

# EAT SMART



# MOVE MORE



RECIPE FOR  
HEALTHY FAMILIES

An Infographic Kit • Vol 2

Published by



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# Acknowledgement

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# Recipe for Healthy Families



**Dr Tee E Siong**  
President, Nutrition Society of Malaysia  
Chairman, Nutrition Month Malaysia,  
National Steering Committee 2017

The prevalence of Non-Communicable Diseases (NCDs) such as diabetes, heart diseases and cancers have been rising over the past few decades. More Malaysians are being affected by NCDs, and the main causes are due to unhealthy diet and lack of physical activity.

As part of our campaign to fight against the growing threat of NCDs, Nutrition Month Malaysia 2017 is proud to present the Eat Smart + Move More = Recipe for Healthy Families: Infographic Kit Vol II.

We will be sharing with you several key topics that relate to making appropriate food choices, adopting healthy food habits and living an active life. Make use of the simple practical tips in this kit to enable you and your family members to live healthy lives.

Healthy families make happy families!

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# Guide to A Balanced Diet

A healthy diet is important to supply nutrients required by the body and helps to reduce the risk of diseases. The Malaysian Food Pyramid and the Malaysian Healthy Plate are simple guides you can use to eat right and achieve wholesome meals daily.

## Malaysian Food Pyramid Your Guide to TOTAL DAILY Intake

It encourages everyone to eat balanced meals comprising of a variety of food in moderate amounts.



### 3 BASIC TIPS when planning meals using the food pyramid!

#### Balance

- Eat from ALL GROUPS DAILY
- Eat MORE foods from BOTTOM LEVELS
- Eat LESS foods from HIGHER LEVELS

#### Moderation

Eat RIGHT AMOUNTS following the RECOMMENDED SERVINGS for each group

- Note: opt for smaller servings if you are physically inactive

#### Variety

Eat a VARIETY of foods throughout the DAY

- Note: No single food can provide all the nutrients needed

## Malaysian Healthy Plate

### Your Guide to a SINGLE MEAL Intake *(breakfast, lunch & dinner)*

It translates the message of the food pyramid into your daily meals and shows the proportions of food groups to be eaten for one meal.

#### 1/4 plate

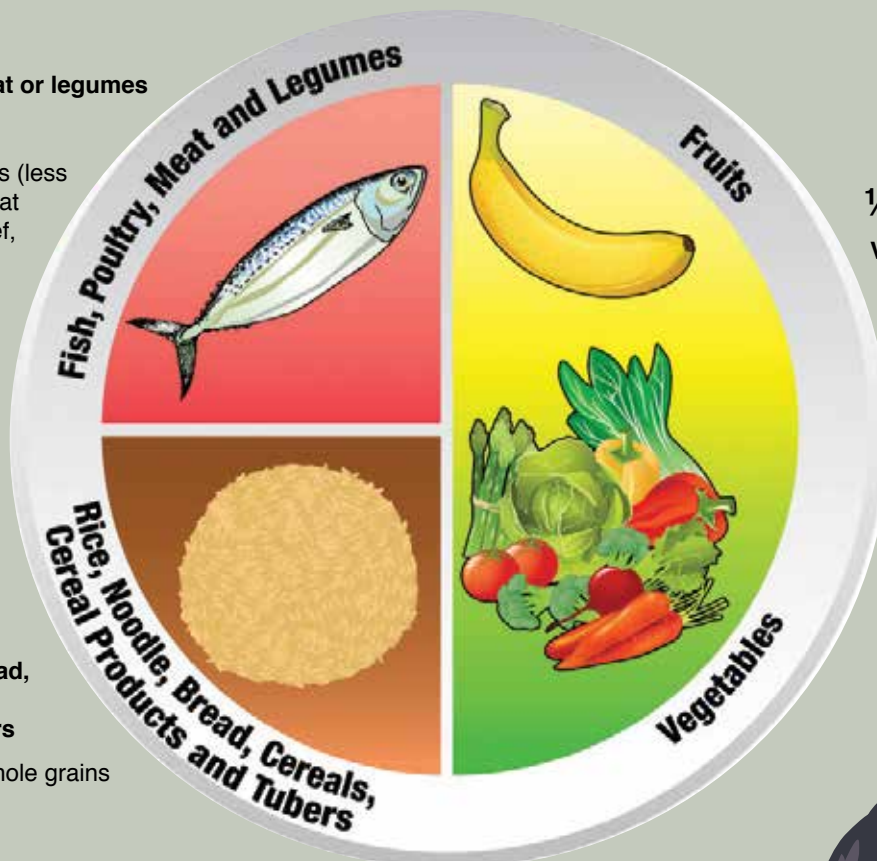
**Fish, poultry, meat or legumes**

- Eat fish daily
- Choose lean cuts (less visible fat) of meat from poultry, beef, lamb and pork
- Choose more plant-based protein such as legumes, nuts and seeds

#### 1/4 plate

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

- Choose more whole grains



#### 1/2 plate

**Vegetables and fruits**

- Include various types of vegetables and colourful fruits

**SEE EXAMPLES** of different meals based on 1/4 – 1/4 – 1/2 plate

**Breakfast**



Chapati and dhal

Chicken rice

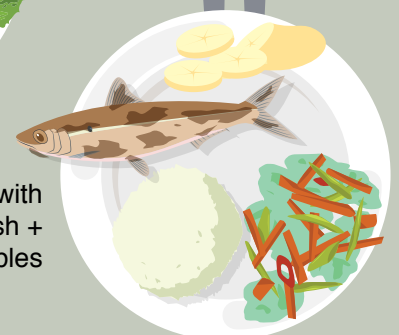


Meehoon soup

**Lunch/Dinner**



White rice with grilled fish + vegetables



# Make Time for Breakfast

Breakfast plays an important role in supplying the body with sufficient energy that it needs after long hours of sleep and to keep you energised throughout the day. It is worthwhile to make an effort to eat a wholesome breakfast.



## Beat Those Excuses!

*I only have a few minutes*

Have a bowl of wholegrain cereals, it's yummy and nutritious

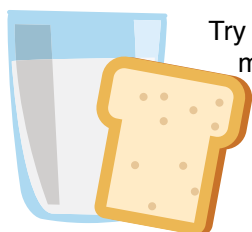


*I don't have the appetite to eat in the morning*

Drink a breakfast smoothie



Try small meals and eat mid-morning snacks when hungry



*I am always on the run*

Grab-and-go handy foods & beverages



*I am on a 'diet' so I prefer to skip breakfast*

Go for low-fat breakfast. Eating breakfast can help maintain body weight by preventing cravings and overeating at later meals



*I don't like to cook in the morning*

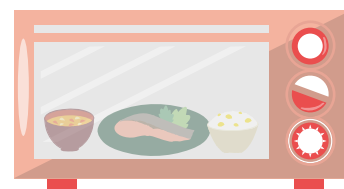
Prepare ingredients the night before and mix-up or reheat the next morning



Grab something healthy on your way to work

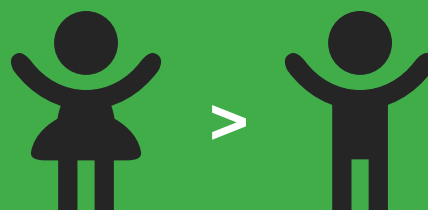
*I don't like breakfast foods*

Eat leftovers from dinner. Just reheat and get the nutrients and energy you need to start your day



**1 in 4** school children skip breakfast at least three times a week.\*

Breakfast skippers are **1.3** times more likely to become overweight or obese.



**26.4%**      **22.5%**

More girls skipped breakfast than boys

\*(MyBreakfast Study of School Children: Findings, Implications, & Solutions)

# Time Savvy Breakfast Ideas

*If you have...*



Toasted bread spread with peanut butter and banana



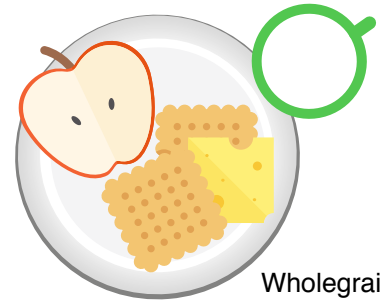
Instant oatmeal drink and fruits



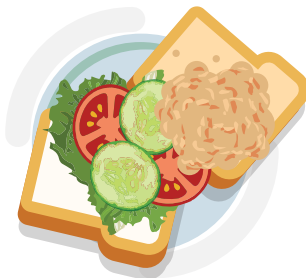
A bowl of wholegrain cereals with milk + fruits



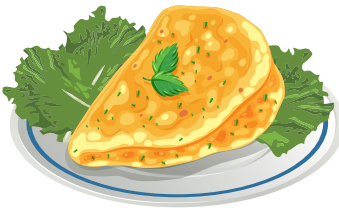
Steamed red bean pau + soymilk



Wholegrain crackers + cheese + milk + fruits



Toasted bread with pre-prepared sandwich filling



Omelette in a pan + extra veggies



Half-boiled eggs + a cup of malted drink



Fried rice

Nestlé  
**Nestum**  
 MULTI-GRAIN GOODNESS  
 MADE AROMALICIOUS™



Nestlé Products (Siam) Ltd (45209-H)



101-102-103  
 101-102-103



Eating out has become a Malaysian habit

Majority of us eat out at least once a day

# *Eat Out* the **Healthy Way!**

While eating out is convenient, these food are generally higher in calories, sugar, fat and salt than home-cooked food.

## Tips for savvy dining out



Ask for more vegetables



Include more fruits in your meals



Choose fresh foods



Share your meal



Choose plain water



Go for healthier cooking methods



"Bungkus" or "tapao" your excess meal



Do not add seasoning

## Guide to Healthier Menu Selection

### Go for healthier choices



Boiled



Baked



Fresh



Grilled



Roasted



Steamed



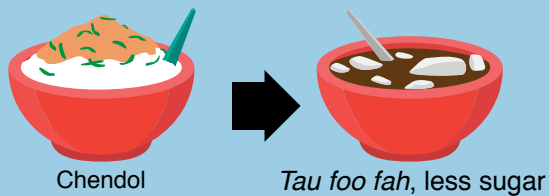
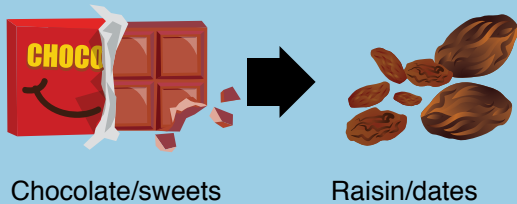
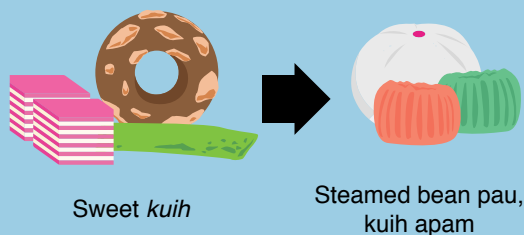
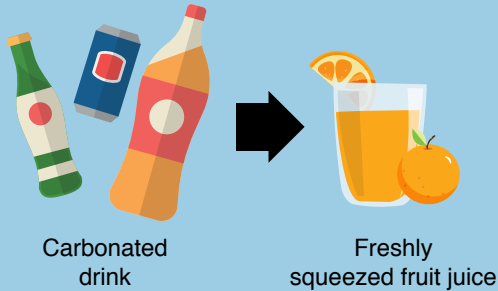
Sautéed



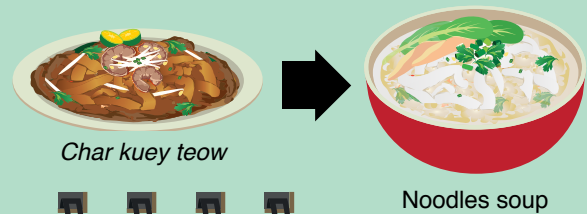
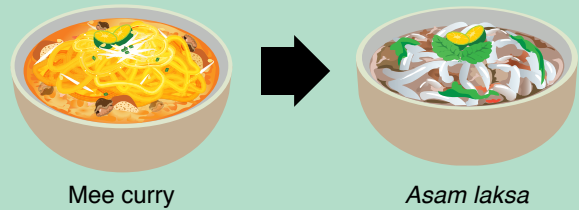
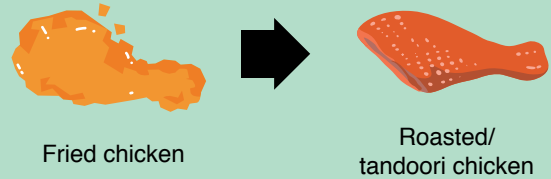
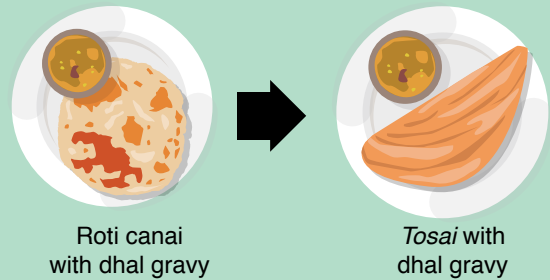
# Healthy swaps to reduce S.O.S (sugar, oil, salt)

Try these swaps to get the sweet, savoury and fried taste you like while cutting back on extra sugar, salt and oil.

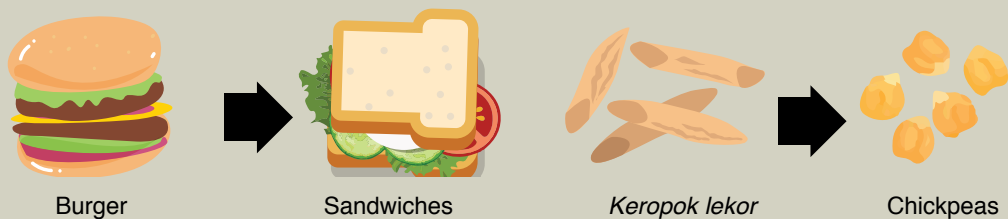
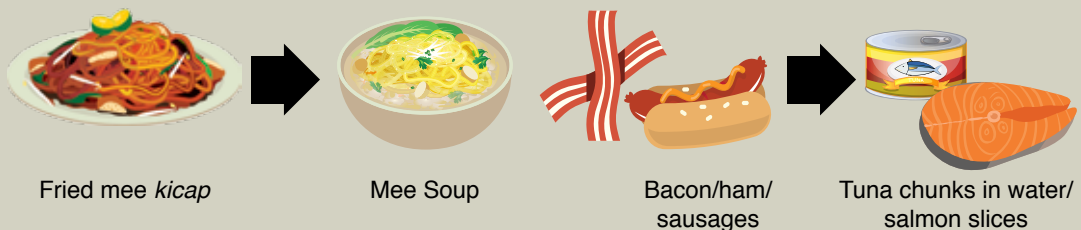
## Opt for less sugar



## Opt for less oil



## Opt for less salt



# Whole Grains are **Wholesome!**

**Experts Recommendation:**  
Half of your grain intake should be **WHOLE** grains

## 3 simple steps for more whole grains in your diet

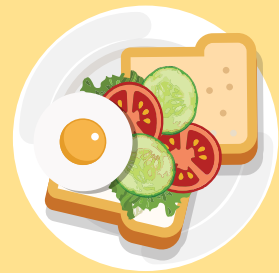
**1** Start small.  
Substitute  $\frac{1}{2}$  your grains with whole grains



**2** Gradually replace all refined grains to whole grains



**3** Add whole grains in your meal with other foods



**<3%** of children and adolescents meet the whole grain recommendation of **48 g per day**

## Understanding whole grains

Whole grains are made up of three parts: bran, germ and endosperm. These parts together provide a package of important nutrients



**Endosperm:** carbohydrates, some protein, small amounts of vitamins & minerals

**Bran:** dietary fibre, B vitamins, iron, zinc

**Germ:** B vitamins, vitamin E, phytonutrients, unsaturated fatty acids



## Sources of whole grains



Brown rice



Oats



Corn



Whole wheat

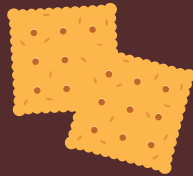


Hulled barley

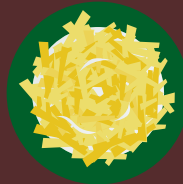
## Sources of wholegrain products



Wholemeal bread



Wholemeal cracker



Wholemeal pasta



Wholemeal rice noodle



Whole grain breakfast cereals

## Benefits of whole grain!

Eating more whole grains instead of refined grains help to:



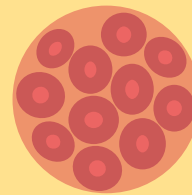
Reduce risk of stroke



Reduce risk of heart disease



Reduce risk of diabetes



Reduce risk of cancers



Maintain a healthy body weight



Promote gut health



# LESS IS MORE

ecoBrown's®

# HEALTHY BITES

Four times more dietary fibre helps you feel fuller faster, while the high Vitamin B complex content gives you more energy to help get you through your day - which means you'll eat less and still enjoy better health and energy. Plus, ecoBrown's rice has a low Glycemic Index of 19 which helps prevent ketosis, making it ideal even for diabetic patients !

It gets better - ecoBrown's now comes in GOLD, a mix of brown, red and black rice grains that are power-packed with all the essential vitamins and minerals you and your family need.

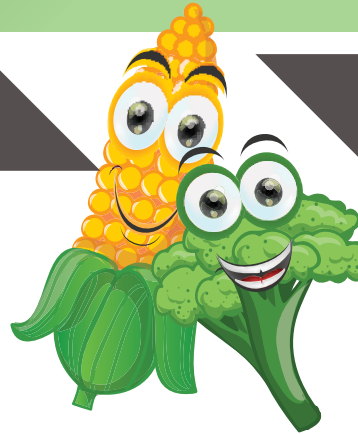
There's an ecoBrown's for everyone ! Browse through our collection of rice and rice products and you'll be sure to find something perfect for yourself and the whole family !





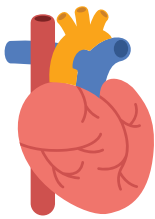
# Colour You with *Fruits*

A healthy diet should include lots of fruits and vegetables, which helps maintain overall health and prevents non-communicable diseases. They are rich in **phytonutrients, dietary fibre, vitamins & minerals.**

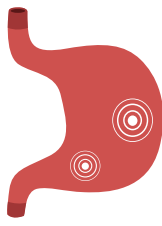


**94%** of Malaysian adults do not eat the recommended daily amount of 5 servings per day

A diet rich in fruits and vegetables can reduce the risk of:



Heart disease



Cancer



Obesity



Type 2 diabetes



High blood pressure



It also promotes good digestive health

## The Colourful Benefits of Phytonutrients

Phytonutrients are naturally occurring substances in fruits and vegetables with potential protective effects and can be differentiated by colours



- Rich in beta-carotene
- Good for eyes and immune system, skin health, bone health



- Rich in lycopene
- Reduce risk of certain cancers e.g. prostate and heart disease



- Rich in anthocyanins and phenolics
- Reduce risk of heart disease and certain cancers, keep skin healthy



- Rich in beta-carotene, lutein and zeaxanthin
- Good for eyes, reduce risk of certain cancers, strengthens body against infections



### White

- Reduce risk of certain cancers

# r Meals

## and *Veggies*



### How much should you eat daily?

Malaysian Dietary Guidelines recommend consuming at least

**2 servings of fruits** and  
**3 servings of vegetables** daily.

### Eat more fruits and vegetables daily:

Keep them visible & easily accessible to everyone

Eat them as snacks or on the go



### What's considered 'a serving'?

#### Fruits

1 medium



Apple



Pear



Banana

1 slice of



Watermelon



Papaya



Pineapple

8 pieces



Langsat



Grapes



Longan

1/2 small



Guava



Mango

5 pieces of



Lychee



Rambutan

#### Vegetables

1/2 cup cooked



Broccoli & green leafy vegetables



2 medium-sized Tomatoes

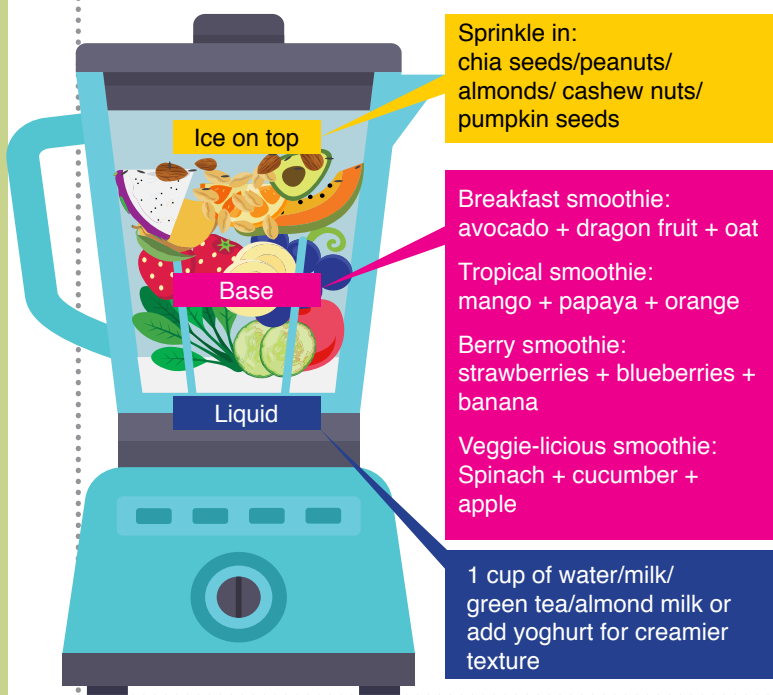
Ulam-ulaman

1 cup raw



### Make fruits and vegetables fun for kids

1. Rainbow kebab: chunks of apple + orange + kiwi + grapes on skewers
2. Frosty fruit popsicles
3. Mix, blend and drink – Get your kids to prepare!



Sprinkle in:  
chia seeds/peanuts/  
almonds/ cashew nuts/  
pumpkin seeds

Ice on top

Breakfast smoothie:  
avocado + dragon fruit + oat

Tropical smoothie:  
mango + papaya + orange

Berry smoothie:  
strawberries + blueberries + banana

Veggie-licious smoothie:  
Spinach + cucumber + apple

Base

1 cup of water/milk/  
green tea/almond milk or  
add yoghurt for creamier  
texture

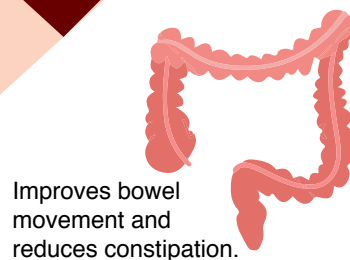
Liquid

# Fill Up on Dietary Fibre

Malaysians generally do not meet the recommended dietary fibre intake of **20-30g per day**.



## Benefits of fibre



Improves bowel movement and reduces constipation.



Lower total blood cholesterol levels, reduce risk of cardiovascular disease.

High-fibre foods are filling, so you're likely to eat less and stay full longer.



Helps improve blood sugar levels.

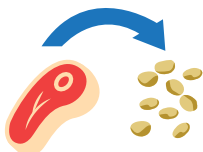
## Tips to increase fibre intake



Choose wholegrain breads with various fillings such as egg, tuna, avocado, or even fruits for breakfast.



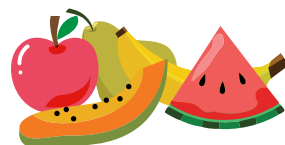
Cook with brown rice instead of white rice. If the switch is hard to make, start by mixing them together.



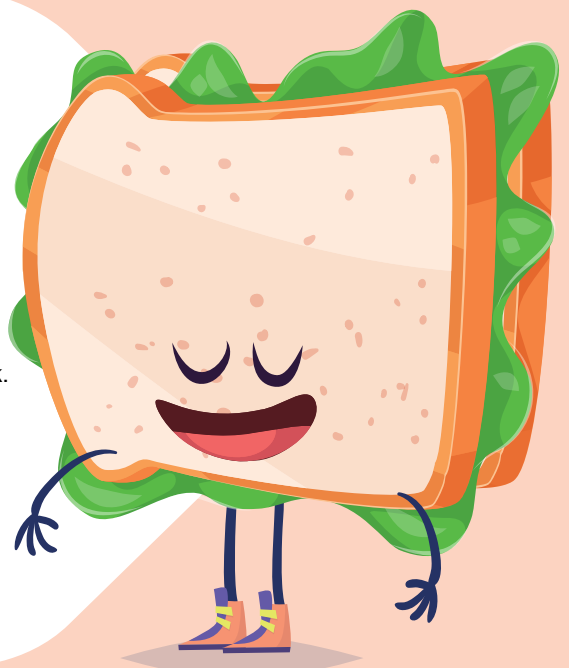
Substitute legumes or lentils for meat two or three times per week.



Take chickpeas as your snacks or add them in your salad.

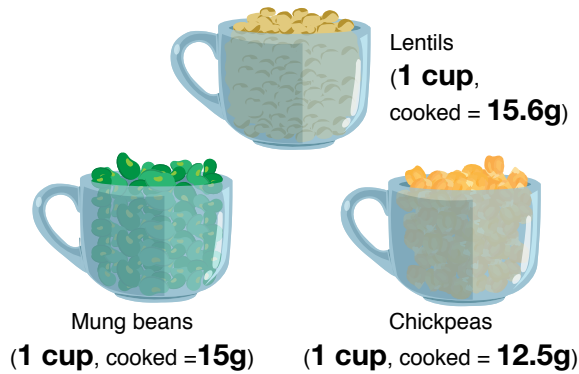


Have fresh fruits for dessert.



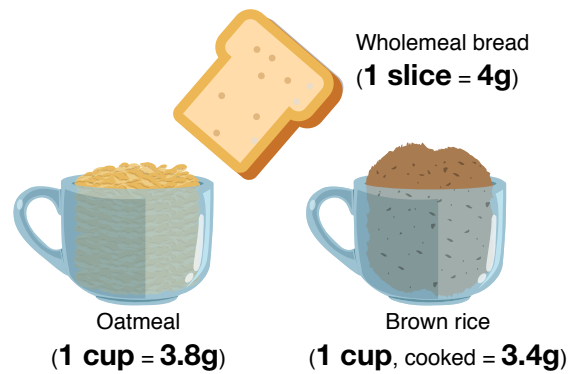
# Where to find dietary fibre?

## LEGUMES



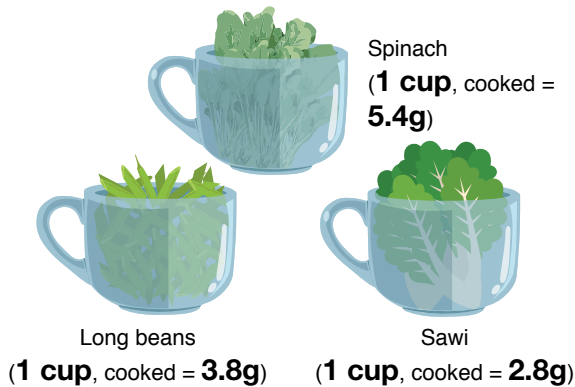
It is recommended to consume  
**1/2 - 1 servings a day for legumes**  
(about 1 cup)

## WHOLEGRAIN PRODUCTS



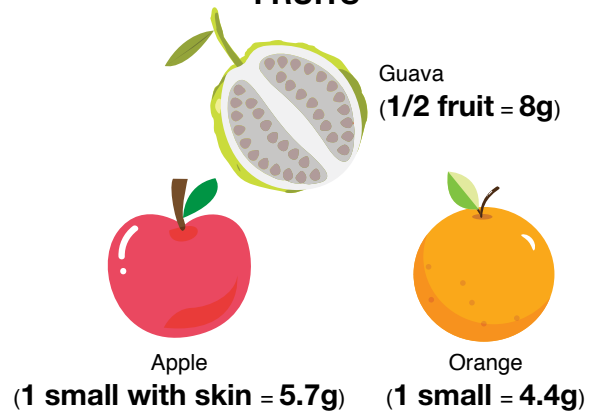
Dietary fibre content is lower in  
more refined/processed foods.

## VEGETABLES



Eat vegetables with stem

## FRUITS



Eating the skin of the fruit provides a greater dose  
of dietary fibre

Many appetizing foods are actually great sources of fibre — from fruits to wholegrain cereals. Get your kids accustomed to consuming fibre everyday. Foods with fibre are beneficial for everyone because they help discourage overeating.

FEEL HEALTHIER INSIDE AND OUT WITH GARDENIA'S CANADIAN PURPLE WHEAT  
100% WHOLEGRAIN, WHOLEMEAL, OR SOMMERSET COTTAGE MULTI GRAIN &  
SEEDS LOAVES. CONTAINING YOUR DAILY DOSE OF FIBRE, EACH DELICIOUS BITE  
IS A BITE OF NUTRITIOUS GOODNESS. THE PERFECT WAY TO START THE DAY.

**FILL UP WITH FIBRE & FEEL SUPER ALL DAY.**



So good ...  
you can even eat it on its own!



# NIP Helps Make Info

NIP, or the Nutrition Information Panel is an important part of a food label especially when purchasing a new food product.

## Did You Know?

Understanding NIP can help you make better food choices.

Less than 50% of Malaysian adults READ the NIP when buying food.



## All About NIP

### WHAT is NIP?

It is a table found on the food label of packaged foods showing the amount of nutrients contained in the product.

It also lists the amounts of nutrients and energy, expressed as:

[per 100g for solid products]

[per 100ml for beverages]

[per serving of food, e.g 25g/75ml]

### WHERE is it located?

In a section at the back or side of food/beverage.

### WHY is it important?

- It provides consumers on nutritional information of the products.
- Allows comparison of similar products.

### WHEN to use it?

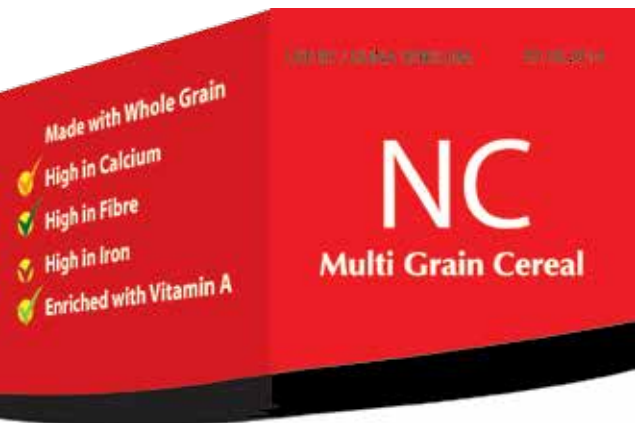
Read it especially when purchasing a new product.

Use it when choosing similar products of different brands.





# Smart Food Choices



## 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

### 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.

### Made in Malaysia

#### Manufactured by:

ABC Malaysia Sdn Bhd  
Lot 29-11, Jalan NMM, 23411 Shah Alam,  
Selangor, Malaysia.

#### Distributed by:

ABC Malaysia Sdn Bhd  
Lot 29-11, Jalan NMM,  
23411 Shah Alam, Selangor, Malaysia.



## HOW to use it?

- When making food choices, look at the amount of energy and other nutrients in the food. Consider how the nutrients contribute to the total daily intake.
- When comparing similar foods of different brands, compare based on 100g or 100 ml of the product NOT the serving size.
- Compare the content of all nutrients on the label of different available brands for the same food item, not just one nutrient.

## TIPS when comparing

Pick products with less calories, sugar, salt & fat.

CALORIES  
SUGAR  
SALT  
FAT

PROTEIN  
VITAMINS  
MINERALS  
DIETARY FIBRE

Go for products with higher protein, vitamins, minerals and dietary fibre.

## Other info you can find on food packaging:

- **Nutrient content claim** – describes level of a nutrient in a food product, e.g.

High in fibre High in iron Sugar Free Low Fat

- **Nutrient function claim** – describes role of nutrient in growth, development and normal functions of the body.

*"Oat is rich in soluble fibre which helps to lower/reduce cholesterol."*  
*"Bifidobacterium lactis helps improve beneficial intestinal microflora."*

Note: Products must meet certain requirements before manufacturers can make any nutrition claims. **Consider nutrition claims wisely together with the NIP in guiding your food choices.**

**These claims are not permitted:**

- a food product claims that it is intended to 'treat, cure or prevent' any disease.
- a food product claims that it is able to provide an adequate source of all nutrients.



# Smart Chef Guide

## to *Healthier Cooking*

Time to change your normal way of cooking to make your dishes healthy. Say "no" to deep frying and use these methods!



**Boiling**  
Good for all kinds of food



**Sauteing**  
Smaller pieces of meat and vegetables



**Grilling**  
Meat, poultry and fish



**Steaming/poaching**  
Fish and egg

### Super Substitutes

Too much fat, sugar, and salt in our food can lead to many chronic diseases. Modify your recipes and make your dishes healthier with these healthy alternatives.

#### Adding Taste



Salt



Herbs & spices



Coconut milk/santan



Low fat milk



Sour cream



Yoghurt



Full cream dairy products



Low fat cream cheese/cream



Sauces



Lemon juice



Sugar



Fruits, fruit juices



Seasoning



Vegetables, beans



Mayonnaise



Plain yoghurt

#### Adding Goodness



White flour



Whole wheat flour



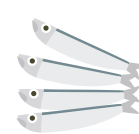
Canned fruits in heavy syrup



Fresh fruits



Salty seasoning



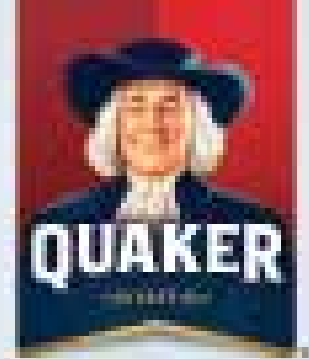
Anchovies



Flour



Oats to thicken the gravy



# Kickstart Your Morning — with — Quaker® Oats



[www.quaker.com.my](http://www.quaker.com.my)  
Quaker Malaysia

\*3g of soluble fibre  
from oatmeal daily may  
HELP REDUCE CHOLESTEROL

# Keep Your *Heart* *Healthy*

Heart disease generally refers to blocked arteries, which prevent oxygen and nutrients from reaching the heart often leading to what is known as a 'heart attack'.



## HEART FACTS

Heart disease & stroke are responsible for **1/4 of deaths** in Malaysia

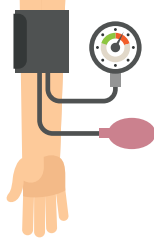
The average age of Malaysians suffering from heart attack is **58.5** years old

1 in 4 heart attack patients are **less than 50** years old

## Risk factors of heart disease



Overweight or obesity



High blood pressure



Borderline or high blood cholesterol levels



High blood glucose



Smoking



Unhealthy dietary habits



Sedentary lifestyle

**50% of heart attack patients in Malaysia have 3 or more risk factors.**



**The more risk factors you have, the higher your risk of getting heart disease.**



Excessive intake of alcohol



Family history of heart disease

# 8 STEPS TO PREVENT HEART DISEASE

**1 Be smoke free.** A year after quitting, the risk of heart disease falls to about half that of a smoker.



**2 Sweat a little.** Doing more than **150 minutes** of moderate physical activity every week helps reduce the risk of **heart disease** by about **30%**.



**3 Maintain a healthy body weight.** If you are overweight, losing just **5-10%** of your current weight over **6 months** helps lower the risk of heart disease.



**4 Cut down fat, sugar, and salt.**

- A diet high in saturated fat (e.g. foods from animal sources) and is estimated to cause about 31% of coronary heart disease worldwide. Replace high saturated fat foods with healthier options.
- Use more herbs and spices. Watch out for high salt content in packaged foods – read the nutrition labels.

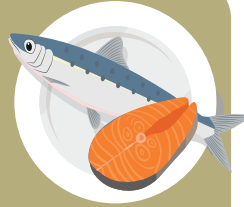


**5 Eat more dietary fibre.** Eat dietary fibre from a variety of sources such as legumes, whole grains and wholegrain products as well as fruits and vegetables.



**6 Give fish a chance.**

Eat fish **daily**. Choose more oily fish such as mackerel, sardines, salmon and fresh tuna. Great sources of omega-3 fatty acid that help protect against heart disease.

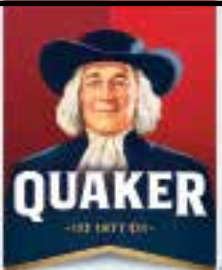
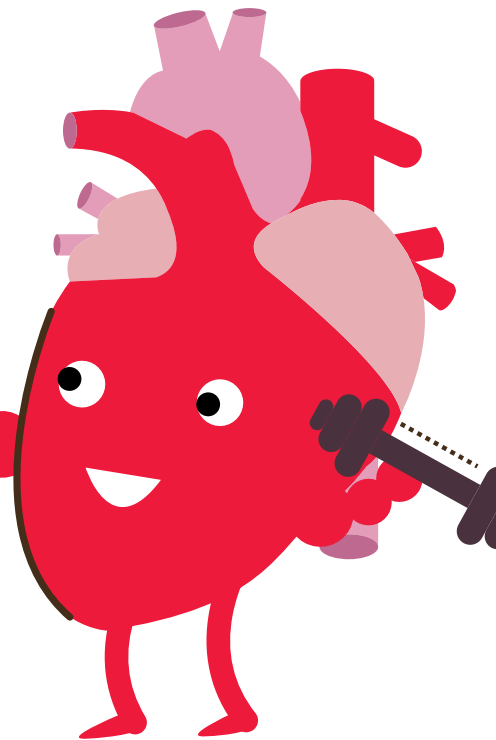


**7 Screen regularly.**

Schedule a yearly checkup for your blood pressure, cholesterol and blood glucose levels.



**8 Reduce stress and get enough rest.** Aim for 8 hours of good quality sleep.



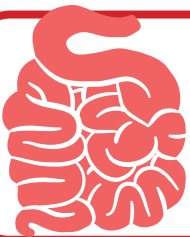
Kickstart  
Your Morning  
— with —  
Quaker® Oats



# Guard Your Gut

Having good digestion is very important because digestion is not just about what goes into your stomach. Poor gut health is linked with common digestive problems such as heartburn, Gastroesophageal Reflux Disease (GERD), constipation, and indigestion.

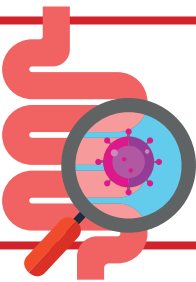
## Why It Matters?



**80%** of the body's immune system is located here

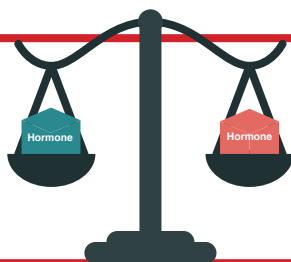
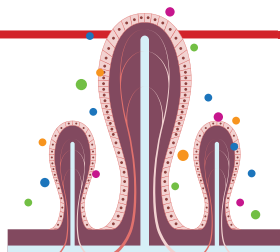
**80-90%**

of the feel good neurotransmitter, serotonin is found in the gut



Home of microorganisms that help to maintain the ecosystem of gut bacteria

Breaks down food for easier absorption



Hormone regulation

Toxins & waste elimination

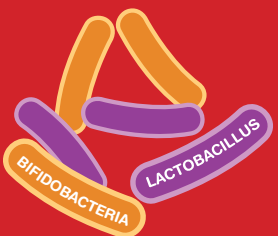


## Did You Know?



Large intestine hosts a huge number of bacteria also called gut flora.

Good gut flora (microorganisms that live in the gut) helps promote normal gut function, protects you against infection, regulates metabolism and helps the immune system.



Wellness of your digestive health depends on the balance between the good and bad bacteria in the large intestine.

**8** lifestyle improvements for better digestive health

**1. Practise a balanced, moderate and varied diet consistently.**  
 Fish, Poultry, Meat and Legumes | Fruit | Grains, Potatoes, Cornmeal, Chickpeas, Lentils and Tubers | Vegetables

**2. Boost dietary fibre intake to keep foods moving through the digestive tract more easily.**

**3. Drinking more water helps nutrient absorption in the digestive tract.**

**4. Manage stress & get 8 hours of quality sleep.**

**5. Quit smoking, as it leads to acid reflux, heartburn and increased risk of gastric cancer.**  
 • Reduce alcohol consumption, as it interferes with acid secretion and nutrients absorption.

**6. Be physically active & maintain a healthy body weight to ensure that gut is in optimal working condition.**  
 • Aim for 30 minutes per session, 5-6 times per week.  
 • Aim for a BMI of 18.5-24.9kg/m<sup>2</sup>.

**7. Consuming probiotic and prebiotic-rich foods help to maintain the balance of gut bacteria.**

**8. Go for regular health screening to detect digestive disorders and control it before it gets out of hand.**

**Vitagen**<sup>®</sup>  
 BE GOOD TO YOUR GUT

**5 STEPS  
 TO A  
 HEALTHY GUT**



- DRINK HEALTHY**  
 Consume cultured milk drinks with billions of live, active cultures every day. Drink VITAGEN for better digestive health.
- WALK IT OUT**  
 Take a brisk 30-minute walk daily. It helps reverse gut flora changes associated with obesity.
- CHOOSE FIBRE**  
 Eat 3-5 servings of fruits and veggies. The fibre provides food for the gut flora.
- SLEEP RIGHT**  
 Get at least 7-8 hours of sleep every night. Sufficient amount of sleep helps maintain a healthy and balanced gut flora.
- STRESS LESS**  
 Take time to relax. Stress and anxiety can rebound to the gut causing Irritable Bowel Syndrome.

**Vitagen**<sup>®</sup>  
 BE GOOD TO YOUR GUT BUT AWARENESS  
 CHAMPIONING  
**40** YEARS OF DIGESTIVE CARE  
 #VITAGENISGOODTOYOURGUT



**Vitagene**

40 YEARS OF TRUST AND RELIABILITY

40 YEARS

**40**

YEARS OF  
DIGESTIVE  
CARE

MAINTAINING THE GUT

# A BETTER GUT BEGINS WITH VITAGEN

Proven in the laboratory & preferred by digestive care, we stand  
strong as Malaysia's No.1 & No.1 natural milk drink.



**Vitagene**<sup>+</sup>

MAINTAIN THE HEALTHY GUT

Company: Singapore Singapore  
Distributor: 100% Natural Milk Drink



100% Natural Milk Drink



# 5 Steps to *Keeping Food Safe*

Apart from making the right food choices, you should also emphasise on safe food practices. Proper food handling, storage, and cooking are essential to prevent food poisoning

## 1 Choosing/Purchasing



## 2 Storing

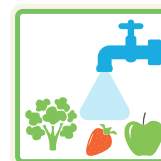
Fresh foods spoil quickly. So, store them properly to maintain freshness.



## 3 Food preparation



Wash your hands



Rinse fruits and vegetables



Wash the utensils before and after use



Do not mix cutting board for raw meats and fruits/vegetables

## 4 Cooking



Ensure food are cooked thoroughly



Keep cooked food separate from raw meat, poultry, seafood or eggs



Any leftover food should be reheated properly

## 5 Serving

Serve cooked food promptly



Avoid keeping cooked food at room temperature for more than 4 hours



# Prevent Food Poisoning!

Dining out has become a necessity for some families. However, you must make smart choices. Consider the cleanliness of the food premises, the hygiene of the food handlers and the proper selection of food to prevent food poisoning

## What is food poisoning?

\* Food poisoning is the result of eating food or drinks that are contaminated.

Causes of food poisoning?



Bacteria, physical, chemical



Heavy Metal



Herbicide/ Insecticides



Pest

## Symptoms of food poisoning



Nausea



Stomach cramp



Vomiting



Diarrhoea



Fever

## THINGS TO LOOK OUT WHEN EATING OUT

### 1 FOOD OUTLET

- Ensure that the environment is hygienic
- The tables and chairs are clean and in good condition
- No pests (e.g: rats/ cockroaches) around the outlet
- Outlet is far from roadside and drain



### 2 FOOD HANDLER

- Well-groomed (e.g: short hair, short nails)
- Does not smoke when handling food
- Uses clean utensils to prepare food



### 3 FOOD COUNTER

- Counter is always clean and tidy
- Food is always covered
- Food kept warm ( $\geq 60^{\circ}\text{C}$ )



# Prevent food poisoning



**Do Not Eat Spoilt Food**

Food Safety and Quality Division, Ministry of Health Malaysia

# WHY CHOOSE YAKULT? THE REASONS ARE MANY.



RESEARCH ON  
INTESTINAL  
HEALTH

129 PAPERS



RESEARCH ON  
INFECTIOUS  
DISEASES

107 PAPERS



RESEARCH ON  
IMMUNITY

177 PAPERS



YAKULT'S  
R&D  
SCIENTISTS

404 PEOPLES



RESEARCH ON  
PRODUCT  
DEVELOPMENT

1005 PAPERS

## THE SCIENCE BEHIND YAKULT



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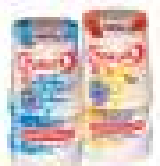
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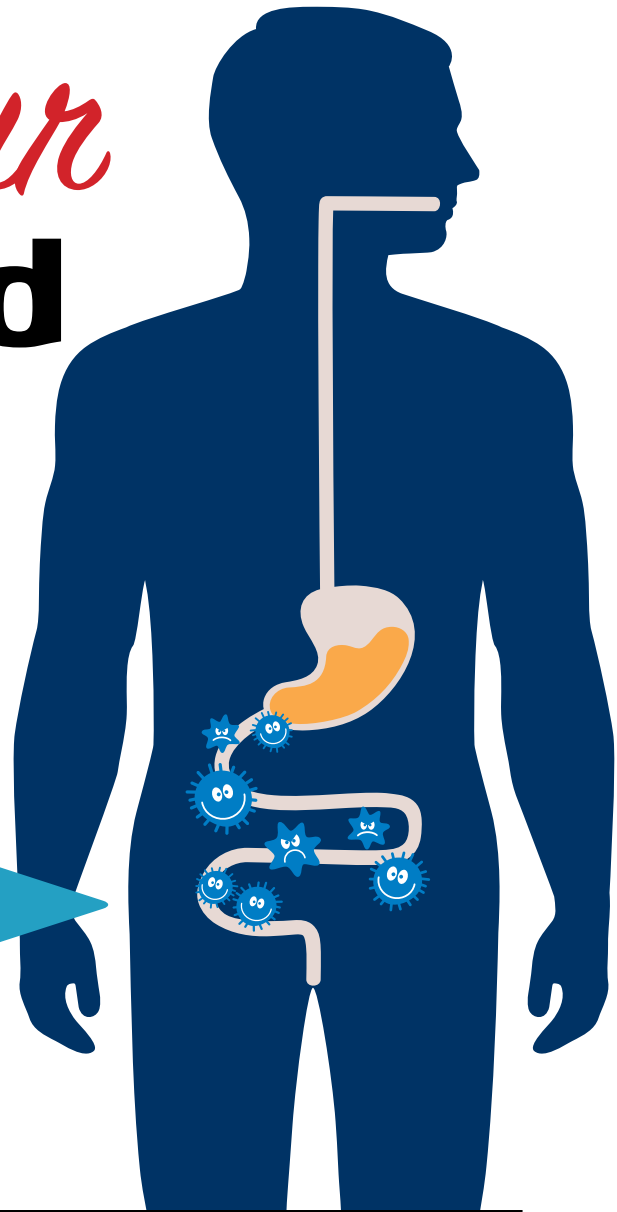
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# Nourish Your Gut with Good Bacteria



The human body contains 10 times more bacteria than human cells & there are 100 trillion bacteria that live in the gut.

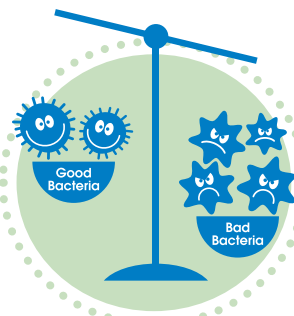


*Bifidobacteria* and *Lactobacillus* are the common examples of probiotics.

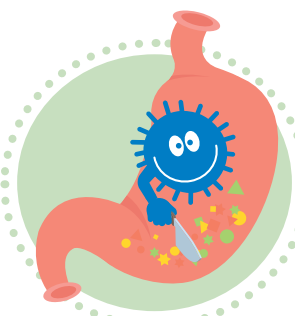


Many of these bacteria are good bacteria or 'probiotics' that help to keep the digestive system and body healthy.

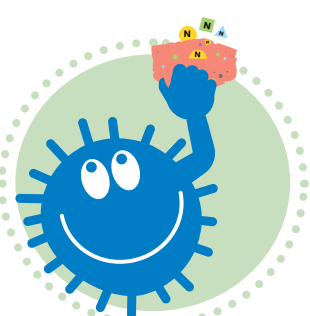
## How probiotics can support health



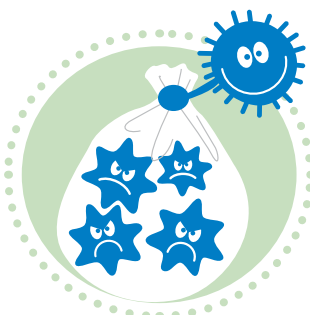
Promote a balanced gut bacteria ecosystem



Aid digestion by breaking down foods



Promote nutrient absorption



Control the growth of harmful bacteria



Protect the body from harmful pathogens



Produce Vitamin K & Vitamin B12



Strengthen the immune system

Various factors can interrupt the levels of good bacteria and its diversity in the gut such as:



Use of antibiotics



Unhealthy dietary habits



Stress



Aging



Inactive lifestyle



Illness

Nourish the gut with good bacteria and keep it in balance to maintain good gut health

Consume foods that are rich in probiotics such as:



Yoghurt and yoghurt drinks with probiotic live cultures

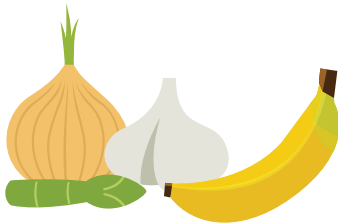


Cultured Milk Drinks

### Tips

- This product must contain live cultures.
- Remember to consume probiotics/live cultures before the expiration date to maximise the potential benefits.
- Look for **less sugar** cultured milk/ yoghurt drink options.

Consume prebiotic-rich-foods which serve as 'food' for probiotics and help to promote the growth of good bacteria:



Garlic, onion, asparagus & banana

Load up on dietary fibre



### Good to know

- Not all probiotics are the same; different probiotics benefit health in different ways.
- There is an optimum dose of probiotics which has been shown to provide health benefits.
- Probiotic products can lose viability if not stored properly as they are living organisms.

What to look for in a probiotic drink?



Live probiotic cultures



Optimum dose of probiotics



Probiotic that is strong enough to survive stomach acid and reach gut alive



Proven to deliver health benefits through scientific research



Free from unnecessary preservatives, colourings and food additives

**Yakult®**



30 billion live *Streptococcus* strain per bottle



413 scientific research papers



404 probiotic experts



33 countries



Loved by 35 million people



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# Get Up & Move!



A healthy diet should be accompanied with regular physical activity to maintain body weight and reduce risk of diseases. Many are aware that being active has great health benefits but fail to put it into action!

## The Problem



Physical inactivity is the **4th** leading risk factor for global death

**1 in 3** Malaysian adults are physically inactive (NHMS 2015)



7 in 10 Malaysian children spend more than **2 hours** per day of screen time

## Regular physical activity keeps you healthy & benefits people of all ages



Maintains a healthy body weight

Strengthens bones and muscles



Prevents heart disease, diabetes and cancers



**EVERYDAY:  
BE MORE ACTIVE  
ANYTIME, ANYDAY,  
ANYWHERE**



## At Work



Park your car further and walk to office

## At Home



Exercise while watching TV

## At School



Brisk walk to wash room

## Family Outing



Go for a bike ride



## YOUR FITNESS GUIDE



Walk to colleague to discuss instead of sending emails/using phone



Use stairs



Do more housework



Wash car



Be active during PE class



Play with friend during recess



Jog in the park



Play with children

5-6 times a WEEK: Accumulate at least 30 minutes of moderate physical activity



Aerobic exercise



Cycling, swimming, playing badminton, hiking

2-3 times a WEEK: Do activities that increase flexibility, strength, and endurance of the muscles

Stretching, push ups, sit ups, yoga

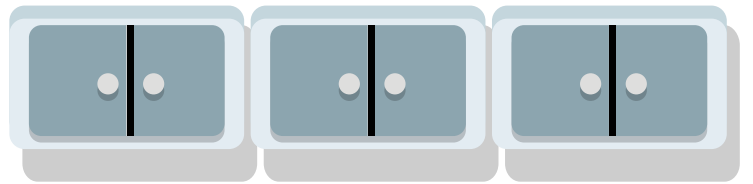


Avoid 'couch potato' lifestyle

Cut down on sitting, watching TV, playing digital/electronic games



# Early Detection Saves Lives



Non-communicable Diseases (NCDs) are diseases that are not transmitted through infection but are closely related to preventable lifestyle practices i.e. unhealthy eating habits and physically inactive.

## Did You Know...



**50%** who have diabetes are unaware they have the disease.\*

**80%** who have hypercholesterolemia are unaware they have the disease.\*



**50%** who have high blood pressure are unaware they have the disease.\*

\*(NHMS 2015)

## Keeping Tabs on NCD Risk Factors

Often NCDs do not show symptoms until too much damage has been done to our body. Early detection and timely treatment is effective to prevent NCDs progression and save lives.

## Go for Screening!



**≥ 40 years old**

Start screening for NCDs risk factors, don't delay.



**Repeat annually**

Even though the test value appear to be normal.

## Start Early

Screening should be done earlier and more often, if you have one or more of risk factors:

- family history
- diabetes mellitus
- obesity





# Know Your Values



## Body Mass Index (BMI)

### What it is?

Quick indicator to determine weight status.

### Aim for:

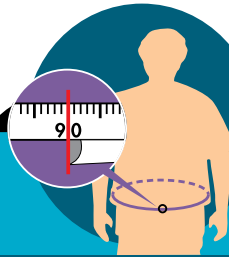
18.5kg/m<sup>2</sup> to 24.9kg/m<sup>2</sup>.

### Where to check?

Do-it-yourself at home using the formula: weight (kg)/height (m) x height (m).

### When to check?

Once a month or as advised by your health care professional.



## Waist Circumference

### What it is?

An indicator of the amount of fat stored at the abdomen area. High waist circumference is associated with increased risk to health problems such as cardiovascular diseases and type 2 diabetes.

### Aim for:

<90 cm for men

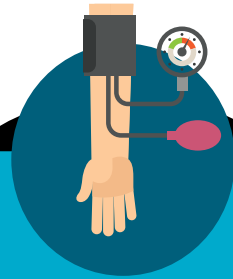
< 80 cm for women

### Where to check?

Do-it yourself at home using a non-stretchable measuring tape; measure just at the level of the belly button.

### When to check?

Once a month or as advised by your health care professional.



## Blood Pressure

### What it is?

A blood pressure test is the only way to know if you are at risk of getting hypertension.

### Aim for:

Under 130/85 mm/Hg.

### Where to check?

Clinic, hospital, pharmacy, do-it-yourself at home, if you have a blood pressure monitor.

### When to check?

Annually.



## Blood Glucose

### What it is?

A blood glucose test helps to determine if you are at risk of getting diabetes.

### Aim for:

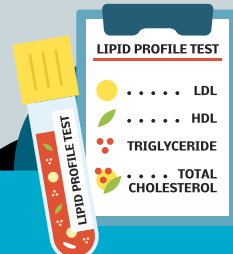
- Fasting blood glucose (< 5.6mmol/L) or
- Random blood glucose (< 7.8mmol/L).

### Where to check?

Clinic, hospital, pharmacy, do-it-yourself at home if you have a glucometer.

### When to check?

Annually.



## Lipid Profile

### What it is?

An indicator if you have high levels of blood cholesterol and triglycerides.

### Aim for:

- Total cholesterol (< 5.2mmol/L)
- Triglycerides (< 1.7mmol/L)
- LDL-cholesterol (< 2.6 mmol/L)
- HDL-cholesterol (> 1.6mmol/L)

### Where to check?

Clinic, hospital, and pharmacy.

### When to check?

Annually.

## Tumour Markers

### What they are:

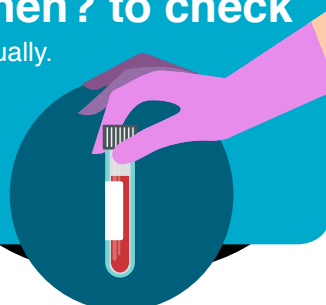
Tumour markers are substances that are produced by cancer or by other cells of the body, in response to cancer or certain noncancerous conditions. Tumour marker levels are used to help detect some types of cancer.

### Where to check?

Clinic, hospital.

### When? to check

Annually.



# 12 Steps to Healthier You

Non-communicable diseases (NCDs) are also known as chronic lifestyle diseases such as cardiovascular diseases (e.g heart attacks and stroke), cancers, diabetes mellitus and chronic respiratory diseases. It is not passed from one person to another and are mostly caused by poor lifestyle habits such as unhealthy diet, physical inactivity and tobacco use. In Malaysia, about 73% of death cases are due to NCDs!

Lifestyle modifications can help you prevent the risk of getting NCDs. Practise today for a healthier you!



1

Practise a balanced, moderate and varied diet. Make use of the **food pyramid** and **My Plate** as healthy eating guides.



2

Consume **more wholegrain products** as they are high in fibre, and essential nutrients.



3

**Eat plenty of fruits and vegetables** with various colors every day.



4

Limit **fat/oil, sugar and salt/sauces** in foods and drinks.



5

**Drink at least 8 glasses** of plain water daily.



6

**Choose clean and safe food and drinks** especially when eating out.



7

Make effective use of **Nutrition information** on food labels.



8

**Stop smoking** to help prevent NCDs.



9

**Be active every day.** Spend at least 30 minutes of moderate-intensity exercise, 5-6 times per week.



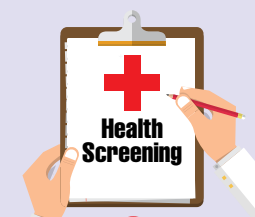
10

Maintain a **healthy body weight (BMI 18.5 – 24.9kg/m<sup>2</sup>)** and waist circumference **< 90cm for men** and **< 80cm for women**.



11

Get **sufficient rest** daily and **manage your stress** well to keep yourself mentally and physically fit.



12

Go for **annual screening** if you are above 40 years old.



# 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 16th year, NMM focuses on the prevention of non-communicable diseases with the theme, **"Eat Smart + Move More = Recipes for Healthy Families."**

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 9 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



### Publications for Public

- ✦ Published 9 practical nutrition guidebooks, 3 recipe books and 1 mini-booklet



### Educational Press Articles

- ✦ Published over 92 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](mailto:enquiry@nutritionmonthmalaysia.org.my)**

**Website: [www.nutritionmonthmalaysia.org.my](http://www.nutritionmonthmalaysia.org.my)**



**Nutrition Month Malaysia**