

Eat Smart + Move More = Recipe for Healthy Families

Jointly organised by:







the Study of Obesity

Nutrition Society of Malaysia Malaysian Dietitians' Association

Event Pictorial Report

Prepared by:
NMM Programme Secretariat
VersaComm Sdn Bhd

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1.PROGRAMME OVERVIEW

Nutrition Month Malaysia 2017



- Nutrition Month Malaysia (NMM) is an annual initiative conducted every April with a different theme.
- NMM is spearheaded by a National Steering Committee (NSC) comprising of representatives from Nutrition Society Malaysia (NSM), Malaysian Dietitians' Association (MDA), Malaysian Association for the Study of Obesity (MASO) & Ministry of Health Malaysia (MOH).
- NMM receives funding from several private sectors to support its activities.
- As of 2017, NMM has been observed for 15th consecutive years.



Nutrition Month Malaysia 2017



Theme:

Eat Smart + Move More = Recipe for Healthy Families

Objectives:

To promote healthy eating & active living as keys to maintain healthy weight, reduce risk of diseases and promote overall health among general population

NMM 2017 Programme Overview





Pre-Launch

- 1.1 Media Initiatives
- 1.1.1 Print Media
 - Educational Press/Magazine **Articles**
- 1.1.2 Social Media
 - Website/Facebook Page /Event Page
- 1.1.3 *Radio*
 - Community health messages & Carnival promo message

- 2.1 Media Launch in conjunction with NMM 2017 Food-Fit-Fun Fair by Deputy Minister of Health Malaysia
- 2.2 NMM 2016 Food-Fit-Fun Fair (19 – 23 April, 2017)
 - Themed booths
 - Nutri Info Hunt
 - Parent Child Cooking Workshop
 - Cardio Dance Session
 - **Health Screening**

2.3 Educational Materials

 Eat Smart + Move More= Recipe for Healthy Families An Infographic Kit, Vol II

Post-Launch

- 3.1 Media Initiatives
- 3.1.1 Newspapers & Magazines
 - Press interviews/Write-ups
 - Educational Press Articles
- 3.1.2 Social Media
 - Website/Facebook Page
- 3.1.3 *Radio*
 - Community health messages

Nutrition Month Malaysia 2017 Sponsors



Gold Sponsors:







Bronze Sponsors:







With Support From:



2. NUTRITION MONTH MALAYSIA 2017 LAUNCH

IN CONJUNCTION WITH FOOD-FIT-FUN FAIR

Introduction



Date

• 22 April, 2017 (Saturday)

Venue

• Lower Ground, Centre Court, IOI City Mall Putrajaya

Highlights

- Food-Fit-Fun Fair launched by Yang Berusaha Dr Zainudin Abd Wahab, State Director of Health of the Federal Territory of Wilayah Persekutuan KL & Putrajaya
- Launch of NMM 2017 Theme: Eat Smart + Move More = Recipe for Healthy Families
- Unveiling of NMM 2017 Guidebook: Eat Smart + Move More = Recipe for Healthy Families, An Infographic Kit Vol II
- Sponsors & Partners Recognition
- Exhibition Tour (Sponsors' booth with key messages, giant panels, health screening area)

Media Coverage (1)



METRO AVIAD

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Media Coverage (2)



THE recently concluded Nutrition Month Malaysia 2017 (NIMM) highlighted the rising incidence of non-communicable diseases (also called lifestyle diseases) and the importance of preventing such diseases.

In its 16th year, the annual event this year, held on April 19-23 at IOI City Mall. Putrajaya, carried the theme, "Eat Smart - Move More = Recipe for Healthy Families". This year's communication materials focused on "smart eating and active living" as the mainstays of a healthy family to prevent non-communicable diseases (NCDs).

At the launch of the event, State Director of Health of the Federal Territory KL, and Putrajaya Dr Zainudin bin Abdul Wahah stressed: 'Let us not forget that NCDs are silent diseases. The sad fact of the matter is that deaths caused by NCDs are actually preventable. The threat of NCDs remains one of the most critical challenges faced by Malaysia and it must be addressed collectively by all Malaysians.

"However, in order to succeed, Malaysians must place a greater value on their personal health. This must also be coupled with a focused effort to lead a healthier lifestyle, which includes adhering to a healthy diet and regular exercise."

In his welcome speech at the event, the Chairman of NMM Steering Committee and President of Nutrition Society of Malaysia, Dr Tee E Siong, said: "The alarming NCD statistics serve to spur us on, and this year, NMM continues in its yearly tradition of playing its role in fulfilling the Government's efforts of combating NCDs. We not only hope to reinforce the importance of healthy eating and an active lifestyle, but also encourage the public to start doing something about it.

"In our effort to reach out to

Eat well, be well

Nutrition Month Malaysia 2017 reinforces the need to curtail the rising incidence of 'lifestyle' diseases.



Visitors taking part in the Nutri-Info-Hunt challenge during Nutrition Month Malaysia 2017. - Handout.

more young Malaysians, NMM will continue to spread the relevant nutrition messages via its annual Food-Fit-Fun Fair organised in shopping malls. The messages are also available digitally via the Nutrition Month Malaysia Facebook page and the official website. The public can, from any

corner of the country, read all our materials and past publications, and receive updates on nutrition tips and facts."

The five-day "Food-Fit-Fun Fair" served not only to entertain, but also empower the whole family to lead a healthy lifestyle.

One of the key highlights was the

Nutri-Info Hunt, where visitors to the Food-Fit-Fun Fair would have access to a giant poster exhibition area which highlighted several key messages that include guides to a balanced diet and healthy plate, making time for breakfast, benefits of whole grains and dietary fibre, cholesterol and heart disease and caring for digestive health with good bacteria.

Visitors were also able to directly engage with nutritionists by asking them questions related to their concerns.

Visitors concerned with their risk factors for non-communicable diseases (e.g. diabetes, obesity, heart diseases) were able to check their risk by getting a free health screening.

This included checks on their body mass index (BMI), body fat percentage analysis, blood glucose and blood cholesterol. The health screening was followed by free consultation sessions with nutritionists and dietitians.

Another highlight of the fair was the Parent-Child Cooking Workshop where parents had the opportunity to experience a fun cooking session while learning about nutrition with their children.

There were also numerous interactive booths by sponsors of the

NMM constantly strives to make leading a healthy lifestyle fun yet practical for the family.

Each year, the NMM initiative comprises a yearly publication, a series of educational press articles published in leading newspapers and magazines, continuous updates on nutritional information in Nutrition Month Malaysia Facebook page, community health messages on radio, and other relevant activities conducted by state nutritionists and dietitians.

This year, the annual publication features an infographic-style booklet entitled "Eat Smart, Move More, Recipe for Healthy Families".

The booklet aims to equip the reader with the necessary knowledge to make appropriate food choices, start adopting healthy food habits and lead an active lifestyle. This is essential in building a healthy family, which would in turn, leads to a happy family.

Launch Ceremony April 22, 2017 (Saturday)

Launch Ceremony





Welcome remarks by Dr Tee E Siong, the Chairman of NMM Steering Committee & President of Nutrition Society of Malaysia.





Official speech by Yang Berusaha Dr Zainudin B Abd Wahab, State Director of Health of the Federal Territory of Wilayah Persekutuan Kuala Lumpur& Putrajaya. Representing, Yang Berhormat Dato' Sri Dr Hilmi Bin Haji Yahaya, Deputy Minister of Health

Launch Ceremony







Launching of NMM 2017 Food-Fit-Fun Fair 'Eat Smart + Move More = Recipe for Healthy Families' and signature publication 'Eat Smart + Move More = Recipe for Healthy Families: An Infographic Kit Vol II' by Yang Berusaha Dr Zainudin Abd Wahab, State Director of Health of the Federal Territory of KL and Putrajaya (standing second from left), accompanied by (from left to right)), Dr Tee E Siong (Chairman of NMM Steering Committee & President of Nutrition Society of Malaysia, Emeritus Dr Mohd Ismail Noor (President of Malaysian Association of the Study of Obesity) and Ms Rozanna Rosly (Honorary Secretary of Malaysian Dietitians' Association), and Ms Zalma Abd Razak (Director, Nutrition Division, Ministry of Health Malaysia)

Launch Ceremony







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Malaysia Milk Sdn Bhd (Vitagen) Mr Michael Ong (Second from left)

Yakult Malaysia Sdn Bhd
Ms Lim Siew Ling (Second from left)







Quaker Malaysia (Pepsico Services Asia Ltd)
Mr Ch'ng Oon Teong (Second from left)

Nestle Products Sdn Bhd Ms Cher Siew Wei (Second from left)



Serba Wangi Sdn Bhd Mr Kendy Liew (Second from left)



Gardenia Bakeries (KL) Sdn Bhd
Ms Hazlinah Harun (Second from left)



Food Safety & Quality Division
Mr Mohd Khaidir B Abd Hamid
(Second from left)





From left to right; Mr Michael Ong (VITAGEN), Ms Hazlinah Harun (Gardenia), Ms Lim Siew Ling (Yakult), Mr Ch'ng Ong Teong (Quaker Malaysia), Dr Tee E Siong (Chairman of NMM Steering Committee & President of Nutrition Society of Malaysia), Yang Berusaha Dr Zainudin B Abd Wahab (State Director of Health of the Federal Territory of Wilayah Persekutuan Kuala Lumpur& Putrajaya), Emeritus Dr Mohd Ismail Noor (President of Malaysian Association of the Study of Obesity), Ms Rozanna Rosly (Honorary Secretary of Malaysian Dietitians' Association), Ms Zalma Abd Razak (Director, Nutrition Division, MoH), Ms Cher Siew Wei (Nestle Products Sdn Bhd), Mr Kendy Liew (Serba Wangi EcoBrown), and Mr Mohd Khaidir (Food Safety & Quality Division, MoH)

Presentation of Memento to Guest-of-honor



Drive Esions the Chairman of NMM Steering Committee & President of Nutrition Society of Malaysia) presented token of appreciation to Yang Berusaha Dr Zainudin B Abd Wahab, State Director of Health of the Federal **Territory of Wilayah** Persekutuan Kuala Lumpur& **Putrajaya representing Yang** Berhormat Dato' Sri Dr Hilmi B Hj Yahaya, Deputy Minister of Health Malaysia with the companion of Emeritus Dr **Mohd Ismail Noor (President** of Malaysian Association of the Study of Obesity), Ms Rozanna Rosly (Honorary Secretary of Malaysian Dietitians' Association), and Ms Zalma Abd Razak (Director, Nutrition Division, Ministry of Health Malaysia)

Jutrition



Malaysia Milk Sdn Bhd (Vitagen)



Vitagen





Yakult (M) Sdn Bhd









Quaker Malaysia (Pepsico Services Asia Ltd)







Serba Wangi Sdn Bhd









Food Safety & Quality Division, MoH







Giant Panels Area











Health Screening Area; BMI & Body Fat Check, Counselling, Glucose& Cholesterol Check.





Refreshment





Guests & SC Members













Overall Event

April 19 – 23 (Wed-Sun)



Secretariat Counter



Health Screening Area



Nutrition Month

Main Stage



Giant Book Area

Overall crowd photo (1)









Overall crowd photo (2)





Nutrition Month





Secretariat Counter





Visitors answering feedback form

Goodies bag distribution

3. NMM FOOD-FIT-FUN FAIR 2017

Event Publicity – Newspaper Clippings



Event Blurb @ EPA (Star- Fit4Life)
Star (Fit4Life, 26 March 2017)

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Food For Thought 9

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Recipe for a healthy family

In conjunction with Nutrition Month Malaysia 2017, here are 10 tips that can help you prevent common lifestyle diseases.



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Dr Tee E Siong is president of the Nutrition Society of Malaysia and chairman of the Nutrition Month Malaysia (NMM) Steering Committee. This article is contributed by NMM 2017, an annual community nutrition education initiative. To obtain more information on healthy eating and active lifestyle, visit NMM's Food-Fit-Fun Fair at Lower Ground, Centre Court Concourse, 101 City Mall, Putrajaya, on April 19-23. Nutrition screening and counselling is available for free and lots other goodies are up for grabs. Visit www.nutritionmonthmalaysia.org.my or NMM Facebook page for more information.

Event Publicity – Newspaper Clippings



Event Blurb @ EPA (Star- Fit4Life) Star (Fit4Life, 2 April 2017)

Get up and move!

Physical activity confers many health benefits to people of all ages





Metivation to move

Dr Zawiah Hashim and Dr Chin Yit Siew are members of the Malaysian Association for the Study of Obesity (MASO). This article is contributed by Nutrition Month Malaysia (NMM) 2017, an annual community nutrition education initiative jointly organised by the Nutrition Society of Malaysia, Malaysian Dietitians' Association and Malaysian Association for the Study of Obesity. To obtain more information on healthy eating and active lifestyle, visit NMM's Food-Fit-Fun Fair at Lower Ground, Centre Court Concourse, IOI City Mall, Putrajaya on April 19-23, Nutrition screening and counselling is available for free and lots of other goodies are up for grabs. Visit www.nutritionmonthmalaysia. org.my or Nutrition Month Malaysia Facebook page for more information.





Balance your gut microbiota

The gut microbiota refers to the microbe population living in the gastrointestinal system, and consists of tens of trillions of microorganisms, including at least 1,000 different species of known bacteria.

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Event Blurb @ EPA (Star- Fit4Life) Star (Fit4Life, 9 April 2017)

Dr Zaitun Yassin is the Nutrition Society of Malaysia (NSM) honorary treasurer and Dr Roseline Yap is an NSM council member. This article is contributed by Nutrition Month Malaysia (NMM) 2017, an annual community nutrition education initiative jointly organised by NSM, Malaysian Dietitians' Association and Malaysian Association for the Study of Obesity. To obtain more information on healthy eating and active lifestyle, visit NMM's Food-Fit-Fun Fair at Lower Ground, Centre Court Concourse, IOI City Mall, Putrajaya on April 19-23. Nutrition screening and counselling is available for free and lots other goodies are up for grabs. Visit www.nutritionmonthmalaysia. org.my or the NMM Facebook page for more information.



A healthy heart, a healthy you

You can prevent and control many heart disease risk factors with heart-healthy lifestyle changes.

placare inside your areaton over time, a process insven as others-

referreis.
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1 Occurright to obesty
The risk of beatt father is.
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2 High blood pressure High blood pressure incre-the worklood of the heart and

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Excels trighteen can also make hourt disease talk. high-density highs GEEs or good's clockwisters, on the other hourt disease, or greener CVD and sourceder talk disease. Noter clocking haldon, being con-recipitationes, auditating, a widne tright (allege) and and they likely a see plateary factors that contribute to high choiseneral levels.

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4 High blood plucose levels Adults with distance are tree to four times made Early to die leges boart distance than these Both loss altaress least and

impaired fairing glucous are pro-dictors of risk for stroke and CVD.



When your heart is leading or one you. Take action one and choose to line a life tree from com-

d author (Mestylo, visut NAMER) act Fill Plum Fink at Lower Ground,

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in we up for gratio. Visit source, swintflowmenthreadsynia.org.reg in

the National Month Blake Facebook page for more little

Smaking a pack of eigentities a day can double the risk of heart disease. — Readers

Tenutie moissance is servegly to missed with streetly, and projet till disbetor often softer from spectaming and record unless tay olesteral bends. The combination of them tak

factors significantly increase the posteriolity of CVD in diabetics - as s with other factors previously

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Chemicals in each cigamers can also usine blood or disclore and livra closs coulde year enteries.

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Seven tips to keep your heart healthy

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2 for more three Filtro-herby improve Mond cha-loraged levels, stabilise blood glu-core levels, maintain healthy weight and lower the risk of CKB

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Seduce stress and be lack of rest. Aim for the back of rest. As sight hours of good quality sleep and loans to relat, must lead, extrat and soul bloom have to ture.

7 Stop moking
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You can provont joint control many CVD risk factor's with heart-tentity literals charges and con-

clinesia than those without .- All

Event Blurb @ EPA (Star- Fit4Life) Star (Fit4Life, 16 April 2017)

Dr Zawiah Hashim and Dr Chin Yit Siew are council members of the Malaysian Association for the Study of Obesity (MASO). This article is contributed by Nutrition Month Malaysia (NMM) 2017, an annual community nutrition education initiative jointly organised by the Nutrition Society of Malaysia, Malaysian Dietitians' Association and MASO. To obtain more information on healthy eating and active lifestyle, visit NMM's Food-Fit-Fun Fair at Lower Ground. Centre Court Concourse, IOI City Mall Putrajaya this Wednesday to Sunday. Nutrition screening and counselling is available for free and lots other goodies are up for grabs. Visit www. nutritionmonthmalaysia.org.my or the Nutrition Month Malaysia

Facebook page for more information.



Event Blurb @ EPA (Star- Fit4Life) Star (Fit4Life, 23 April 2017)



Lifestyle modification can lower high blood cholesterol levels







New lifestyle necessary





Dr Zulfitri Azuan is a council member of the Malaysian Dietitians' Association (MDA). This article is contributed by Nutrition Month Malaysia (NMM) 2017, an annual community nutrition education initiative jointly organised by the Nutrition Society of Malaysia, Malaysian Dietitians' Association and Malaysian Association for the Study of Obesity. The programme is supported by educational grant

from Pepsico (Quaker Malaysia). To obtain more information, visit NMM's Food-Fit-Fun Fair at Lower Ground, Centre Court Concourse, IOI City Mall Putrajaya today. Health screening and nutrition counselling is available for free and lots of other goodies are up for grabs. Visit www.nutritionmonthmalaysia.org.my or the Nutrition Month Malaysia Facebook page for more information.



Event Blurb @ EPA (Star- Fit4Life)
Hati (Harian Metro, 27 March 2017)



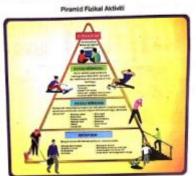
*Artikel ini disumbang oleh Bulan Pemakanan Malaysia 2017, satu inisiatif program pendidikan pemakanan komuniti tahunan anjuran Persatuan Pemakanan Malaysia. Persatuan Dietetik Malaysia, dan Persatuan Kajian Obesiti Malaysia.

Program ini menerima sokongan daripada Malaysia Milk (Vitagen), Pepsico (Quaker Malaysia), Yakult Malaysia, Gardenia Bakeries K.I. Sdn Bhd. Nestie Products Sdn Bhd dan Serba Wangi (EcoBrown).



secara kurangkan risiko penyakit

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FAKTA

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Event Blurb @ EPA (Star- Fit4Life) Hati (Harian Metro, 17 April 2017)

> ODr. Zawiah Hashim & Dr Chin Yit Siew ialah ahli Persatuan Kajian Obesiti Malaysia (MASO). Artikel ini disumbangkan oleh Bulan Pemakanan Malaysia 2017, satu inisiatif program pendidikan pemakanan komuniti tahunan anjuran Persatuan Pemakanan Malaysia, Persatuan Dietetik Malaysia dan Persatuan Kajian Obesiti Malaysia.

Untuk maklumat lanjut mengenai pemakanan sihat dan gaya hidup aktif, sertai Food-Fit-Fun Fair Bulan Pemakanan Malaysia di tingkat bawah IOI City Mall Putrajaya pada Rabu hingga Ahad, 19 hingga 23 April. 2017. Pemeriksaan status . pemakanan dan kaunseling disediakan secara percuma dan pelbagai hadiah menarik untuk dimenangi. Bagi maklumat lanjut, sila layari www. nutritionmonthmalaysia. org.my atau Facebook Nutrition Month Malaysia.



Event Blurb @ EPA (Star-Fit4Life) Hati (Harian Metro, 24 April 2017)





 Dr Zawiah Hashim & Dr Chin Yit Siew ialah ahli Persatuan Kajian Obesiti Malaysla (MASO). Artikelini disumbangkan oleh Bulan Pemakanan Malaysia 2017, inisiatif pendidikan pemakanan komuniti tahunan anjuran Persatuan Pemakanan Malaysia, Persatuan Dietetik Malaysia dan Persatuan Kalian Obesiti Malaysia. Program ini disokong oleh geran pendidikan daripada Pepsico (Quaker Malaysia).

Untuk maklumat lanjut mengenai makan cara sihat dan gaya hidup aktif, layari www. nutritionmonthmalaysia. org.my atau halaman Facebook Nutrition Month Malaysia.

Promotional Items





Main Event Promo Flyer



Parent-Child Cooking Workshop Promo Flyer



Cardio Dance Fitness
Promo Flyer

Food-Fit-Fun Fair Highlights



Booths with Key Educational Messages

- Make Time for Breakfast
- Whole grains are Wholesome
 - Fill Up on Dietary Fibre
 - Caring for Your Heart
 - Guard Your Gut
 - Eat Safe Food
- Nourish Your Gut with Good Bacteria

Nutri-Info Hunt

Parent Child Cooking Workshop

 Interactive food & cooking demonstration by chefs and nutritionists Fun stage activities by sponsors

Health Screening

- Body Mass Index
- Glucose & Cholesterol Check
 - Body Fat Analysis
- Healthy Eating Advice by Nutritionist/ Dietitian

Cardio Dance Fitness Session

Free sponsors' goodies,
NMM collaterals
distributions

Nutri- Info- Hunt Interaction with nutritionists & dietitians (via questionnaire form)







Health Screening Area





BMI & Body Fat Check, Blood Pressure Monitor, Glucose & Cholesterol Test, and Healthy Eating Advice by Nutritionist/ Dietitian

Jutrition

NMM 2017 Sponsors' Booth Activities

Sponsors' Booth Activities

Malaysia Milk Sdn Bhd – Vitagen (1)

Bacteria Battles & VITAGEN Smart Challenge







Sponsors' Booth Activities

Malaysia Milk Sdn Bhd – Vitagen (2)

Bacteria Battles & VITAGEN Smart Challenge









Quaker Malaysia (Pepsico Services Asia Ltd)

Ride & Light, Sales & Sampling









Quaker Malaysia (Pepsico Services Asia Ltd)

Ride & Light, Sales & Sampling





Sponsors' Booth Activities

Yakult Malaysia Sdn Bhd (1)

Quiz & Mascot Appearance





Sponsors' Booth Activities

Yakult Malaysia Sdn Bhd (2)

Quiz & Mascot Appearance





Nestle Products Sdn Bhd (1) Spin The Wheel





Nestle Products Sdn Bhd (2) Spin The Wheel





Serba Wangi Sdn Bhd- Eco Brown(1)

Delicious Bytes









Sponsors' Booth Activities

Serba Wangi Sdn Bhd- Eco Brown (2) Delicious Bytes

SMORE





Gardenia Bakeries (KL) Sdn Bhd (1)

Product Sampling





Nutrition Month

Malaysia



Sponsors' Booth Activities

Gardenia Bakeries (KL) Sdn Bhd (2)

Product Sampling









Food Safety & Quality Division (1)

Interactive games









Food Safety & Quality Division (2)

Interactive games









Parent- Child Cooking Workshop

April 23 (Sunday) 12.00 PM- 1.00 PM

Cooking lead by: BAKELAB by Teamo

Nutritionist: Dr Wong Jyh Eiin











Parent- Child Cooking Workshop

April 23 (Sunday)
NSM-Novo Nordisk
6.00 PM- 7.00 PM

Cooking lead by: BAKELAB by Teamo

Nutritionist: Ms Satvinder Kaur













Cardio-Dance Fitness

One hour cardio dance fitness by @hazmiflip

April 10 (Sunday)

11:00 am- 12:00 pm

Cardio Dance Fitness







Cardio Dance Fitness





Sponsors' Stage Activities

Yakult Malaysia Sdn Bhd

Recycle Arts & Craft With Yakult Bottles, Whip Your Own Smoothie with Yakult











Sponsors' Stage Activities

Malaysia Milk Sdn Bhd (Vitagen) Fun Time With Captain VITAGEN











Sponsors' Stage Activities

Quaker Malaysia (Pepsico Services Asia Ltd) Overnight Oat-Some Workshops with Quaker











Sponsors' Stage Activities

Nestle Products Sdn Bhd

Easy & Nutritious Meals with NESTUM











Serba Wangi Sdn Bhd - EcoBrown

Delicious Bytes with EcoBrown





Sponsors' Stage Activities

Gardenia Bakeries (KL) Sdn Bhd

Unleash your creativity with Uncle Slocumm



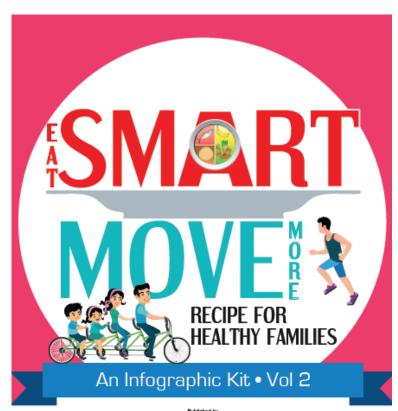






















- A 36-page guidebook aims to promote healthy eating and active living in simple and interesting infographic style.
- Target readers:
 - Community-at-large
- Language: English
- Highlights of the book:
 - Guide to a balanced diet
 - Make time for breakfast
 - Eat out the healthy way
 - Wholegrains are wholesome
 - Colour your meals with fruits and veggies
 - Fill up on dietary fibre
 - NIP helps make informed food choice
 - Smart chef guide to healthier cooking
 - Keep your heart healthy
 - Guard your gut
 - 5 steps to keeping food safe
 - Prevent food poisoning
 - Nourish your gut with good bacteria
 - Get up & move
 - Early detection saves lives

12 steps to healthier you



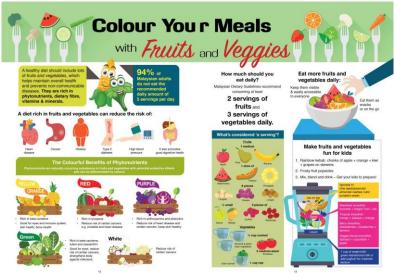












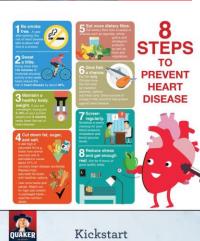












Kickstart Your Morning ___with___ Ouaker®Oats





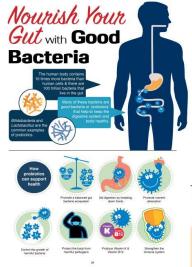
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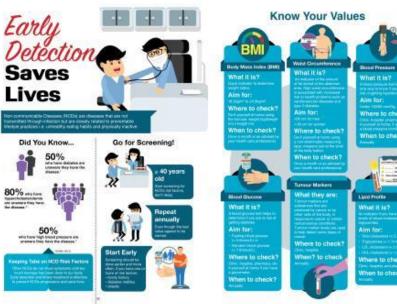














4. NMM 2017 MEDIA INITIATIVES

Educational Press Articles: Article Clippings – Star Fit4Life





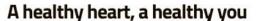




Balance your gut microbiota

Educational Press Articles: Article Clippings – Star Fit4Life













Educational Press Articles: Article Clippings – Harian Metro







Jutrition

NMM Website Updates



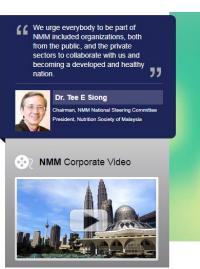


Nutrition Month Malaysia - April 2017

Eat Smart + Move More = Recipe for Healthy Families



Organised By



NMM Facebook Page Updates





Theme



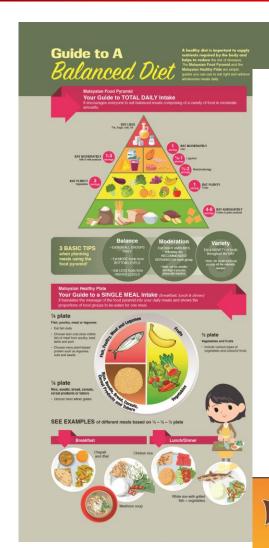




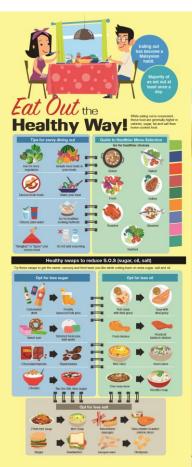
Event Promo & Updates

NMM Facebook Page Updates – Infographic Posts











Thank You