



**A multi-stakeholder
strategic partnership for
community nutrition empowerment**

A joint initiative by



Nutrition Society Of Malaysia



Malaysia Dietitians' Association



**Malaysian Association
for the Study of Obesity**

**A special compilation in commemoration of 11 years of
Nutrition Month Malaysia (2008-2018)**



Nutrition Society Of
Malaysia

A joint initiative by



Malaysia Dietitians'
Association



Malaysian Association
for the Study of Obesity

A nation-wide community nutrition promotion programme since 2002

- Nutrition Month Malaysia (NMM) is an annual initiative to promote greater awareness on healthy eating and active living among Malaysians.
- It is a strategic partnership between three professional bodies, namely, **Nutrition Society Malaysia (NSM)**, **Malaysian Dietitians' Association (MDA)**, **Malaysian Association for the Study of Obesity (MASO)** and supported by **Ministry of Health Malaysia**.
- Corporate company support and partnership from 2008 enabled more educational materials and more activities and greater outreach to the community.
- Variety of activities, approaches including family carnivals, educational booklets and articles, activities in offices and schools.

Nutrition Month Malaysia National Steering Committee 2018



CHAIRMAN
Dr Tee E Siong

MEMBERS (Representatives from professional bodies)

Nutrition Society of Malaysia



**Dr Zaitun
Yassin**

Malaysia Dietitians' Association



**Dr Roseline Yap
Wai Kuan**

Malaysian Association for the Study of Obesity



Mr Ng Kar Foo



Mr Lee Zheng Yii



Dr Chin Yit Siew



**Dr Zawiah
Hashim**

We thank the members of NMM steering committee for their contributions over the years



Nutrition Society Of Malaysia

Dr Tee E Siong
(Chairman)
(2008-2018)

Dr Zaitun Yassin
(2008-2018)

Dr Mahenderan Appukutty
(2008-2015)

Dr Roseline Yap Wai Kuan
(2016-2018)



Malaysia Dietitians' Association

Ms Indra Balaratnam
(2010-2013)

Dr Zulfitri Azuan Mat Daud
(2015-2017)

Prof Winnie Chee Siew Swee
(2014-2015)

Ms Tan Yoke Hwa
(2008-2009)

Mr Ridzoni Sulaiman
(2008-2009)

Mr Ng Kar Foo
(2014, 2018)

Mr Lee Zheng Yii
(2018)



Malaysian Association
for the Study of Obesity

Dr Zawiah Hashim
(2010-2018)

Prof Dr Norimah A Karim
(2008-2015)

Dr Chin Yit Siew
(2016-2018)

Ms Lee Ching Li
(2008-2009)

Overview of Activities (2008-2017)



School & Kindergarten Roadshows

- Visited 160 primary schools and provided healthy eating and active living messages
- Visited 175 kindergartens and conducted interactive nutrition activities



Family Carnivals/Fairs

Organised 9 major fun-filled carnivals/fairs

- Abbreviated health screening
- Dietary advice
- Interactive educational games
- Exercise/physical activity Promotion
- Cooking workshop and demonstration



Education Materials for Public

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

Overview of Activities (2008-2017)



Educational Materials for School Children & Preschoolers

- Published comic book and activity book for primary school children
- Published DVD and worksheets for preschoolers



Educational Press Articles

- Published over 102 articles in English, Bahasa Malaysia and Chinese newspapers and magazines



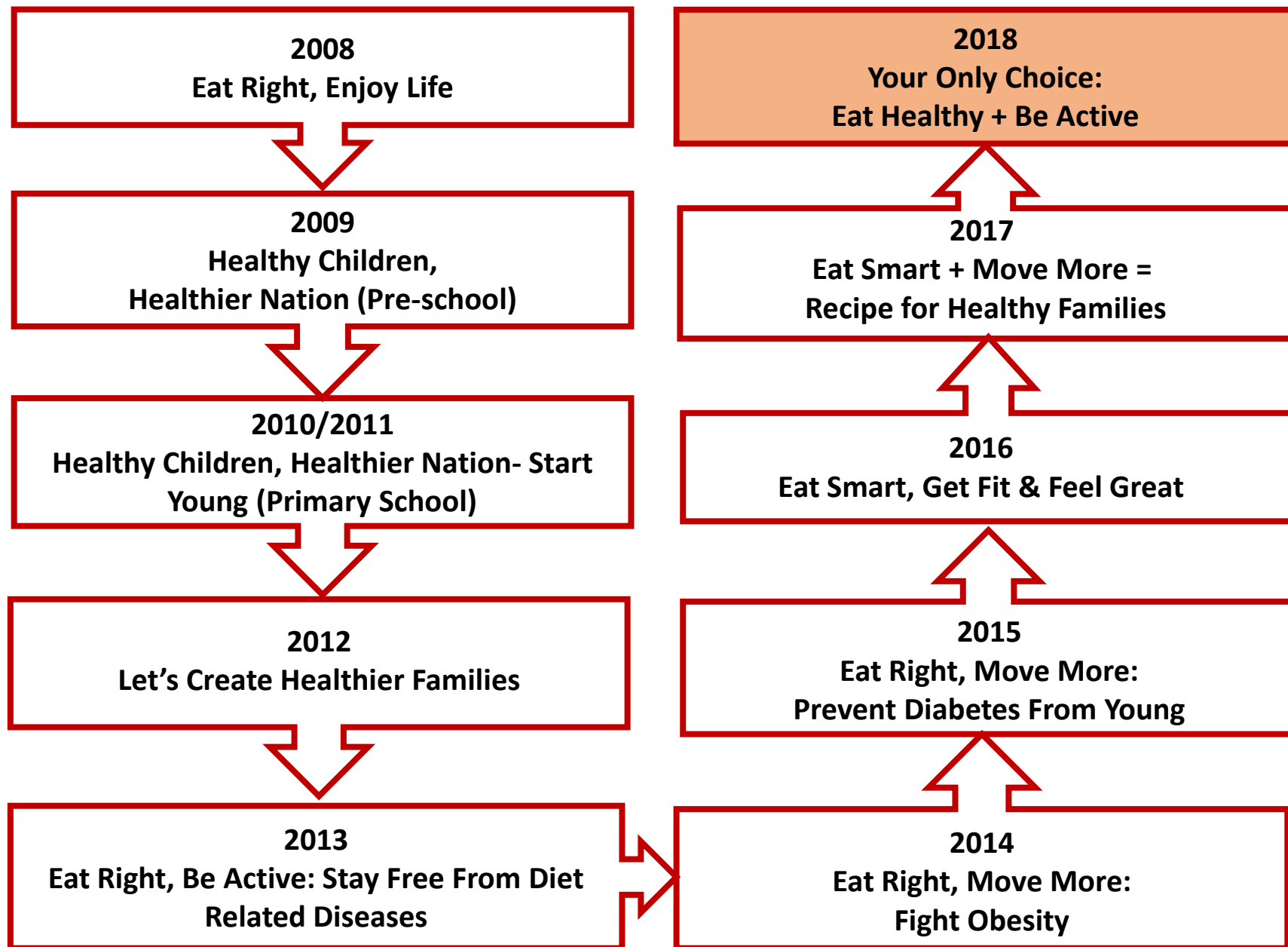
Mass Media Approaches

- Disseminated messages through radio, television and website, social media

Themes Over The Years (Phase I – 2002-2007)



Themes* Over The Years (Phase II – from 2008)



**The NMM core messages consistently focused on promoting healthy eating and active living to prevent nutrition-related diseases, based on Malaysian Dietary Guidelines.*

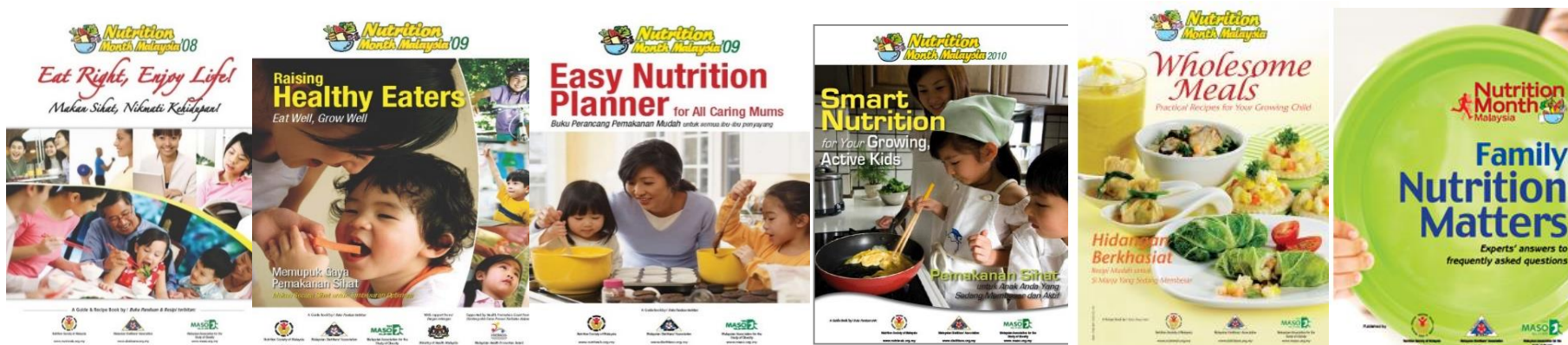
Summary of Activities (2008-2017)

	Main Publication	Family Carnival /Fair Venues	Press Articles	Magazine Articles	Website & Facebook
2008	Guidebook	Sunway Pyramid	6 English, 6 Malay	2 English	-
2009	Guidebook x2	Mid Valley	4 English, 4 Malay, 4 Chinese	1 English, 2 Malay	-
2010	Guidebook	Mid Valley	3 English, 3 Malay, 1 Chinese	-	-
2011	Guide & Recipe	Mid Valley	1 English, 1 Chinese	-	-
2012	FAQ Guide	Mid Valley	7 English, 5 Malay, 2 Chinese	3 English, 1 Chinese	-
2013	Magazine	Mid Valley	4 English, 2 Malay, 2 Chinese	-	-
2014	Guidebook	Mid Valley	4 English, 1 Malay, 2 Chinese	2 Malay, 1 Chinese	√
2015	Guidebook	Paradigm Mall	4 English	3 Malay, 1 Chinese	√
2016	Infographic	One Utama	4 English	1 English, 4 Malay, 2 Chinese	√
2017	Infographic	IOI City Mall	6 English, 3 Malay	-	√

Summary of Activities (2008-2017)

	School Roadshows	Materials for kids	Ancillary
2008	-	-	Recipe booklet & roadshow
2009	-	Raising Healthy Eaters Guide Book	Recipe booklet & outstation roadshow
2010	56 - core, 32- ancillary	Kembara Alam Sam Comic Book	Recipe booklet, kindergarten roadshow
2011	-	-	-
2012	20 schools	Nutrition Combo Kit	Extended school roadshow
2013	4 schools	My Cookbook with Bread	Kid's cook book, workplace roadshow, school roadshow
2014	4 schools	Nutrition Combo Kit	School roadshows
2015	-	-	-
2016	-	-	-
2017	-	-	Wellness Corner, Educational Press Article

Series of NMM Guidebooks for various target groups from 2008...



2008

2009

2009

2010

2011

2012



2012

2013

2014

2015

2016

2017

Series of NMM Recipe Books



NMM Children Guide Books (2012)



Raising Healthy Eaters DVD (2009)



Raising Healthy Eaters Worksheets (2009)



NMM 2008
Eat Right, Enjoy Life

**Launched on 12 April
@ Sunway Pyramid
Shopping Mall
Family Carnival:
12-13 April 2008**



Launch Ceremony



Carnival Activities



Launch Ceremony

NMM 2009
*Healthy Children, Healthier
Nation - Start Young
(Pre School)*

**Launched on 4 April @
Mid Valley Exhibition Centre
Family Carnival: 4-5 April 2009**

Carnival Activities



NMM 2010

***Healthy Children, Healthier
Nation- Start Young
(Primary School)***

**Launched on 15 May @
Mid Valley Exhibition Centre
Family Carnival: 15-16 May 2010**



Launch Ceremony



**Carnival
Activities**





Launch Ceremony

NMM 2011

***Healthy Children, Healthier
Nation- Start Young
(Primary School)***

**Launched on 23 April @
Mid Valley Exhibition Centre
Family Carnival: 23-24 April 2011**

Carnival Activities





Carnival Activities



Launch Ceremony

NMM 2012

Let's Create Healthier Families

**Launched on 14 April @
Mid Valley Exhibition Centre
Family Carnival: 14-15 April 2012**



Launch Ceremony

NMM 2013
***Eat Right, Be Active: Stay Free
From Diet Related Diseases***

**Launched on 4 May @
Mid Valley Exhibition Centre
Family Carnival: 3-4 May 2013**



Carnival Activities



**Launch
Ceremony**



NMM 2014

Eat Right, Move More: Fight Obesity
Launched on 29 March @ Mid Valley Exhibition Centre
Family Carnival: 29-30 March 2014



**Carnival
Activities**



Launch Ceremony



NMM 2015

***Eat Right, Move More: Prevent
Diabetes From Young***

**Launched on 28 March @
Paradigm Mall, Kelana Jaya
Family Carnival: 29-30 March 2015**

Carnival Activities



NMM 2016
***Eat Smart, Get Fit &
Feel Great***

**Launched on 9 April @
One Utama Shopping Centre
Family Carnival:
6-10 April 2016**



Launch Ceremony

Carnival Activities



NMM 2017

***Eat Smart + Move More +
Recipe for Healthy Families***

**Launched on 22 April @
IOI City Mall, Putrajaya
Family Carnival: 19-23 April 2017**

Launch Ceremony



42 FOCUS

NEW SUNDAY TIMES JUNE 1, 2008

YourHealth

Get jump start on a healthy life

42 FOCUS

NEW SUNDAY TIMES APRIL 27, 2008

A busy lifestyle requires one to maintain an optimum energy level, writes **NORIMAH A.**

YourHealth

Holistic approach to wellness

YourHealth

Eat healthy and live well

42 FOCUS

NEW SUNDAY TIMES MAY 4, 2008

YourHealth

Eat right to keep 'engine' roaring

NEW SUNDAY TIMES MAY 11, 2008

YourHealth

Food for children on the go

Growing up can be a challenging time for the little ones. Often, one of the common overlooked aspects in healthy eating, writes **TAN YOE HWA.**

Healthy approach to parenting

FOCUS

NEW SUNDAY TIMES MAY 25, 2008

YourHealth

Don't eat to beat the blues

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NEW SUNDAY TIMES MAY 25, 2008

YourHealth

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NEW SUNDAY TIMES MAY 25, 2008

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YourHealth

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中国报

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亲子健康 亲子健康 亲子健康

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儿童食物金字塔指南
2至6岁

给孩子
适当营养

对孩子而言，父母是营养师。如何为孩子提供适当的营养，是每位父母的责任。本文将提供一些实用的建议，帮助父母为孩子制定健康的饮食计划。本文将介绍一些基本的营养原则，包括均衡饮食、适量运动、避免过度喂养等。我们将探讨如何为孩子选择合适的食物，以及如何培养孩子的饮食习惯。我们将提供一些实用的建议，帮助父母为孩子制定健康的饮食计划。我们将介绍一些基本的营养原则，包括均衡饮食、适量运动、避免过度喂养等。我们将探讨如何为孩子选择合适的食物，以及如何培养孩子的饮食习惯。

多了解食物金字塔

食物金字塔是营养师用来指导人们如何健康饮食的工具。它由五个部分组成：谷物、蔬菜、水果、蛋白质和奶类。每个部分都标有建议的摄入量。食物金字塔是营养师用来指导人们如何健康饮食的工具。它由五个部分组成：谷物、蔬菜、水果、蛋白质和奶类。每个部分都标有建议的摄入量。

第一层：谷物
谷物是饮食的基础，提供能量和纤维。建议每天摄入4-6份谷物。谷物是饮食的基础，提供能量和纤维。建议每天摄入4-6份谷物。

第二层：蔬菜
蔬菜富含维生素和矿物质。建议每天摄入3-5份蔬菜。蔬菜富含维生素和矿物质。建议每天摄入3-5份蔬菜。

第三层：水果
水果是健康饮食的重要组成部分。建议每天摄入2-3份水果。水果是健康饮食的重要组成部分。建议每天摄入2-3份水果。

第四层：蛋白质
蛋白质是身体构建和修复所必需的。建议每天摄入2-3份蛋白质。蛋白质是身体构建和修复所必需的。建议每天摄入2-3份蛋白质。

第五层：奶类
奶类提供钙和蛋白质。建议每天摄入2-3份奶类。奶类提供钙和蛋白质。建议每天摄入2-3份奶类。

营养师和营养师助理是负责为患者提供营养咨询和指导的专业人员。他们的工作包括评估患者的营养状况，制定个性化的饮食计划，并提供相关的教育和指导。营养师和营养师助理是负责为患者提供营养咨询和指导的专业人员。他们的工作包括评估患者的营养状况，制定个性化的饮食计划，并提供相关的教育和指导。

营养师的基本知识和技能包括：评估患者的营养状况、制定个性化的饮食计划、提供相关的教育和指导。营养师的基本知识和技能包括：评估患者的营养状况、制定个性化的饮食计划、提供相关的教育和指导。

在家烹饪是最佳选择

在家烹饪可以让孩子了解食物的来源和营养价值。通过参与烹饪过程，孩子可以学习到各种烹饪技巧和营养知识。在家烹饪可以让孩子了解食物的来源和营养价值。通过参与烹饪过程，孩子可以学习到各种烹饪技巧和营养知识。

营养师和营养师助理是负责为患者提供营养咨询和指导的专业人员。他们的工作包括评估患者的营养状况，制定个性化的饮食计划，并提供相关的教育和指导。营养师和营养师助理是负责为患者提供营养咨询和指导的专业人员。他们的工作包括评估患者的营养状况，制定个性化的饮食计划，并提供相关的教育和指导。

营养师注册证书 47434121 上午9时-4时，台中板桥中心
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下期内容：孩子与过敏原食物，有什么方法预防？

With all the emphasis on academic performance, the importance of healthy eating is often overlooked.

By ASSOC PROF DR ZAITUN YASSIN and MAHENDRAN APPUKUTTY

A 15-year-old parent of a primary school child, you have high hopes for him to excel in his studies and participate in extracurricular activities so that he can become a well-rounded student. He is entering a whole new world of learning and gaining necessary life skills, and you know that if he does well here, it will give him a head start in life.

But with all the emphasis on academic achievement and extracurricular activities, you forget about an all-important factor: your child's well-being - the most

Hale and hearty



higher predisposition to develop chronic diseases such as heart disease, diabetes and hypertension.

Being overweight or obese can also impair normal socio-emotional development, because your child may suffer from poor body image and low self-esteem.

What you can do

As a parent, you must strive to give your school-going children the right food and inculcate healthy eating habits in them from a young age. Do remember, however, that the right food doesn't mean providing them with expensive food. Proper nutrition is giving your child a varied and balanced diet in the appropriate amounts.

You should also do your best to inculcate good eating habits and a love of physical activity in your young one. Although he

is not yet a parent, it is a good idea to have a conversation with him about the aspects of a healthy diet, and to his teacher, and to his friends.

For starters, you can prepare a meal plan for your child. This will help him to learn about good nutrition. They are encouraged to learn new things. They are also encouraged to eat a variety of foods.

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Empower your child to make the right food choices and practise healthy eating habits.

By DR TEE S HONG

A young child begins to adjust to life at an age when he is easily influenced by new trends and fashions. He may notice a change in his food preferences and eating habits, for instance, he might be skipping meals, eating very little or choosing excessively on sweets or junk food.

These changes are a result of the adolescent's freedom and independence. He is no longer a child who is being taken care of by his parents. He is now a young man who is capable of making his own choices. He is also beginning to understand the importance of making his own choices. He is also beginning to understand the importance of making his own choices.

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Good nutrition

When the real trouble begins. Your school-going child is at an age when he is easily influenced by new trends and fashions. He may notice a change in his food preferences and eating habits, for instance, he might be skipping meals, eating very little or choosing excessively on sweets or junk food.

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Happy meal: Picnics provide a wonderful opportunity for family bonding.

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Parents play a key role in shaping their children's eating habits.

By ASSOC PROF DR NORIMAH A. KARIM and DR ZAHWA HAHMISH

ANY of these scenarios seem familiar to you?

Sweet tooth? Kadim

Seven-year-old Kadim is overweight for his age. Whenever he gets hungry in between meals, he indulges in chocolates and sweet snacks. Now that he's in primary school, his parents are concerned as they are unable to stop him from overeating in unhealthy snacks in the school canteen.

Weight-conscious Sara

Sara's mum wakes her up every morning just 20 minutes before the school bell rings. The 12-year-old is always in a rush and ends up skipping breakfast. But Sara thinks it is all right; she wants to be skinny as she is starting to be conscious of her appearance.

Busy little Kumar

Kumar, 10, lacks exercise as he's always on a tight schedule. To start preparing for his USPR exams, his parents have enrolled him in numerous tuition classes after school. To "switch off", Kumar spends his free time playing computer games.

These are problems commonly experienced by many children and their parents. When this happens, malnutrition can turn unpleasant.

Parents need to eat

As parents, you can help inculcate good

Eating right

teaching habits in your children. You are the one who decides what to cook and serve your family, so you are the best person to set the principles of healthy eating.

One of your child's caloric needs is eating habits, you need not worry about him making the wrong food choices.

Malnourished

The main reason for malnutrition is inappropriate dietary pattern. This arises from lack of nutrition knowledge, as well as lack of attention and care on the part of parents.

A study conducted by Universiti Kebangsaan Malaysia two years ago on 5,000 primary schoolchildren aged 7-12, showed that children in Malaysia have unhealthy eating habits and lack of physical activity.

The study also revealed the following:

> Skipping breakfast

One in three primary schoolchildren skip breakfast. When your child skips the most important meal of the day, he does not get the fuel he needs to keep him alert in class.

> Unhealthy snacking

Four out of every 10 primary schoolchildren snacked everyday. Unhealthy snacking habits, which range from snacking too close to meal-times to choosing high-calorie but low-nutrient foods like french fries, chocolates and sweets, can spoil your child's appetite for healthy, regular meals.

> Sedentary lifestyle and lack of physical activity

Children are undernourished when they do not get sufficient energy from food, which may result in lack of various important nutrients. Unhealthy children are more suscep-

tible to infections and often do not achieve their full growth potential.

television, reading, and playing computer or electronic games.

Children should be encouraged to be physically active to help promote physical and mental development.

A healthy head start

If your child faces an eating problem, the first step is to identify the problem. Are they skipping breakfast? Not getting enough physical activity or snacking frequently? Once you've identified the cause, you can take the appropriate steps to address the problem.

This is why it is important for parents to take charge of their children's eating habits. Learn the basics of good nutrition and pass on this knowledge to your children.

Teach your children to select foods wisely, adopt healthy eating habits and cultivate an active lifestyle from young.

Learn more about bringing up healthy children through the various educational materials and activities of Nutrition Month Malaysia 2010 from www.nutritionmonth.org.my. Do join in the Fun NIM 10 Carnival at the Mid Valley Exhibition Centre on 15 and 16, from 10am onwards.

This article is brought to you by Nutrition Month Malaysia, the annual nutrition promotion campaign jointly organised by the National Society of Malaysia, the Malaysian Dietitians' Association and the Malaysian Association for the Study of Obesity. NIM 10 is supported by the main sponsor Nestle Products Sdn Bhd and co-sponsors Dutch Lady Milk Industries Bhd, Carlsberg Beverages Sdn Bhd, Lam Soon Malaysia Bhd, Malaysia Milk Sdn Bhd, Unilever Malaysia Holdings Sdn Bhd and Yakult Malaysia Sdn Bhd. For more information, please contact the secretary at 03-5377 3526.

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The majority of Malaysian children have adequate nutrition. However, a significant proportion of our children may be malnourished. They are either not getting enough calories and nutrients or getting way too much. According to the nationwide National Health and Morbidity Survey III, 2006, one out of every five of our children are malnourished in terms of unsatisfactory weight and height.

Over-nutrition

The highest number of overweight children were those between seven and 13 years old. Over-nourished children tend to become overweight adults. Studies show that this could lead to diabetes and hypertension later in life. Being overweight or obese can also give children a poor body image and low self-esteem.

Under-nutrition

Children are undernourished when they do not get sufficient energy from food, which may result in lack of various important nutrients. Unhealthy children are more suscep-

tible to infections and often do not achieve their full growth potential.

television, reading, and playing computer or electronic games.

Children

Fun and educational

NM carnival helps Malaysians to learn nutrition the fun way.

Launched by Health Minister Datuk Seri Lee Yee Wai at the NM Carnival, the event promotes healthy eating and physical activity through a series of fun and educational activities. The carnival is held at the NM Carnival Centre, which is a dedicated space for the public to learn about nutrition and health.

Creating healthier families

The nation's largest nutrition programme, Nutrition Month Malaysia, targets chronic disease.

Nutrition Month Malaysia is the nation's largest nutrition programme, targeting chronic diseases such as obesity, diabetes, and heart disease. The programme is designed to educate the public on healthy eating and physical activity, and to encourage families to adopt healthier lifestyles.

Healthy nutrition, healthy families

Families must work together towards eating healthy and living actively.

Healthy nutrition is essential for a healthy family. Families must work together to ensure that all family members are eating healthy and living actively. This involves making healthy choices when dining out, preparing healthy meals at home, and encouraging physical activity.

Choose wisely when dining out

Have you counted how many times a week you and your family eat out? You'd be surprised to find out just how much food you eat away from home each week.

When dining out, it's important to choose wisely. Look for healthy options such as grilled meats, vegetables, and whole grains. Avoid fried foods, sugary drinks, and large portions. It's also a good idea to ask for a to-go container to take home any extra food.

Let's move it!

Stop making excuses or saying that you have no time to be active. Make exercise a part of your daily life.

Exercise is essential for good health. Don't make excuses or say you don't have time. Find ways to incorporate exercise into your daily routine, such as taking the stairs, walking or cycling to work, or doing a quick workout at home.

Hal-hal Pemakanan Keluarga

Hal-hal Pemakanan Keluarga is a programme that aims to educate families on healthy eating and living actively. The programme is designed to be fun and educational, and to involve all family members. It includes activities such as cooking demonstrations, food tastings, and physical activity games.

A Big problem

Chubby can be cute, but it may not be healthy.

Obesity is a big problem in Malaysia. It's not just a cosmetic issue, but a health problem that can lead to serious complications. It's important to take steps to prevent obesity, such as eating healthy and getting regular exercise.

Don't become a statistic!

Something needs to be done to address the increasing incidence of diet-related chronic diseases, also called non-communicable diseases, in Malaysia.

Diet-related chronic diseases are a major cause of death and disability in Malaysia. It's important to take steps to prevent these diseases, such as eating healthy and getting regular exercise. Don't become a statistic!

Tabiat pemakanan sihat

Tabiat pemakanan sihat is a programme that aims to educate the public on healthy eating and living actively. The programme is designed to be fun and educational, and to involve all family members. It includes activities such as cooking demonstrations, food tastings, and physical activity games.

Malaysia Nutrition Month 2012

Malaysia Nutrition Month 2012 is a programme that aims to educate the public on healthy eating and living actively. The programme is designed to be fun and educational, and to involve all family members. It includes activities such as cooking demonstrations, food tastings, and physical activity games.

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Cegah obesiti kanak-kanak

PADA 14 April 2012, Menteri Kesihatan Datuk Seri Lee Yee Wai mengumumkan bahawa obesiti kanak-kanak adalah masalah kesihatan yang serius. Beliau berkata, obesiti kanak-kanak boleh menyebabkan komplikasi kesihatan yang serius, seperti diabetes, tekanan darah tinggi, dan masalah jantung. Beliau juga berkata, obesiti kanak-kanak boleh menyebabkan masalah psikologi, seperti rendah diri dan masalah sosial.

Bersenam untuk sihat

DENGAN proses urbanisasi, perkembangan teknologi, perubahan gaya hidup, dan sebagainya, orang ramai semakin kurang beraktiviti fizikal. Ini boleh menyebabkan masalah kesihatan, seperti obesiti, diabetes, dan masalah jantung. Oleh itu, bersenam adalah penting untuk mengekalkan kesihatan yang baik.

Makan di luar secara bijak

PELAKSMA yang kerap pergi makan di luar rumah perlu mengambil langkah-langkah tertentu untuk memastikan mereka makan dengan bijak. Ini termasuklah memilih makanan yang sihat, mengawal saiz hidangan, dan minum air putih yang banyak.

Tabiat pemakanan sihat

Tabiat pemakanan sihat adalah tabiat yang penting untuk mengekalkan kesihatan yang baik. Tabiat pemakanan sihat termasuklah makan dengan teratur, memilih makanan yang sihat, mengawal saiz hidangan, dan minum air putih yang banyak.

Dalam Negeri

Ambil 8.5 gram sehari berbanding lima gram saranan WHO

Kita makan garam berlebihan

Kata beliau, usaha mengurangkan pengambilan garam dalam makanan mampu mengurangkan risiko penyakit kronik seperti stroke dan penyakit jantung. Beliau juga berkata, pengambilan garam yang berlebihan boleh menyebabkan masalah kesihatan, seperti tekanan darah tinggi, masalah jantung, dan masalah ginjal.

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Eat right, move more

What's your weight?

Move to fight fat

Physical activity can help you maintain a healthy weight.

Fighting flab from young

Childhood obesity is a potential time-bomb that threatens our nation's future. Learn what steps you can take to address this issue.

By Prof Dr NORMAN R. KAHN

Dr Norman R. Kahn is a professor of medicine at the University of Michigan, USA.

He is also a senior advisor to the President of the American Medical Association.

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Amal cara hidup sihat

Teliti nutrisi sejajar, nilai kandungan pada label pengiraan

1

Amal cara hidup sihat

2

Amal cara hidup sihat

3

Amal cara hidup sihat

4

Amal cara hidup sihat

5

Amal cara hidup sihat

6

Amal cara hidup sihat

7

Amal cara hidup sihat

8

Amal cara hidup sihat

馬來西亞肥胖研究協會

教你甩掉身上的贅肉

想

保持健康的體重，需要平衡的營養，獲得健康的體重，才能達到健康的目標。

8個保持健康體重飲食小提示

1. 飲食均衡與適量
2. 控制食慾
3. 選擇健康的食物
4. 避免高糖、高脂肪、高鹽的食物
5. 避免高糖、高脂肪、高鹽的食物
6. 避免高糖、高脂肪、高鹽的食物
7. 避免高糖、高脂肪、高鹽的食物
8. 避免高糖、高脂肪、高鹽的食物

均衡飲食 打造健康生活



A healthy heart, a healthy you

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



HEALTHY hearts and arteries are responsible for a person's health. In Malaysia, cardiovascular diseases are the leading cause of death, accounting for 25 per cent of all deaths.

However, there are many ways to prevent and control heart disease. Here are 10 tips that can help you prevent common lifestyle diseases.

1. Eat a diet low in saturated fats. Saturated fats are found in animal products such as meat, butter, and cheese. They can raise your cholesterol levels, which can lead to heart disease.

2. Exercise regularly. Physical activity helps to keep your heart and arteries healthy. It also helps to control your weight, blood pressure, and cholesterol levels.

3. Don't smoke. Smoking is a major risk factor for heart disease. It can damage your arteries and lead to heart disease.

4. Limit alcohol consumption. Drinking too much alcohol can lead to heart disease. It can also lead to other health problems.

5. Manage stress. Stress can lead to heart disease. It can also lead to other health problems.

6. Get regular check-ups. Regular check-ups can help you detect heart disease early. It can also help you manage your health.

7. Take medication as prescribed. If you have heart disease, take your medication as prescribed. It can help you manage your health.

8. Don't take over-the-counter supplements. Some over-the-counter supplements can be harmful to your heart. Always consult your doctor before taking any supplements.

9. Don't take herbal supplements. Some herbal supplements can be harmful to your heart. Always consult your doctor before taking any supplements.

10. Don't take vitamins. Some vitamins can be harmful to your heart. Always consult your doctor before taking any supplements.

11. Don't take minerals. Some minerals can be harmful to your heart. Always consult your doctor before taking any supplements.

12. Don't take herbs. Some herbs can be harmful to your heart. Always consult your doctor before taking any supplements.

13. Don't take oils. Some oils can be harmful to your heart. Always consult your doctor before taking any supplements.

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Here's to gut health!

The gut plays a vital role in strengthening our immune system.



Balance your gut microbiota

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

1. Eat a diet low in saturated fats. Saturated fats are found in animal products such as meat, butter, and cheese. They can raise your cholesterol levels, which can lead to heart disease.

2. Exercise regularly. Physical activity helps to keep your heart and arteries healthy. It also helps to control your weight, blood pressure, and cholesterol levels.

3. Don't smoke. Smoking is a major risk factor for heart disease. It can damage your arteries and lead to heart disease.

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**Penang:
11th & 12th of April 2009**

**Johor Bharu:
18th & 19th of April 2009**

Outstation Roadshows in Penang and Johor (2009)

(i) School Roadshows

School Roadshows 2010



School Roadshows 2011



School Roadshows 2012



School Roadshows 2013



School Roadshows 2014



(ii) Kindergarten Roadshows

Kindergarten Roadshows 2010



(iii) Workplace Roadshows



Zeevith Husbini, Nutritionist from Nutrition Month Malaysia

**NCDs
Awareness
Roadshow on
1st July 2013**



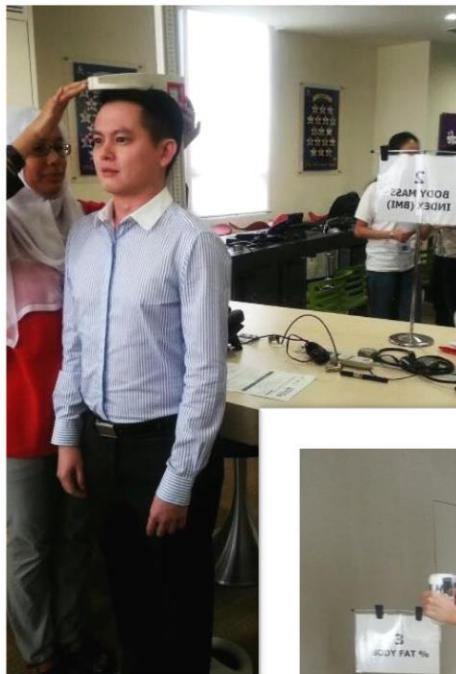
**NCDs
Awareness
Roadshow on
9th July 2013**

(iii) Workplace Roadshows



NCDs Awareness Roadshows (2013)

(iii) Workplace Roadshows (cont...)



NCDs Awareness Roadshows (2013)



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Organized by:



Nutrition Month Malaysia

Be Active, Be Fit

Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day.

FOR COMMUNITY

- Family Carnival
- Seminar
- Educational Press
- Mass Media Activities

FOR PARENTS

- Publication

FOR CHILDREN

- School Roadshow
- Inter-school Contest
- Educational Materials
- Publication

www.nutritionmonthmalaysia.org.my



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@nutritionmonthmalaysia
2017

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Nutrition Month Malaysia 2018
Your Only Choice: Eat Healthy & Be Active

Jointly organised by:
Nutrition Society of Malaysia
Malaysian Dietitians' Association
MASO
Malaysian Association for the Study of Obesity

Food Fit Fun Fair
21st – 25th March 2018 (Wednesday – Sunday)
10:00am – 10:00pm
Main Atrium, Ground Floor @ Sunway Velocity Mall, KL

Nutrition & Lifestyle Diseases
(heart disease, diabetes, cancers, etc.)
Do you know what's the connection?
Join us to find out more...

Photos

Community
Invite your friends to like this Page
4,504 people like this
4,505 people follow this
Wui Kathy and 1 other like this

About
Typically replies within a day
[Send message](#)
www.nutritionmonthmalaysia.org.my

‘Nutrition Month Malaysia’ Facebook page

Heartfelt thanks to the following for sponsoring NMM activities to enable them to reach more Malaysians.

Vitagen[®]
MALAYSIA MILK

2008 – 2018
(11 years)

 **Nestlé**
Good Food, Good Life

2008 – 2018
(11 years)

Yakult[®]

2008 – 2018
(11 years)

Gardenia[®]

2009 – 2018
(10 years)

ecoBrown's[®]
SERBA WANGI SDN. BHD.

2013, 2015 – 2018
(5 years)

 **DUTCH
LADY[®]**

2010, 2013, 2016, 2018
(4 years)

 **BIOGROW[®]**
Oat BG22[™]
Legosan (Malaysia) Sdn. Bhd.

2012 – 2015
(4 years)

QUAKER[®]
 **PEPSICO**

2009, 2017–2018
(3 years)

Wyeth

2009, 2011, 2012
(3 years)

Heartfelt thanks to the following for sponsoring NMM activities to enable them to reach more Malaysians.

TWO (2) YEARS

- **A. Clouet & Co (KL)**
2012, 2013
- **Fonterra Brands**
2011, 2014
- **Kraft Food**
2009, 2012
- **Unilever**
2010-2011

ONE (1) YEAR

- **Abbott Laboratories**
2012
- **Danone Dumex**
2013
- **Lam Soon Group**
2010
- **Mead Johnson Nutrition**
2012



For more information, please contact:

Dr Tee E Siong

*Chairman of the National Steering Committee of NMM
& President, Nutrition Society of Malaysia*

Email: president@nutriweb.org.my

Or

NMM Secretariat

VERSACOMM

VERSACOMM SDN BHD

12-A, Jalan PJS 8/4, Sunway Mentari,
46150 Petaling Jaya, Selangor.

Tel: 03-5632 3301

Fax: 03-56389909

Email: versahealth@versa-group.com; muhaeni@versa-group.com

Visit www.nutritionmonthmalaysia.org.my for educational materials and activity reports from NMM programme.



A joint initiative by



Nutrition Society Of Malaysia



Malaysia Dietitians' Association



Malaysian Association
for the Study of Obesity

Official website: www.nutritionmonthmalaysia.org.my