







Heart attack and stroke are responsible for ¼ of deaths in Malaysia. One of the risk factors of heart disease is having high blood cholesterol levels. This can be prevented through dietary and lifestyle changes!



Healthy Heart Checklist

- ☐ I eat more high-fibre foods such as whole grains and legumes 
- ☐ I choose lean meat or fish for lunch or dinner 
- ☐ I choose to reduce intake of deep-fried or santan-laden foods 
- ☐ Half of my plate consists of fruits and vegetables 
- ☐ I exercise/get physically active for at least 30 minutes daily 
- ☐ I quit smoking/ do not smoke 

This leaflet is part of the Nutrition Month Malaysia (NMM) 2018 “Your Only Choice: Eat Healthy & Be Active” Infographic Kit: Volume 3.

The Infographic Kit includes 11 key messages:

- | | |
|---------------------------------------|-----------------------------------|
| 1 Basics of Healthy Diet | 6 Start Your Day Strong with Milk |
| 2 Stay Active Everyday | 7 Fibre for Health |
| 3 Eat Fruits and Veggies for Health | 8 Go Whole Grains |
| 4 Be Informed, Make Wise Food Choices | 9 Keep Your Heart Healthy |
| 5 Make Time for Breakfast | 10 Healthy Digestive System |
| | 11 Good Bacteria Balance |

Visit www.nutritionmonthmalaysia.org.my to obtain the full set of leaflets and other educational materials from NMM programme.

QUAKER
— ESTD 1877 —

GOOD DAYS

START WITH QUAKER



PEPSICO (MALAYSIA) SDN. BHD. Serving Suggestion

QUAKER
— ESTD 1877 —

SUPER GRAIN

QUAKER™

- ✓ FIBRE
- ✓ PROTEIN
- ✓ BETA-GLUCAN



Keep Your Heart Healthy

Reduce your cholesterol



Published by

Nutrition Month Malaysia

A joint initiative by

Nutrition Society of Malaysia
www.nutrisoc.org.my

Malaysian Dietitians' Association
www.dietitians.org.my

Malaysian Association for the Study of Obesity
www.maso.org.my

Supported by an educational grant from

QUAKER
PEPSICO

Common Heart Attack Warning Signs

Pay attention to these warning signs. Act fast if you experience these.



Pain or discomfort in the chest



Light-headedness, nausea, or vomiting



Jaw, neck, or back pain



Discomfort or pain in arm and shoulder



Shortness of breath

**These signs are not specific to heart attack. Always consult a doctor for proper medical advice.*

Keep Your Heart Healthy with Healthy Lifestyle

Overweight, high blood pressure, high blood cholesterol, high blood glucose and smoking are major risk factors of heart disease.

Heart disease is PREVENTABLE. You must adopt healthy dietary habits and take charge of your lifestyle to prevent getting the risk factors of heart disease.



5 heart-healthy DIET goals

1

Eat more foods high in dietary fibre. Choose whole grains such as oats, which contain beta glucan that helps to reduce blood cholesterol levels.



2

Cut down on saturated fat, e.g. chicken skin, butter, fatty red meat. Choose healthy unsaturated fats from fatty fish like sardines or salmon, walnut, flaxseed, and chia seed.



3

Reduce your sodium intake; use more herbs and spices instead of salt.



4

Control intake of foods and drinks with added sugar. Go for nutrient-rich foods such as fresh fruits and vegetables.



5

Eat more legumes and legume products.



5 healthy LIFESTYLE goals

1

Quit smoking.



2

Be physically active to increase good cholesterol and reduce bad cholesterol.



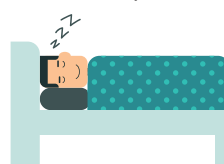
3

Aim for a normal Body Mass Index (BMI).



4

Reduce stress and get enough rest and sleep.



5

Go for regular health screening (blood pressure, cholesterol and sugar tests).



Banana Oat Pancake

Serves 4-8

Ingredients

150 g (1 ½ cups) instant oat
60 g (½ cup) self-raising flour
4 g (¾ tsp) baking powder
50 ml (3 ½ tbsp) evaporated milk
100 ml (½ cup) low fat milk
50 ml (3 ½ tbsp) water
5 g (1 tsp) palm sugar (gula melaka)
250 g (3 whole) banana, mashed

150 ml milk combination

2.5 ml (½ tsp) vanilla extract
Salt to taste
100 g (1 medium size) sliced banana

** Optional topping: butter and honey. Doing this, will add more calories to the pancake.*

Method

1. Add instant oat, self-raising flour and baking powder in a bowl. Then add milk combination, water, palm sugar, mashed banana, vanilla extract, and salt into the oat-flour mixture and mix well.
2. Let the mixture rest for 5 minutes, heat up non-stick pan and pour the mixture into a small, round mould. When the batter is half-cooked, place a few sliced bananas on top.
3. Cook the pancake on medium heat and make sure both sides are properly cooked till it is golden brown.
4. Serve the pancake hot with honey and butter if desired.

Nutrient Content Per Serving

Calorie **159 kcal**
Carbohydrate **30.0 g**
Protein **4.7 g**
Fat **2.5 g**

Recipe to boost your fibre intake with oats.