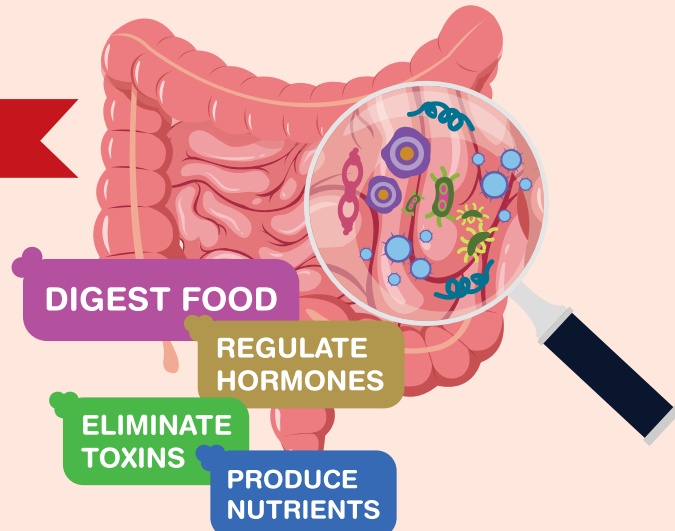


Digestive Health

Digestive Health – Why It Matters



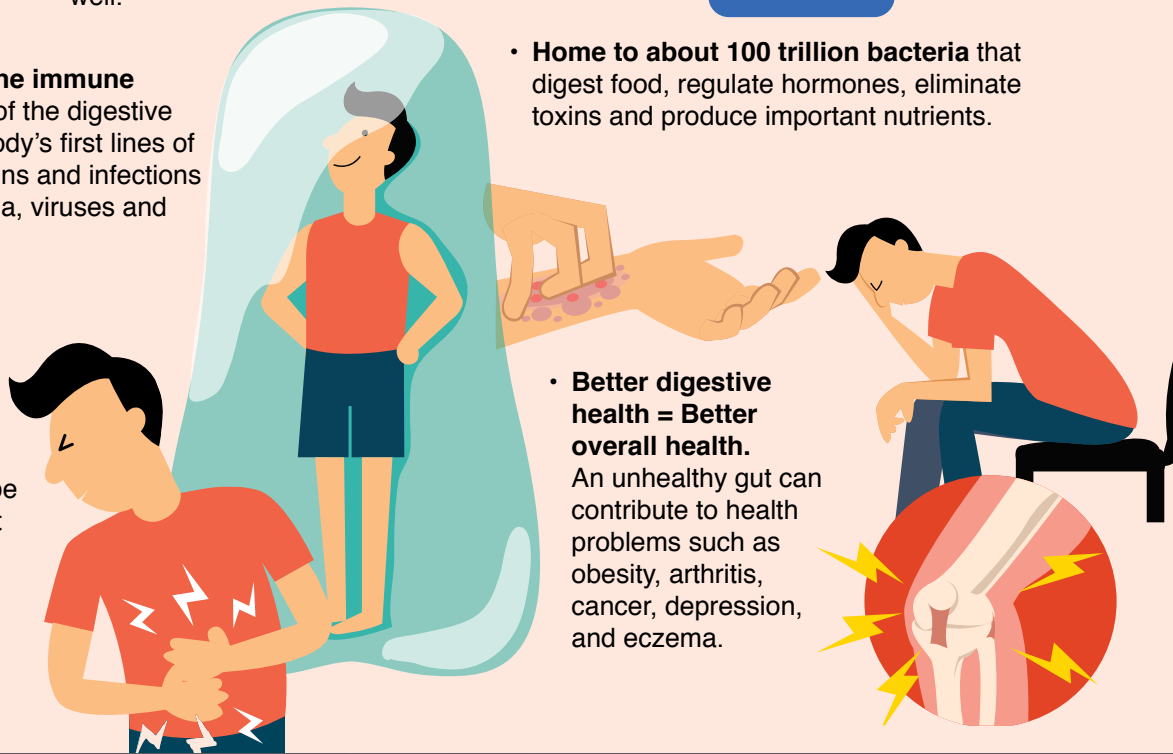
- **Nutrients absorption.** The digestive tract is exposed to approximately 60 tons of food passing through it during a lifetime. It is continuously at work to provide nutrients the body needs to function well.



- **Important part of the immune system.** The lining of the digestive tract is one of the body's first lines of defence against toxins and infections from harmful bacteria, viruses and parasite.

- **Home to about 100 trillion bacteria** that digest food, regulate hormones, eliminate toxins and produce important nutrients.

- **Quality of life.** Poor digestive health symptoms such as heartburn, diarrhoea, bloating, and flatulence can be disruptive and affect the quality of life.



- **Better digestive health = Better overall health.** An unhealthy gut can contribute to health problems such as obesity, arthritis, cancer, depression, and eczema.



VARY FOOD CHOICES WITHIN EACH FOOD GROUP IN YOUR MEALS



Common Digestive Disorders, Sign & Symptoms

Imbalance of the intestinal bacteria can lead to digestive disorders or tummy troubles. Are you suffering from one of the common digestive disorders? Look out for the common symptoms!



Constipation

Characterised by too much straining with bowel movements, passage of small hard stools and a sense of incomplete bowel movement.



Diarrhoea

Characterised by frequently passing of watery or loose stool. The excessive loss of water in the stool can also sometimes lead to dehydration which can be serious if not treated.



Gastroesophageal reflux disease (GERD)

Characterised by contents of the stomach repeatedly move back up into the oesophagus. Persistent heartburn (a burning feeling in the chest) is the most common symptom of GERD. Other symptoms include regurgitating foods, belching, nausea, vomiting and chest pain.



Irritable bowel syndrome

Characterised by recurring abdominal discomfort or pain associated with an altered bowel habit, either constipation, diarrhoea or both.

DID YOU KNOW? Probiotics, the good bacteria may help to overcome these conditions by restoring a healthy balance of intestinal bacteria, decrease the frequency of regurgitation and gas production, which in turn helps to improve bowel movements, ease bloating and reduce pain.

Improve Your Digestive Health Today

Eat the healthy way

- Have a balanced and varied diet in moderation.
- Boost up the dietary fibre intake.



- Drink plenty of water.
- Reduce refined sugar, processed foods, high fat foods which can slow down digestion.
- Include foods containing prebiotics (e.g. onion, garlic, asparagus, inulin- and oligofructose-enriched foods) and probiotics (e.g. cultured milk drinks, yoghurt) as part of healthy diet.

Lactobacillus acidophilus and *Lactobacillus casei* are two examples of probiotics that are usually being added into foods such as cultured milk drinks to help promote digestive health.



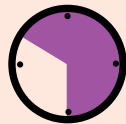
Be active

- Exercise helps welcome good bacteria in the gut. Do regular physical activity for at least 30 minutes/day.



Cultivate good bowel habits

- Make it a point to cultivate good bowel habits, such as going to the toilet once a day, refrain from withholding the urge to defecate.



Take time out

- As insufficient rest coupled with stress can result in poor digestive health, get enough rest and sleep for at least eight hours every night.

Let's take a quick check of your digestive system

	Yes	No
I feel my stool has not been passing completely even after defecation		
I have excessive burping, belching and/or bloating following meals		
I always have a sensation that food just sits in the stomach creating uncomfortable fullness, pressure and bloating during or after a meal		
I experience frequent stomach cramping/pain		
I experience frequent diarrhoea		
I have bad breath		
My stool colour is blackish and it smells very bad		
I constantly ignore the urge to defecate		
I frequently skip breakfast		
I like meat, sweet foods and fried foods		
I seldom eat fruits and vegetables		
I do not drink enough water (< 8 glasses per day)		
I do not exercise regularly		

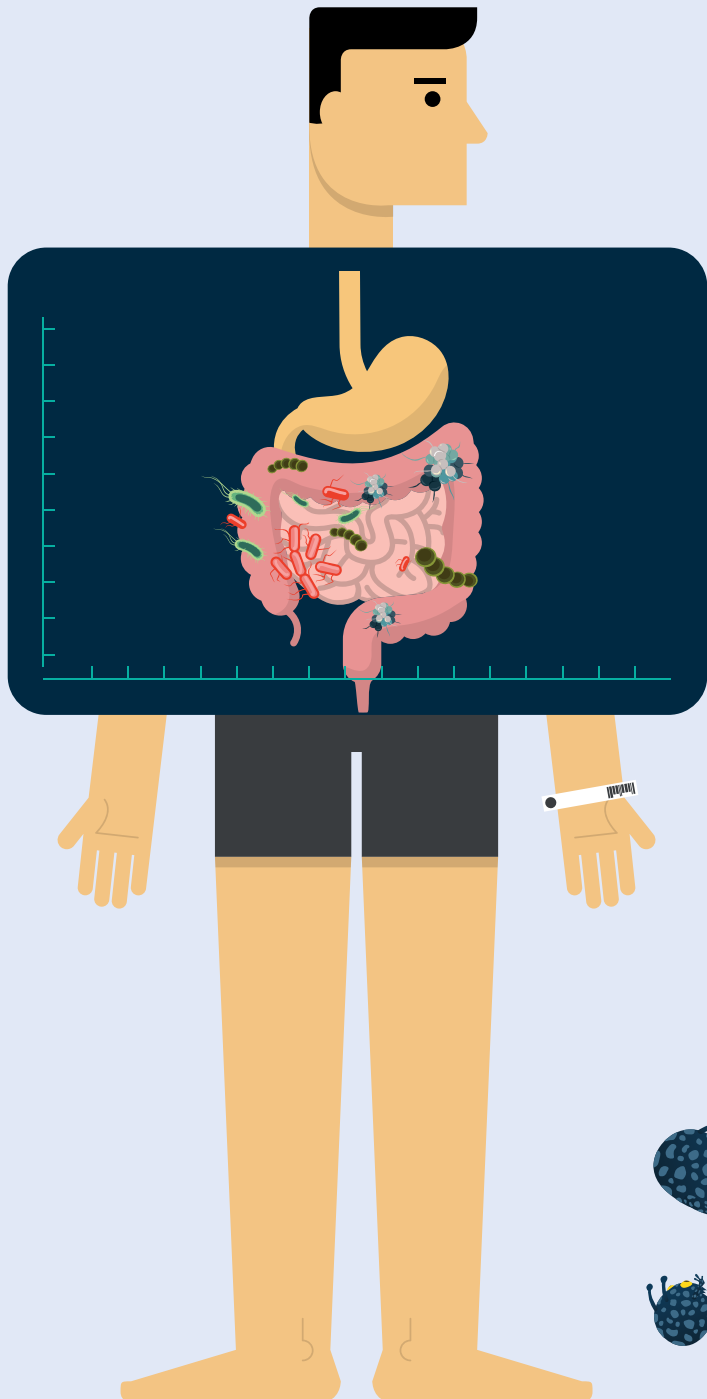
If you answered more yes than no to the statements above, your digestive system needs more of your attention to stay healthy. Look at the section on improving your digestive health for tips to keep your digestive system healthy and happy.



DRINK SIX (6) TO EIGHT (8) GLASSES OF PLAIN WATER DAILY



Balance the Intestine



The Gut Bacteria Story – Good vs. Bad Bacteria

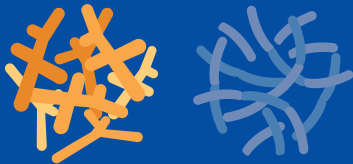
Collectively, our intestinal bacteria can weigh up to 2 kg and bacterial cells outnumber human cells by 10:1 and there are over 1000 different species of both good and bad bacteria known to live in the digestive tract.

Welcome Good Bacteria

Good bacteria help in:

- Fighting bad bacteria and keep them from causing illnesses.
- Digestion & absorption of nutrients.
- Producing vitamins.
- Strengthening the immune system.

Examples of good bacteria are lactic acid producing bacteria such as *Bifidobacteria* & *Lactobacillus*



Go Away Bad Bacteria

Too much bad bacteria produce toxins which can weaken the immune system, interfere with nutrients absorption, and cause various digestive disorders.

Examples of bad bacteria are *Helicobacter pylori* & *Campylobacter*

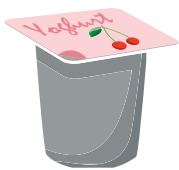


€ Bacteria in Your

Pre- and Probiotics Help to Balance Your Gut Bacteria

A good balance of good and bad bacteria helps to maintain good digestive health. A good digestive health will result in better immune system, prevent gastrointestinal disorders, stimulate nutrients metabolism and absorption. You can balance the intestinal bacteria by having foods containing both probiotics and prebiotics.

Probiotics are good bacteria that help to keep the digestive system healthy by controlling the growth of harmful bacteria. The good sources of probiotics include



Yoghurt



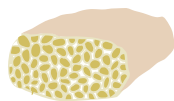
Cultured milk drink



Sauerkraut



Miso



Tempeh

Do you know what these foods have in common? There are all fermented, producing probiotics during the process.

Prebiotics are some dietary fibre (not all dietary fibre are prebiotics) that cannot be digested by the body, and they serve as the foods for probiotics. Prebiotics help to promote the growth of good bacteria and maintain a good intestinal environment.

Prebiotics are found in:

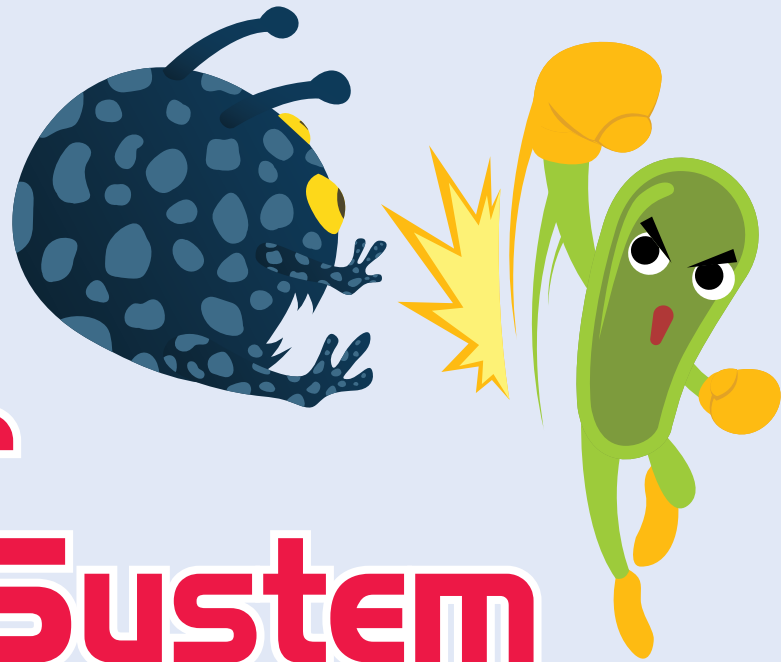
- Garlic
- Onion
- Asparagus
- Chicory roots (to extract inulin, oligofructose)



DRINK AT LEAST AN EXTRA TWO (2) GLASSES OF PLAIN WATER WITH INCREASED PHYSICAL ACTIVITY AND SWEATING



Good Bacteria and Your Immune System



Keeping Your Immune In Tune

Immune system is the body's defence against infectious organisms. It is made up of a network of cells, proteins, tissues and organs that work together in a complex way to protect the body against harmful bacteria, toxins and infectious diseases.

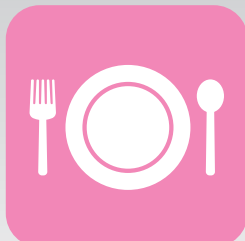
A good immune system helps to keep you healthy and protect you from getting sick.



Did you know:

60 – 80% of the immune system is located in the gut. The gut is the major entry point for exposure to bad bacteria and virus that can cause diseases. Thus, it is vital that you ensure your gut health is not disturbed. If you have poor gut health, your body would not be able to protect against various diseases.

Maintaining gut health can be done by promoting the growth of good bacteria in your gut. You can promote good bacteria in the gut by:



- Eating a healthy balanced diet, including taking foods high in probiotics (e.g. cultured milk drink, yoghurt) and prebiotics (e.g. garlic, onion).



- Drinking adequate amount of fluid daily.



- Reducing stress through exercise.



- Quit smoking.

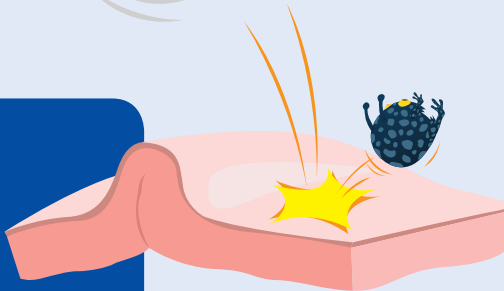
How does Good Bacteria Benefit Your Immune System

Good bacteria benefit the immune system by:

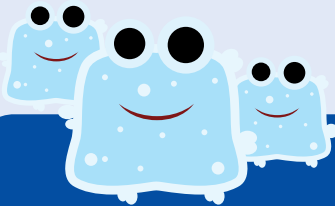
- Using up the nutrients so that bad bacteria have no access to the nutrients for growth.



- Strengthening the mucosal tissue that lines the inside of the intestines, making it harder for toxins or bad bacteria to take advantage.



- Increasing white blood cells called T-cells, which aid in the immune system's response to harmful bacteria.



- Keeping the digestive tract at a pH level where it's difficult for undesirable bacteria to grow. For example, the good bacteria, *Lactobacilli* maintain an acidic environment in the intestines by producing lactic acid, hydrogen peroxide and acetic acid.



24/7

ENSURE PLAIN WATER IS AVAILABLE ALL THE TIME



Milk is Nutritious and Delicious

Milk is Packed with Essential Nutrients

Do you know that milk is one of the most nutritionally complete foods? It contains almost all the important nutrients needed for our bodies.



Milk is a good source of protein, calcium, vitamin D, magnesium and potassium which are important bone-building nutrients, especially for children who are still growing. For adults, we still need to drink milk everyday to maintain strong bones and to prevent osteoporosis later in life.

Milk also provides other important nutrients such as vitamin A, vitamin B2, vitamin B3, vitamin B12, and zinc which are important for a variety of body functions.



Choosing the Right Type Of Milk

There are various types of milk available in the market. Here are some of them:

Fresh milk
(directly sourced from farm should be boiled before consumption)

Pasteurised milk

Ultra-high temperature (UHT) milk

Full cream milk powder or dried full cream milk

Low fat milk

Skimmed milk

Flavoured milk
**Flavoured milk usually contains more sugar than non-flavoured milk*

**Low fat milk and skimmed milk should not be given to young children*

Important to know

Sweetened condensed milk and sweetened condensed filled milk are not considered as milk and should be discouraged.

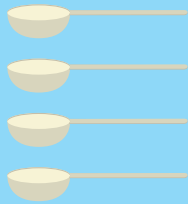
Drink 2 to 3 Servings of Milk and Milk Products Everyday!

Example of 1 serving of milk/ milk products =



1 glass (250ml) of milk

or



4 dessert spoons of milk powder (heaped)

or



1 cup (200ml) of yoghurt

or



1 slice of cheese



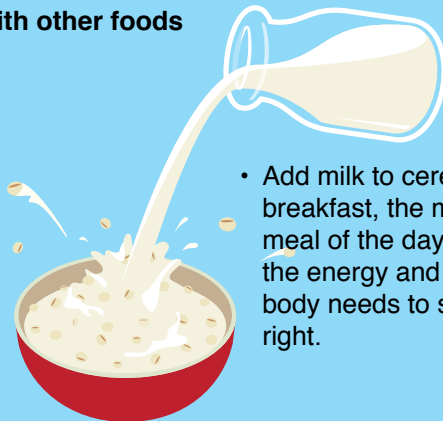
Here are Some Creative Ways to Help You Consume More Milk:

Besides drinking two glasses of milk a day, you can also incorporate milk into your daily meal

1 Consume milk with other foods



- Dip bread or biscuits in milk and let them soak up the milk; enjoy them as snacks.



- Add milk to cereal or oatmeal for breakfast, the most important meal of the day. Milk can provide the energy and nutrients your body needs to start your day right.



- Add fresh fruits to your milk and blend them together to make a smoothie.

2 Use milk in various recipes such as in pudding or custard



WHENEVER POSSIBLE,
USE PLAIN MILK INSTEAD OF FLAVOURED MILK





Be Active and Shape Up

BMI & Waist Circumference Tracker

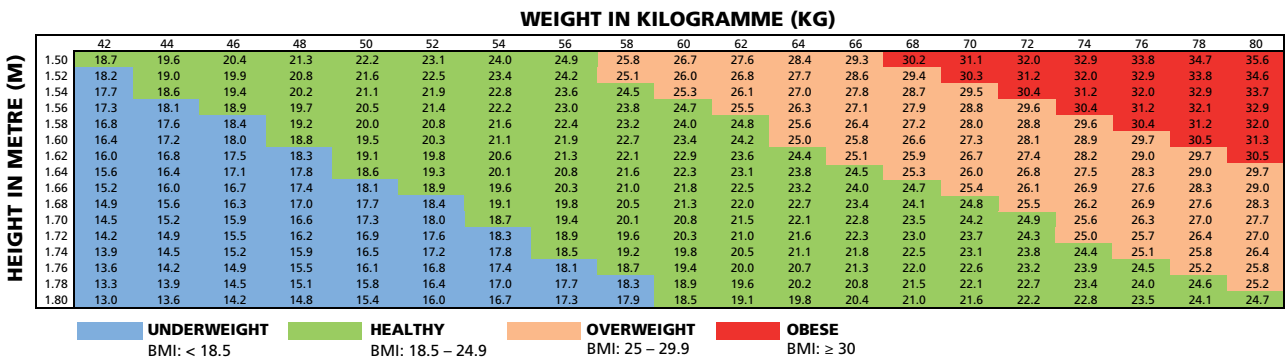
Two methods commonly used to estimate whether you have a healthy body weight or not are body mass index (BMI) and waist circumference.

A high BMI or waist circumference are useful quick indicators of high body fatness. The higher the BMI or waistline, the higher the risk of getting certain diseases such as heart disease, high blood

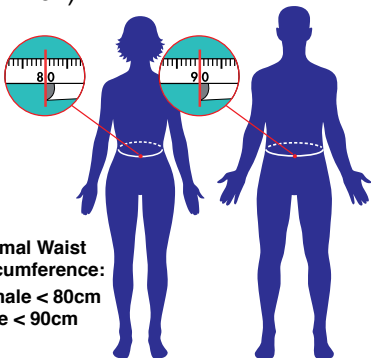
pressure, type 2 diabetes and certain cancers.

Take a look at the chart below and find out if your body weight is healthy. Just mark the square where your height and weight cross. The colour of the square tells if you are healthy or normal weight, underweight, overweight or obese.

BODY MASS INDEX (BMI) CHART FOR ADULTS

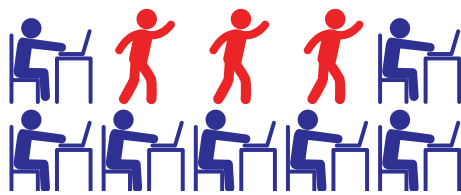


• **Waist circumference** – increased risk of diseases when >80 cm (for women) or >90 cm (for men).

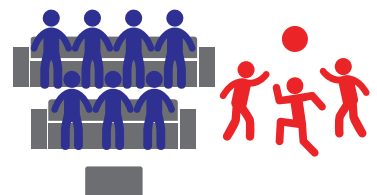


Normal Waist Circumference:
Female < 80cm
Male < 90cm

Stunning Health Facts about Sedentary Malaysians



7 in 10 Malaysian youths are leading a sedentary to moderately active lifestyle



7 in 10 Malaysian children have screen time of more than two hours per day

Benefits of Being Active



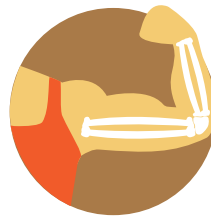
Maintains a healthy body weight



Lowers cardiovascular, diabetes & cancers risk



Improves mental health and mood



Strengthens bones and muscles



Increases chances of living longer

Include physical activities into your daily routine. Try to accumulate at least 30 minutes of activity each day. There are many physical activities that you can do such as cycling, exercising for pleasure and fitness, participating in sports, playing in the park, taking the stairs, walking briskly, jogging, and swimming. Remember to limit television/electronic media time to two hours per day.



What's So Great About Walking?

Walking can be a fun and easy way to increase your physical activity level. It strengthens your heart, builds your stamina, burns calories, lowers disease risk and makes you happy.

Aim to achieve 10,000 steps a day.



Get a 10-minute brisk walk around the neighbourhood



Park your car further away to gain extra steps



Walk to lunch or to the store

At work, walk to your colleague's desk instead of calling or messaging them



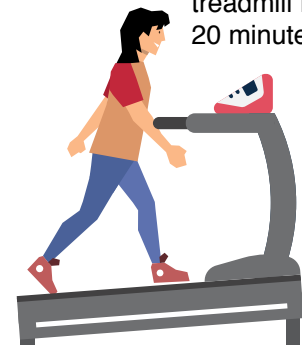
At home, walk in place while watching TV show



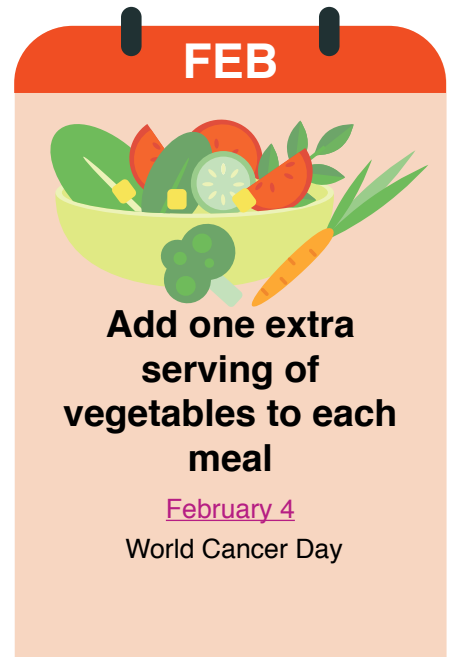
Take the stairs instead of using lifts or escalators



Jog the treadmill for 20 minutes



My Health Calendar



Healthy eating tips to keep you on track all year round



MAR



Enjoy fruits as dessert, aim for 2 servings of fruits per day

March 10
World Kidney Day

March 20
World Oral Health Day

APR



Choose dishes cooked with healthier cooking methods

April
Nutrition Month Malaysia

April 7
World Health Day

MAY



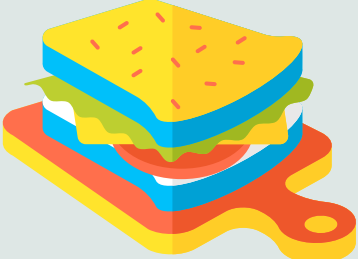
Choose foods low in salt, fat and sugar

May 17
World Hypertension Day

May 31
World No Tobacco Day

JUL

Crave for a snack? Go for a light one



AUG



Enjoy family meal times, switch off TV and phone

August 1-7
World Breastfeeding Week



OCT



Read the nutrition labels to help you make smart food choices

October 11
World Obesity Day

October 20
World Osteoporosis Day

October 29
World Stroke Day

NOV



Avoid unnecessary supper

November 14
World Diabetes Day

DEC

Practise mindful eating to prevent overeating and share large portions



Promoting Healthy Eating Nationwide

Achievements of NMM

Since its launch in 2002, Nutrition Month Malaysia (NMM) has been observed every April to promote greater awareness of the practice of healthy eating habits among Malaysians. In this 15th year, NMM focuses on the prevention of non-communicable diseases with the theme, **"Eat Smart, Get Fit & Feel Great."**

Our nationwide campaign aims to promote greater awareness on healthy eating and active living as the foundation for general good health and wellbeing. We also aim to inculcate healthy eating habits and encourage physical activity from young, so as to improve the nutritional status of Malaysian families.

Family Carnival

- ✦ Organised 8 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



Publications for Public

- ✦ Published 8 practical nutrition guidebooks, 3 recipe books and 1 mini-booklet



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 88 articles in English, Bahasa Malaysia & Chinese newspapers



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:

The Nutrition Month Malaysia Secretariat

Tel: (03) 5632 3301/5637 3526

Email: enquiry@nutritionmonthmalaysia.org.my

Website: www.nutritionmonthmalaysia.org.my

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