

# HE·AL

Guide to **H**ealthy **E**ating & **A**ctive **L**iving

*Make Time*  
for Healthy  
Eating &  
Active  
Living



Published by



A joint initiative by



Malaysian Association for  
the Study of Obesity

# Acknowledgement

Nutrition Month Malaysia, NMM is managed and implemented by professional bodies and supported by the private sector. The initiative reflects the spirit of partnership that is essential to facilitate the dissemination of appropriate nutrition information to the general public for the wellbeing of all.

Jointly organised by:



Nutrition Society of Malaysia



Malaysian Dietitians' Association



Malaysian Association for the Study of Obesity

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The Nutrition Month Malaysia says. . .

# Make time for Healthy Eating

to avoid having to  
make time to treat illness!



**Dr Tee E Siong**

Chairman,  
Nutrition Month Malaysia  
National Steering Committee 2019  
and  
President,  
Nutrition Society of Malaysia

Over the years, one common excuse I hear from people is: they do not have time to think about their health. Their job and other priorities keep them so busy that there just isn't a spare moment left to take care of their health. I would tell them: there is nothing more important than making time to take care of your health and that of your family members!

The reason for this is very clear: large numbers of Malaysians, including young adults, are stricken by non-communicable diseases (NCDs) such as cardiovascular disease, diabetes and cancers.

We work hard so that we can enjoy life; but having these illnesses will deny us from doing so. Instead, a great deal of time and large amounts of money will be spent to seek treatment. It is therefore imperative that immediate steps be taken. We can prevent NCDs by making time to practise healthy eating and active living.

To put you on the right track for prevention, Nutrition Month Malaysia (NMM) 2019 presents 'HE-AL Volume 1: Make Time for Healthy Eating & Active Living (HE-AL)'. This booklet is an easy-to-understand guide on healthy eating & active living, cooking tips and recipes, hands-on tips in choosing healthier foods, as well as a simple health screening guide. Put into practice the 8 key messages in this booklet and you will soon be on the path to a healthier you!

We should resolve to make time to take care of our health. Only with good health that we will be able to live (and enjoy) life to the fullest!



**CHAIRMAN**  
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## Messages from partner professional bodies



Nutrition Society of Malaysia

The prevalence of non-communicable diseases (NCDs), such as diabetes, obesity, and cardiovascular diseases, has been increasing rapidly in our country and has reached high levels.

This is mainly attributable to our unhealthy lifestyle, especially unhealthy eating pattern and lack of physical activities. Fortunately, NCDs are preventable by adopting healthy lifestyle practices. We need to make time to care for our health before it is too late. Preventing NCDs is possible if we take it seriously. Act now – use this booklet as a practical guide to put you on the right path!

*Dr Tee E Siong*  
President,  
Nutrition Society of Malaysia



Malaysian Dietitians' Association

Having NCDs can bring about physical suffering and be a financial burden. NCDs often result in loss of income, and in addition, the treatment is expensive, putting more stress on patients. Some health conditions require lifelong treatment and management such as diabetes, hypertension and hypercholesterolemia.

All this can be prevented if early action is taken to address it. This booklet provides a comprehensive and fun guide for you to start taking action by eating healthy and living actively!

*Prof Dr Winnie Chee Siew Swee*  
President,  
Malaysian Dietitians' Association



Malaysian Association for the Study of Obesity

The obesity rate has been on the rise in Malaysia and is currently at high levels, both in adults as well as children. This is of grave concern as obesity is a major risk factor of several NCDs such as diabetes, cancer, and heart disease. Unfortunately, many view obesity as a cosmetic issue rather than a health concern.

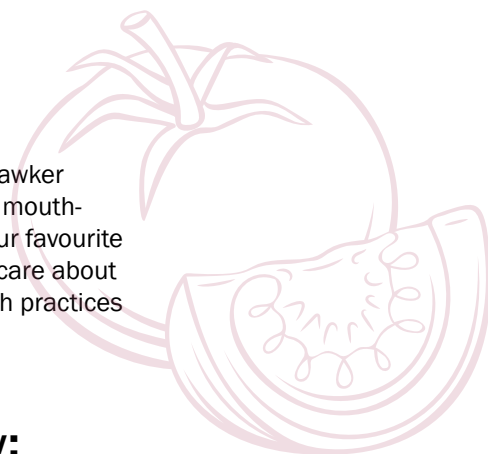
To rectify this, all stakeholders need to be involved, from the government to the private sector, educators, parents, and most importantly, ourselves. This publication provides useful information to adopt healthy eating and active living practices to prevent obesity. We hope it can inspire you to make more time to take care of your health!

*Emeritus Prof Dr Mohd Ismail Noor*  
President,  
Malaysian Association for the  
Study of Obesity



# Balance, Moderation, Variety – It's simple

Malaysia is a food haven. From restaurants and cafés, fast food restaurants to hawker stalls or the local mamak shop and food trucks — a wide variety of delicious and mouth-watering meals, snacks, and treats await us all the time, everywhere. Eating is our favourite past time and food-hunting is our favourite sport. But, alas, many people do not care about what they eat and how foods can affect their health! Read on to find out why such practices are unhealthy. It is really quite easy to adopt healthy eating practices.



## Firstly, identify foods to eat less frequently:



**Are the above among your favourite foods? How many times do you have it in a month? In a week? In a day? Are you aware that frequent consumption of these foods which are high in sugar, salt or oil is harmful for your health?**

Excessive consumption of these foods can cause unhealthy conditions like obesity, high blood glucose, high blood pressure, and high blood cholesterol. These conditions, if not managed, may deteriorate and lead to life-threatening

diseases like cardiovascular disease, diabetes, or cancers. These are also known as non-communicable diseases (NCDs) and are related to lifestyle practices, especially unhealthy eating habits.

However, this does not mean that you have to totally give up on your favourite foods for good health. Our body needs food to provide sufficient nutrients to function properly and a healthy diet will supply these. It is however, important that the right types of foods are consumed and in the right amounts and frequency. To practise these, follow the healthy eating principles.

**Secondly,** practise this simple basic principle to eat right and enjoy wholesome meals daily!

**BALANCE**  
Eat food from all food groups daily

# Healthy Eating Guidelines

## 1 Malaysian Food Pyramid

Healthy eating is about getting the correct amount of nutrients – protein, fat, carbohydrates, vitamins and minerals and other food components that you need to maintain good health. The Food Pyramid is a visual guide to assist you in selecting the appropriate amounts of the different food groups that will provide you with the nourishment needed daily.



### Malaysian Food Pyramid *Your guide to daily intake*

- To ensure our body gets all the nutrients needed, choose foods from the five food groups.
- Vary food choices within each food group in your meals.
- Foods placed at the lower level of the pyramid are to be consumed more than foods placed at the higher levels.
- Fats, oil, sugar and salt are placed at the tip of the pyramid because they should be taken in small amounts.

**Make time for healthy eating!**

Yes, you can see that it is actually rather simple to practise healthy eating. However, one has to make time to understand the basic principles. Make time to

## MODERATION

Choose small portions or share bigger portions with friends or family

## VARIETY

Eat a variety of food throughout the day

Two visual guides, namely the Food Pyramid and Healthy Plate, can be used to help you adopt healthy eating practices, which include following the principles of Balance, Moderation and Variety.

## 2 Malaysian Healthy Plate

The Healthy Plate provides a visual guide of the proportions of food groups to be eaten for one meal, so that you can obtain the correct amounts of the needed nutrients.

### 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

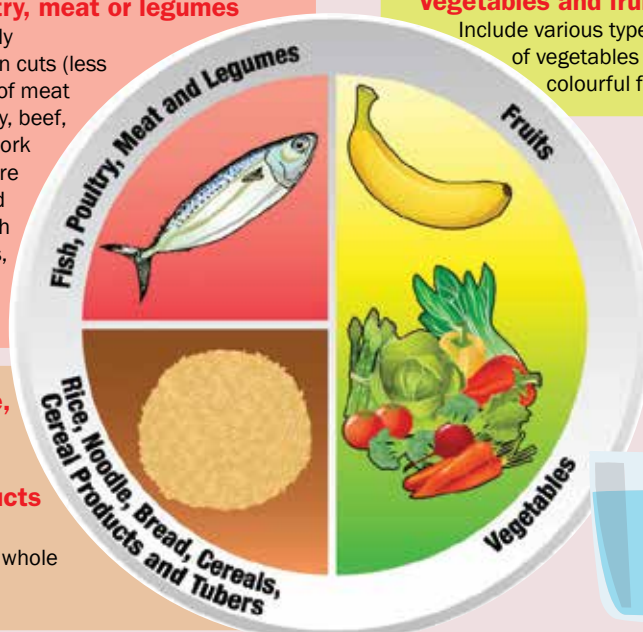
- Choose more whole grains

1/4 plate

### Vegetables and fruits

Include various types of vegetables and colourful fruits

1/2 plate



#QuarterQuarterHalf

## Malaysian Healthy Plate

### Your guide to a single meal intake

Additional tips:

- Take 3 regular healthy main meals everyday.
- Take 1-2 servings of healthy snacks between meals when necessary.
- Consume at least half of your grains from whole grains.
- Choose non-fried & santan-free dishes everyday.
- Consume home-cooked foods more often.
- Drink at least 8 glasses of water everyday.

follow these practices. One has to make a serious effort in adopting these practices. One has to be consistent and disciplined.





# Battle of the Bulge: My Success Story

**Healthy lifestyle  
(healthy eating and  
being active regularly)  
is the effective and  
safe way to manage  
body weight.**



essential: portion control and regular physical activity. She suggested a daily diary to track my progress and set specific goals. It was tough initially and progress was slow. But I was determined to achieve my fitness goals in the right way. I had to keep in mind not to expect instant results. After following the diet plan and advice for a few months, I started to see the difference. I was losing weight more gradually, and I was actually feeling healthier! My total blood cholesterol level has lowered and I no longer suffer from knee pain.

**I am so thrilled I have found a safe and effective way to lose body weight! I wished I had learned about a healthy lifestyle for weight management earlier. I regretted resorting to fad diets that did not give me sustainable weight loss. I will continue to practise the advice from the dietitian, and enjoy an active and healthy lifestyle.**

I have tried everything. I have been on and off different types of fad diets since 19 years old. I have tried the no-carb diet, diet pills, skipping meals, grapefruit diet, and detox diet. For every diet, at first it seemed to be working and I managed to lose weight. However, I found it hard to limit myself to the foods allowed by the prescribed diet, and the body weight came piling back. Every time I lost some weight, I gained it all back plus a few more kilos!

up, my doctor told me that my total blood cholesterol level was above the normal level, and my blood pressure and blood glucose level were on the high side. He said that if these persist, I might get a heart attack, stroke and diabetes. I recalled an uncle who had a stroke that caused the left side of his body to become paralysed. He was 65 years old and obese at that time. Being the eldest in the family with two younger siblings, I suddenly feared for the future.

At 29 years old, I was 98kg. Taking the stairs was really tiring, even just one floor. I had to deal with the pain on my knees due to the extra body weight. During a medical check-

I made an appointment with a dietitian at the hospital. She prepared a healthy meal plan for me that focused on balance, moderation, and variety. She advised me on what is

Sincerely,

*Janet*

## Experts say...

Achieving and maintaining a desirable body weight is important for overall health:



- If you are underweight, your body may not be getting the nutrients it needs
- If you are overweight or obese, you are at increased risk of non-communicable diseases (NCDs) such as diabetes, heart diseases and cancers

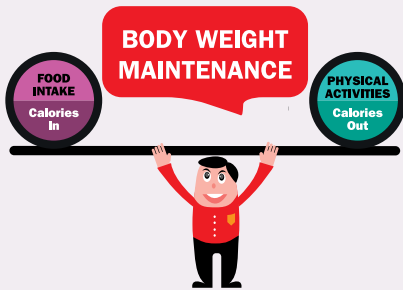
The basic approach needed to maintain a healthy body weight range is to aim for energy balance.



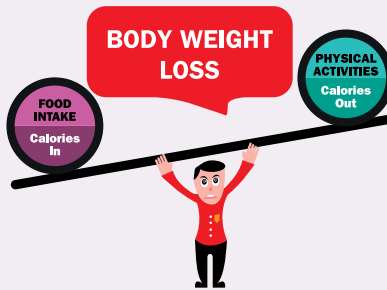
# Achieving Healthy Body Weight

## 1 Understand the Energy Balance Concept

Energy is expressed as “calories”. Energy balance is the balance of calories consumed through foods and beverages compared to calories used up (“burned”) through daily physical activities.



**Balance**  
calories in = calories out:  
May result in maintaining  
normal body weight



**Negative balance**  
calories in < calories out:  
A normal weight person may  
become underweight



**Positive balance**  
calories in > calories out:  
A normal weight person  
may become overweight/  
obese

### IMPORTANT!

Extra calories consumed through eating and drinking are converted and stored as body fat. To lose body fat, you need a combination of reduced calorie diet and regular exercise to increase energy expenditure. Exercise is essential to maintain lean body tissue while reducing body fat.

## 2 Make Time to Eat Right

**1** Aim for smaller portions and use the Malaysian Healthy Plate as a guide.



**2** Include high fibre foods that help you to feel full, e.g. wholegrain foods, vegetables, beans and nuts.



**3** Choose foods that are grilled, steamed, sautéed, and boiled.



**4** Ask for less sugar, salt and oil, and more vegetables when eating out.



**5** Choose plain water.



## 3 Be Physically Active

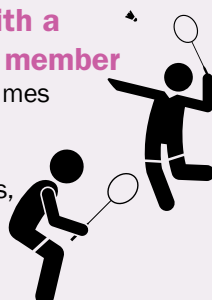
### Make time for fitness

Choose activities that can fit into your schedule. It can be a simple activity like taking a 10-minute walk after lunch/dinner.



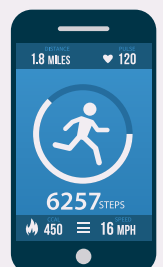
### Share a goal with a friend or family member

Schedule “active” times that you enjoy with friends e.g. for badminton sessions, hiking, or dance classes to keep you motivated.



### Use a pedometer and record daily

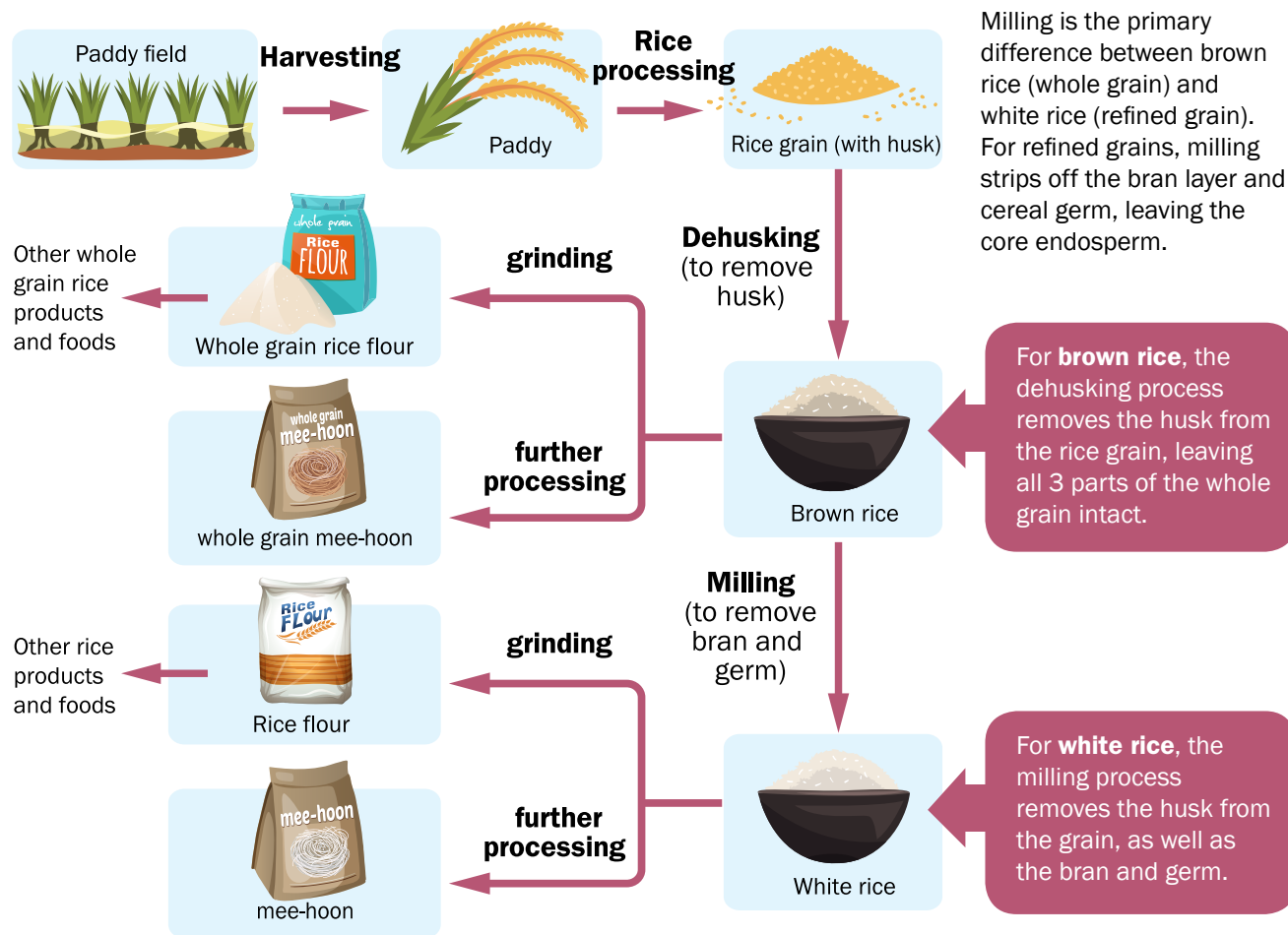
Aim for 10,000 steps per day. Review your progress regularly. “A pedometer is a device that counts how many steps you make. You can also download a free pedometer app to your phone and count your steps!”



# Healthier when It's Whole

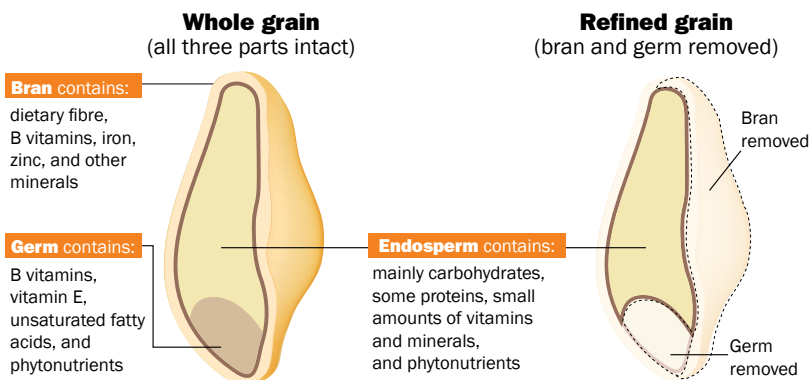
It has been well established that whole grains are more nutritious. Do you know what makes whole grains different and more wholesome than refined grains? To understand this, let's look at how grains (e.g. rice) are processed ...

## Process flow in the production of rice and rice based food products



## Why whole grain is more nutritious than refined grain

### Structure & Nutrient Content



Milling affects the nutritional quality of the grain. Refined grain consists of only the endosperm (containing mostly carbohydrate), missing out on all other vital nutrients that can be found in the bran and germ, such as dietary fibre, unsaturated fatty acids, B vitamins and vitamin E, minerals and phytonutrients.

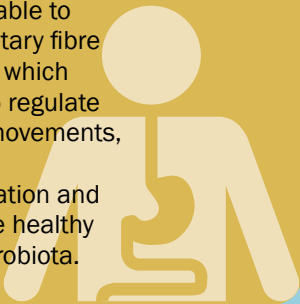
# Make Time to Switch to Whole Grains

Malaysian Dietary Guidelines recommend that at least half of the grain products you eat everyday should be whole grains.

## Health benefits of whole grains

### Improve gut health

Attributable to high dietary fibre content which helps to regulate bowel movements, prevent constipation and promote healthy gut microbiota.



### Reduce risk of some diet-related chronic diseases e.g. cardiovascular disease, cancers and diabetes

Probably due to the phytonutrients, minerals, dietary fibre and vitamin E in whole grains.



### Better weight maintenance



Dietary fibre in whole grains helps to promote a feeling of fullness, thus eating whole grains regularly may decrease the risk of obesity and weight gain.

## Make the switch!

### Refined grains



White rice



Refined/white bread



Refined cereals



White flour



Mee-hoon/noodles



Pearl barley



Refined wheat pasta

### Whole grains



Brown rice



Wholemeal bread



Wholegrain cereals; oats; corn



Whole wheat flour



Wholegrain mee-hoon/noodles



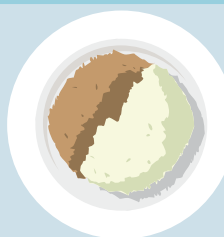
Hulled barley



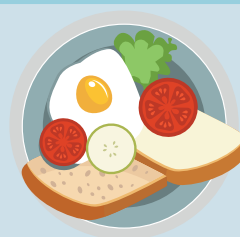
Whole wheat pasta

## Start gradually...

Changing to whole grain all at once may be difficult. Start with half portion per meal. Gradually replacing refined grains or combining them with whole grains may change your taste buds into loving wholegrain products.



half brown rice, half white rice



white bread + brown bread sandwich

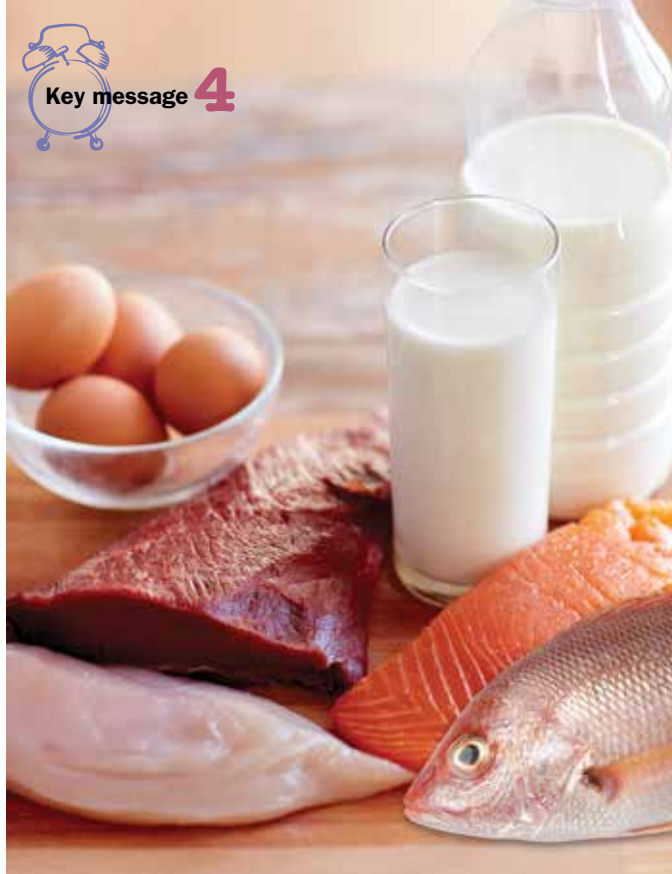
## Do you know?

- The following foods are not whole grains: bran, durum wheat, organic flour, pearl barley and wheat germ.
- Multi-grain foods have more than one kind of grain, but they may not be whole grains.
- Just because a food is brown does not mean it is a whole grain. The brown colour could be from added ingredients like molasses.



**Note:** Read the ingredient list on the food label to find out if there are any whole grains in the food. Go one step further: choose products with higher amounts of whole grains.





# A Variety of Protein Foods is a Healthier Option

Dietary protein is essential to our body, performing numerous vital functions. One of its main functions is to build, repair, and maintain body tissues. For a healthy protein intake to meet all needs, it is important to get your protein from various sources – both animal and plant.

## Animal protein sources

Animal foods are good sources of high quality protein and contain high levels of iron, zinc and vitamin B12. However, some animal sources such as fatty cuts of beef, pork, lamb, duck, processed meats, and organ meats are also high in saturated fat and cholesterol. Hence, you should consume meat and poultry in moderate amounts and choose the lean parts. Instead, include more fish in your diet. Fish has lower saturated fat content, and oily fishes like salmon, trout and herring are rich in omega-3 fatty acids, a type of fat that is good for your health.

**In reality, most of us are over-consuming animal protein foods. This could be one of the main reasons why many people are overweight and obese or have high blood cholesterol.**

## Plant protein sources

Legumes, beans, nuts and seeds are examples of plant protein sources. They have many benefits such as:

- generally contain fewer calories and do not contain cholesterol
- rich in phytonutrients, many of which function as antioxidants, capable of reducing the risk of several diet-related chronic diseases such as cardiovascular disease and cancers
- rich in dietary fibre which is important for digestion, and promotes a healthy gut environment
- good sources of vitamins and minerals

Some plant proteins may be lacking in specific amino acids, the building blocks of protein. This can be easily overcome by mixing several types of plant foods in the diet, thereby improving the protein quality.

For a healthier option, eat a variety of protein foods and choose plant-based protein foods more often.



# Tips to select a variety of Protein Foods

Plant and animal protein foods possess different nutritional characteristics. Take a variety of protein foods to obtain more health benefits. Don't forget to practise healthier cooking methods.



## Nuts and seeds

- Nuts are good sources of protein, high in fibre, rich in a wide range of vitamins and minerals, phytonutrients and unsaturated fatty acids. Examples include almond, walnut, cashew nut, hazel nut, macadamia and pecan.
- There are many different types of seeds such as sunflower, pumpkin, sesame, and flax seed. Seeds contain protein, fibre, unsaturated fatty acids, vitamin and minerals.

**Cooking tip:**  
Roast or dry-fry seeds and nuts without oil and keep in airtight containers as healthy snacks! Incorporate nuts in cooking or as toppings on foods and desserts such as yogurt or beverages.

*Note: Because nuts and seeds are also high in calories, do not over consume these.*

## Legumes (beans, peas and lentils)

- Beans are among the most versatile foods and they are rich in vitamins, minerals, fibre and protein, and low in fat.
- Lentils are grouped with beans and peas as part of the legume family. They are high in protein and fibre, and low in fat, which makes them a healthy substitute for meat.
- Soya bean curd products (eg *tofu*, *taukua* and *fucuk*) are excellent source of high-quality protein, polyunsaturated fats and B vitamins.
- Tempeh is a soy-based product that is fermented. It is a good source of dietary fibre, protein and polyunsaturated fats.

**Cooking tip:**  
Make lentil 'meat'-balls by substituting the meat in your recipe with lentils!

**Cooking tip:**  
To make tofu nuggets, slice a firm block of tofu into nuggets, coat them with breadcrumbs and bake it.

**Cooking tip:**  
Slice the tempeh and pan-fry to make filet-o-tempeh!

## Fish and shellfish

- Fish is a low-fat protein food and a source of omega-3 fatty acids, which are good for your heart.
- Shellfish such as prawn, crab, clams should be consumed less frequently compared with fish.

**Cooking tip:**  
You may steam, poach, grill or bake the fish as a healthier option.

## Meat, poultry and egg

- Consume meat, poultry and egg in moderation.
- Minimise the intake of saturated fat by choosing lean cuts of meat and poultry.
- Limit the intake of organ meats such as brain, liver, tripe (stomach) and kidney.

**Cooking tip:**  
Choose skinless chicken parts or remove the skin before cooking.



# Delightful Colours, Healthier Choices

My eldest son, Adam, has never liked vegetables since he was a toddler. When I changed his diet from complementary foods to family foods, he would spit out any vegetables. He didn't have any problem with other types of food and loved fruits. I've tried many different ways so that Adam would consume vegetables.

I learned from nutrition experts that a healthy diet should include lots of fruits and vegetables, which will help him to grow and maintain overall health. The Malaysian Dietary Guidelines recommend consuming at least 3 servings of vegetables and 2 servings of fruits daily. With Adam's dislike for vegetables, I knew I needed to find ways to help him accept them.

## Bento to my rescue

I saw on the internet a series of photos of beautifully arranged foods in lunch boxes called bento. Looking at these colourful animal-shaped foods, I felt inspired to use the bento approach to serve him creatively-prepared balanced meals that also included vegetables.

The first time I served bento to Adam, I was surprised and delighted to see him finish his meal. He said that he liked how cute the foods looked and didn't even realise that he was eating vegetables. Since then, I always prepare bento for Adam and he seemed to be enjoying his meals – with various types of vegetables.

Preparing bento may take a bit more time, but for me, it is a great way to provide my kids with healthy and balanced diet. It is also a way for me to unleash my hidden creativity!



## How to make a Bento

### 1 Get some basic tools



**Bento box**  
(Lunch box)



**Rice mould**

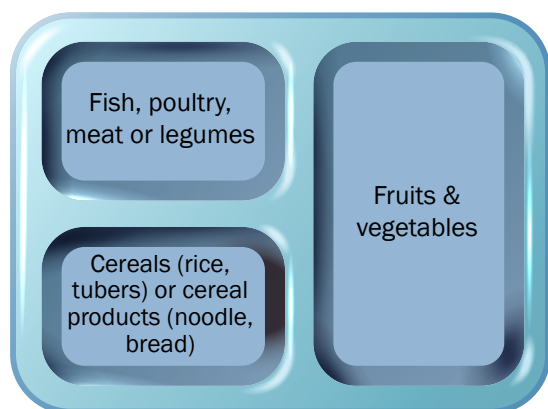


**Silicon baking cups and dividers**



**Seaweed cutter**

### 2 Apportion as follows to prepare well-balanced meals for your bento box.



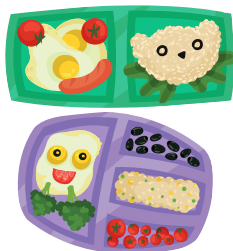
#### Tips:

- **Rice and bread** – these are good as the base for making any kind of shapes.
- **Vegetables** – leafy types are good to be turned into the "garden/grass" and as the bottom layers to hold the main dish. Harder vegetables can be cut into other shapes too.
- **Fish, meat & poultry** – cook these well and fill in the gaps of your bento box.



### 3 Take note of safety tips

- Food safety is especially important as food in bento box is meant to be eaten several hours after it is prepared, usually cold or at room temperature.
- Hence, thoroughly cook foods especially meat.
- Use raw vegetables that won't wilt (e.g. steamed asparagus, cherry tomatoes, carrot sticks).
- You can also use dry or pre-packaged foods (e.g. nuts, crackers).



### 4 Assemble the bento box

- If you are a beginner, find a photo of a nice bento as your reference to assemble the foods.
- Choose a variety of colours and interesting textures for visual impact.
- Try to choose flavours that work well together. Keep the various foods separated using silicon baking cups/dividers or edible separators such as lettuce, cabbage, cucumber slices, etc.
- Make sure to pack tightly to prevent the food from shifting in the bento box. Arrange bulky foods first, and then put more flexible-shaped foods in the remaining spaces. Use small foods such as cherry tomatoes and steamed vegetables to fill in the small gaps.

## Rainbow your Bento idea

Bento is a great way to encourage children to eat vegetables and fruits. Here is a recipe to include various veggies and fruits into the bento box.

### Omelette Roll Rice Bento



### How to make omelette roll?

#### Ingredients (Serve 2):

3 eggs, ¼ cup milk, ¼ cup chopped long beans + ¼ cup chopped mushroom + ¼ cup chopped carrots, ¼ cup sliced red apple

#### Steps:

1. Beat the eggs, add salt and pepper.
2. Add all remaining ingredients into the egg and stir.
3. Heat the frying pan with some cooking oil, add half of the mixture and cook until half done.
4. Roll the egg and move to the side of the pan.
5. Add the remaining egg mixture and cook until half done.
6. Roll all the way up. Cook till done.
7. Cool before cutting. Serve in bento box.

When preparing the omelette roll, add colourful fruits and veggies:

- **Green:** long beans
- **Brown/white:** mushroom
- **Orange/red:** carrots, red apple



**“Fruits and vegetables are rich in phytonutrients, dietary fibre, vitamins and minerals. Don’t forget to serve these to your kids at every meal. Be a role model; eat a variety of fruits and vegetables yourself!”**



# Tasty but Deadly

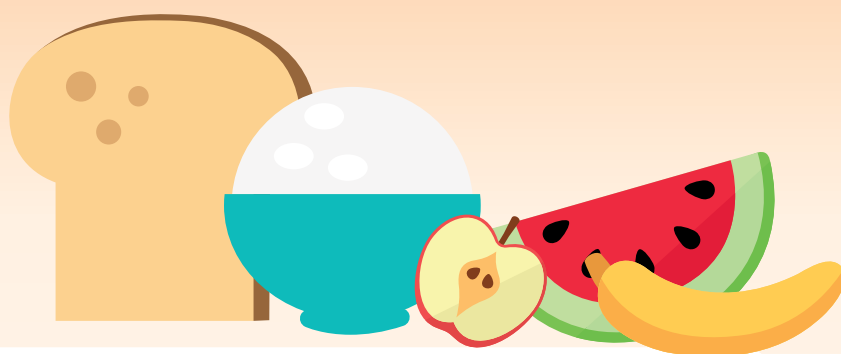


**"I know that too much salt in the diet is bad for our health, but I think food will taste bland without it. How much salt can I take in a day?"**

**Experts say...** You are right! Consuming too much salt can lead to high blood pressure. Our body only needs a small amount of sodium (salt) to function. The Malaysian Dietary Guidelines recommend 2000 mg sodium per day or 5g of salt (approximately 1 teaspoon). However, it does not mean that foods will taste bland if we reduce the amount of salt in them. In fact, foods can still taste good if you use herbs and spices to substitute salt in your cooking. Garlic, onion, cardamom, clove, cinnamon, cumin, white pepper, lemon grass and lemon can enhance the flavour of dishes. Let's enjoy the natural flavour of foods with less salt.

**Experts say...** No, we do not need to totally cut out sugars and carbohydrates from the diet. Your body needs glucose as the key source of energy. Sugar can be in the form of table sugar, honey, molasses and syrup. You can also get glucose from rice, bread, noodles, cereals, tubers and fruits. It is excessive sugar and carbohydrate intake that needs to be of concern as this will contribute to extra energy your body does not need, which in turn will be stored as body fat. You should consume adequate amount of carbohydrates, preferably whole grains and reduce intake of sugar-sweetened beverages as well as cakes, local *kuih* and sweets.

**"Is it necessary to totally get rid of sugar and carbohydrate foods as sugar is bad for our health and can cause obesity?"**



**Experts say...** It is incorrect to say that fats are bad. We do need fats and oils as they are important sources of energy. They also provide essential fatty acids that the body is not able to produce, and help the absorption of fat-soluble vitamins A, D, E and K. However, fats and oils should be consumed in small amounts.

**"I thought fats are bad for health, but I heard there are good and bad fats. What is the difference?"**

There are indeed different types of fats, namely saturated (SFA), monounsaturated (MUFA) and polyunsaturated fats (PUFA). Foods with high SFA include coconut oil, coconut milk (santan), palm kernel oil, animal fat (ghee, butter or lard), skins of poultry and fatty meat. Excessive intake of SFA has been linked to increased risk of coronary heart disease; they have therefore been termed as "bad" fat. The sources of unsaturated fats include nuts, seeds, legumes, fatty fish (e.g. tenggiri, sardine, salmon and tuna), and vegetable oils (e.g. palm oil, soya bean oil, sunflower oil). These have been termed as "good" fats as they have been recognised to lower risk for heart disease and confer other health benefits. Palm oil has a mixture of saturated, monosaturated and polyunsaturated fats. It is not just simply "eat foods with good fats and avoid those with bad fats". The fact is that our body needs the different types of fats in small amounts and excessive intake of any one type should be discouraged. And the easy way to achieve this is to eat foods in moderation including a variety of foods! Use minimal oil in cooking.



# Hidden Traps in Foods

Know how to identify foods with “hidden” salt, sugar and fat in order to reduce intake and the risk of chronic diseases.

## High Sugar Foods

Foods and beverages high in sugar include sugar-sweetened beverages (soft drinks, packet drinks) as well as those “hidden” in various common cakes and desserts.

1 slice of chocolate cake, about 110 g



≈ 10 teaspoons of sugar

1 can of soft drink, 325 ml



≈ 8 teaspoons of sugar

1 scoop of ice cream, 60 g



≈ 1-3 teaspoons of sugar

1 piece of doughnut, 50 g



≈ 1<sup>3</sup>/<sub>4</sub> teaspoons of sugar

Note: 1 teaspoon of sugar = 5 g



## High Salt Foods

Salt/sodium which we eat every day is usually ‘hidden’, which means it’s already in foods such as preserved and salted foods like dried shrimp (*udang kering*), salted fish, salted vegetable, pickles, *sambal belacan*, fish balls, and chips, as well as seasoning/condiment like soya sauce (light & dark soya sauce), oyster sauce, tomato and chilli sauce.

1 tablespoon of light soya sauce



≈

1260 mg sodium

≈



≈ 2<sup>2</sup>/<sub>3</sub> teaspoons of salt

1 piece of salted fish (25g)



≈

430 mg sodium

≈



≈ 1<sup>1</sup>/<sub>5</sub> teaspoons of salt

1 big packet of potato chips (92g)



≈

660 mg sodium

≈



≈ 1<sup>1</sup>/<sub>4</sub> teaspoons of salt

1 cup of fruit pickles



≈

2960 mg sodium

≈



≈ 1<sup>1</sup>/<sub>2</sub> teaspoons of salt

1 bowl of curry noodle



≈

2460 mg sodium

≈



≈ 1<sup>1</sup>/<sub>4</sub> teaspoons of salt

Limit to 1 teaspoon (5g) of salt per day (equivalent to 2000 mg of sodium).

Consuming a bowl of curry noodle will exceed the prescribed limit for daily sodium intake

Note: 1 teaspoon of salt = 5 g

## High Fat Foods

High fat foods include fried food, food cooked with coconut milk, and fatty meat.















Average amount of fat recommended in a day (for men and women 30-59 years)



### Fat Content in 1 serving of some popular foods

% of recommended daily fat intake

<b>1 plate fried rice with chicken</b> 	 <b>52 g</b>	<b>83</b>
<b>1 plate <i>mamak rojak</i></b> 	 <b>51 g</b>	<b>81</b>
<b>1 bowl curry laksa</b> 	 <b>42 g</b>	<b>67</b>
<b>10 sticks of satay + sauce</b> 	 <b>38 g</b>	<b>60</b>
<b>1 piece fried chicken (thigh)</b> 	 <b>18 g</b>	<b>29</b>
<b>1 medium packet of potato chips</b> 	 <b>16 g</b>	<b>25</b>

You would have almost used up the recommended fat intake of the day if you consume one plate of fried rice or *mamak rojak*.

The amount of fat in one bowl of curry laksa or 10 sticks of satay is more than half (>50%) of the amount of fat recommended for the day!

 = **5g** of oil/fat

# Use Nutrition Information for Smarter Food Choices!

## How much calories and nutrients are in a product?

You can find this information in a table on the product label which is known as the Nutrition Information Panel (NIP).

### Nutrition Information

Serving Size: 30g Serving per package: 10		
Nutrients	Per 100g	Per serving (30g)
Energy (kcal)	380	114
Carbohydrate (g)	78.7	23.6
Protein (g)	7.8	2.3
Fat (g)	3.8	1.1
Dietary fibre (g)	4.1	1.2
Vitamin C (mg)	70.0	21.0
Vitamin B1 (mg)	1.6	0.5
Vitamin B2 (mg)	1.6	0.5
Folic acid (ug)	200.0	60.6
Calcium (mg)	720	216
Iron (mg)	14.0	4.2

## What are nutrition claims on food labels?

**Content claim** – describes the level of a nutrient e.g. high in fibre, low in fat

**Comparative claim** – compares level of energy or nutrients of two or more similar foods e.g. lower sugar, higher in protein

**Function claim** – provides information on the role of specific nutrients in the body e.g. protein helps build and repair body tissues.

Use these claims together with NIP to guide you in making food choices.

## How do we use Front-of-Pack (FOP) labels?

One serving (30g) contains

ENERGY  
120 kcal

6%

Based on 2000 kcal

**Energy Icon** is one type of FOP found on food labels. It gives information on the:

- **amount of energy (kcal)** in one serving of the product
- **Energy** contributed by one serving of the product, expressed as % of average daily adult energy requirement (2000 kcal)

**Healthier Choice Logo (HCL)**, another type of FOP, is a logo awarded to foods and beverages that meet certain nutrient criteria set by the Ministry of Health and is deemed "healthier" within that category.

Do not choose products solely based on the HCL logo. You should also refer to the NIP to determine the nutrient content in the product.



(Only red or black logos are permitted to be used)

## What should I look out for in the ingredient list?

**Ingredients:** Whole Grain Wheat, Corn Bran, Modified Wheat Starch, Colour (caramel colour and annatto extract), Salt, Sugar, Baking Soda, Natural Flavour. Contains permitted colourings.

All pre-packed food products contain an ingredient list in which the ingredients are listed in order of weight, from the most to the least. If the first few ingredients are whole grains such as whole grain wheat, oat, or barley, the food contains a high proportion of whole grain. If sugar or similar terms such as sucrose, glucose, fructose, corn syrup is listed as the first few ingredients, the food is high in sugar.

## Tips to make wise food choices

- **Be mindful of the calorie content** – Use the energy icon or NIP to check out the calories per serving especially if you are concerned about your energy intake.
- **Know the nutritional value** – Compare the carbohydrate, protein and fat content of different products. You may also compare the content of other nutrients such as vitamins, minerals and dietary fibre, if listed in the NIP.
- **Keep a lookout for fats** – Choose foods that are lower in total fat if you are concerned about your weight.
- **Look for less sodium/salt** – Some processed foods are high in salt.
- **Beware of sugar content** – Sugars are not required by law to be listed in NIP, except for ready-to-drink beverages. However, if added sugars, e.g. sucrose, glucose, fructose and corn syrup, are one of the first few ingredients listed, the product probably has high sugar content. Some foods such as fruit juice and jam may contain high amounts of naturally occurring sugars.





## How to use the Nutrition Information Panel (NIP) to compare the nutrient content of food products

1

When comparing similar foods of different brands, compare the energy and nutrient content in 100g or 100ml of the product.

2

By looking at 'per 100ml' column, product B provides higher calories. You can look at 'per serving' to know the total calories/energy you will get from one serving.

3

Product B, a flavoured milk, has higher total sugar, mostly because of added sugar. Product A contains only lactose, the natural sugar found in milk.

### Product A (Fresh Milk)

Maklumat Pemakanan/Nutrition Information		
<b>6</b> Saiz Hidangan/Serving: 300 ml Bilangan Hidangan/No. of Servings: 1		
	Setiap/ Per 100ml	Setiap Hidangan/ Per Serving 300ml
<b>2</b> Tenaga/Energy	66 kcal	198 kcal
<b>3</b> Karbohidrat/ Carbohydrate	5.5 g	16.5 g
Jumlah Gula/Total Sugar	5.5 g	16.5 g
- Sukrosa/Sucrose	0.0 g	0.0 g
- Laktosa/Lactose	5.5 g	16.5 g
<b>4</b> Protein/Protein	3.0 g	9.0 g
Lemak/Fat	3.5 g	10.5 g
Kalsium/Calcium	90 mg	270 mg
Vitamin B1	0.5 mg	1.5 mg
Vitamin B2	0.4 mg	1.2 mg
<b>5</b> Vitamin B3	1.8 mg	5.4 mg
Vitamin D	1.4 µg	4.2 µg
Besi/Iron	1.0 mg	3.0 mg

### Product B (Chocolate Milk)

Maklumat Pemakanan/Nutrition Information		
<b>6</b> Saiz Hidangan/Serving: 250 ml Bilangan Hidangan/No. of Servings: 1		
	Setiap/ Per 100ml	Setiap Hidangan/ Per Serving 250ml
<b>2</b> Tenaga/Energy	89 kcal	223 kcal
<b>3</b> Karbohidrat/ Carbohydrate	9.0 g	22.5 g
Jumlah Gula/Total Sugar	9.0 g	22.5 g
- Sukrosa/Sucrose	5.5 g	13.8 g
- Laktosa/Lactose	3.5 g	8.8 g
<b>4</b> Protein/Protein	3.0 g	7.5 g
Lemak/Fat	4.5 g	11.3 g
Kalsium/Calcium	95 mg	238 mg
Vitamin B1	0.5 mg	1.3 mg
Vitamin B2	0.4 mg	1.0 mg
<b>5</b> Vitamin B3	1.5 mg	3.8 mg
Vitamin D	1.2 µg	3.0 µg
Besi/Iron	1.5 mg	3.8 mg

4

Both products have the same content of protein but product B has higher fat content.

5

Compare the content of other nutrients such as the vitamins and minerals. There are slight differences on the content of vitamins and minerals in products A & B.

6

It is NOT appropriate to compare nutrient information based on the serving size because different products may use different serving sizes, as indicated in this example.

Nevertheless, information in the column for serving size is also useful as it indicates the amount of energy and nutrients in 250 ml or 300 ml or approximately a glass of the beverage.

**Conclusion:** Choose a product that meets your energy and nutrient requirements, whether you need more or less of certain nutrients. Always base your choice on a number of nutrients contained in the product.



# Early Detection Saves Life

Expert says...

Mr Ahmad suspected something was amiss as he had frequent urination, excessive thirst, blurred vision, pain and numbness in his hands and feet, and extreme fatigue. In fact, he has a wound on his foot that didn't seem to recover after many weeks. He was also obviously overweight.

After much persuasion by his family, he went for his first health screening at the age of 40. Mr Ahmad was shocked when the doctor told him that he has diabetes! Having learnt this dreadful reality, apart from taking his diabetes medicines, he also started to practise healthy eating, exercise regularly and reducing his body weight. He managed to control his blood sugar and the wound on his foot gradually recovered.

**Diabetes mellitus** is a condition in which the blood sugar level in the body stays consistently above normal. Early detection and treatment of diabetes can decrease the risk of developing diabetes-related complications. Possible complications include cardiovascular diseases (heart disease and stroke), nerve damage, kidney damage, eye damage, and foot damage (which may lead to amputation if not treated).

Mr Ahmad was able to take timely action as he did a health screening. Do you know that in Malaysia, 50% of patients with diabetes are unaware that they have the disease! Health screening is important for early detection and timely treatment, which may slow disease progression and save lives.

## How do you know if you are at risk?

### Go for health screening!

Besides high blood glucose, having high blood cholesterol or high blood pressure, and being overweight or obese are some of the risk factors that you should be aware of. These risk factors often do not show symptoms until too much damage has been done to your body. Fat around the belly (abdominal obesity) makes the body less sensitive to insulin and may lead to failure to control blood glucose level. High waist circumference, an indicator of abdominal obesity, is also associated with increased risk of health problems such as cardiovascular diseases and type 2 diabetes. If you are overweight (BMI more than or equal to 25.0 kg/m<sup>2</sup>) or obese (BMI more than 30.0 kg/m<sup>2</sup>), losing some weight (5-10%) may help to lower your risk of diabetes, cardiovascular diseases, sleep apnoea and cancer.

#### High blood pressure

(hypertension) is a silent killer. People with high blood pressure have a higher risk of getting stroke or coronary heart disease.

#### High blood cholesterol

(hypercholesterolemia), if untreated, can lead to the build-up of plaque in the blood vessels (atherosclerosis), and increase your risk for heart attack and stroke.

Start health screening annually if you are ≥ 40 years old. However, screening should be done earlier and more often, if you have one or more of the following risk factors:

- **Family history of diabetes mellitus, hypertension and stroke**
- **Being overweight or obese**

## Keeping tab on your health risk

### Do-it-yourself at home

Check once a month or as advised by your healthcare professional.

#### Waist Circumference

- An indicator of the amount of fat stored at the abdomen area.
- Measure using a non-stretchable measuring tape, just at the level of the belly button.
- Aim for:
  - < 90 cm for men
  - < 80 cm for women



#### Body Mass Index (BMI)

- Quick indicator to determine weight status.
- Calculate using the formula:
$$\frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$$
- Aim for: 18.5 kg/m<sup>2</sup> to < 25.0 kg/m<sup>2</sup>

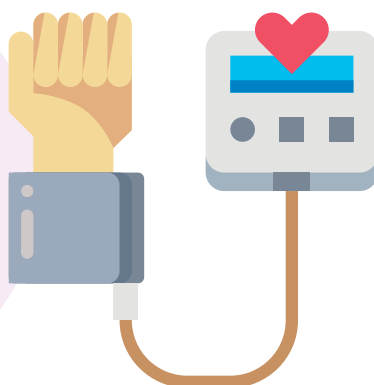
### Screen at clinic, hospital or pharmacy annually

*Do-it-yourself at home if you have the equipment*

*Note: The levels suggested in “aim for” are general recommendations; you should refer to a medical doctor for a definitive diagnosis.*

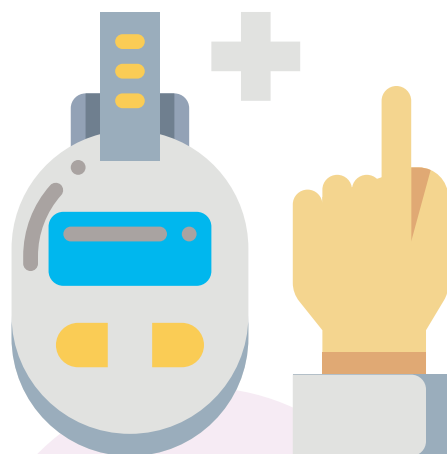
#### Blood Pressure

- A blood pressure test using the blood pressure monitor is the only way to know if you are at risk of getting hypertension.
- Aim for below 140/90 mmHg



#### Blood Glucose

- A blood glucose test helps to determine if you are at risk of getting diabetes.
- You can check at home using glucometer.
- Aim for:
  - Fasting blood glucose < 5.6 mmol/L or
  - Non-fasting blood glucose < 11.1 mmol/L



### Screen at clinic or hospital annually

#### Lipid Profile

- Indicates if you have high levels of blood cholesterol and/or triglycerides.
- Aim for:
  - Total cholesterol ≤ 5.2 mmol/L
  - Triglycerides ≤ 1.7 mmol/L
  - LDL-cholesterol ≤ 2.6 mmol/L
  - HDL-cholesterol ≥ 1.0mmol/L for males ; ≥ 1.2mmol/L for females







# Apa nak masak hari ini?

Inilah persoalan yang sering timbul setiap kali kita ingin menyediakan hidangan untuk keluarga. Sama ada yang bekerja atau suri rumah tentu akan menghadapi masalah kesuntukan masa atau tidak tahu apa yang hendak dimasak.

## Memperkenalkan Campur, Campur, Siap! daripada AJI-NO-MOTO®

Campur, Campur, Siap! ialah cara baru dan kreatif untuk memasak sayur, menjadikan ia lebih lazat dan menarik. Ia dicampur pelbagai sayuran dengan sumber protein dan berkuah.

Sayur kaya dengan segala jenis nutrien yang penting untuk kesihatan kita. Ia mengandungi vitamin dan mineral yang kita perlukan untuk kekal sihat. Justeru, adalah penting untuk memakan sayur pelbagai warna bagi mendapatkan manfaat kesihatan yang berbeza. Jadikan amalan untuk menambah sayur dalam makanan seharian untuk mendapatkan diet yang seimbang.

Walaupun sayur antara nutrisi penting untuk kesihatan, tetapi rakyat Malaysia didapati kurang mengambil sayur dalam sajian seharian mereka.



➔ Kaji Selidik Pemakanan Berasaskan Sekolah Malaysia 2012 menunjukkan kira-kira 93.7% remaja makan sayur di bawah 3 hidangan sehari seperti yang disarankan.

➔ Kaji Selidik Pemakanan Dewasa Malaysia (MANS) 2014 menunjukkan bahawa 81.7% makan sayur di bawah 3 hidangan sehari seperti yang disarankan.

Sumber : Pelan Tindakan Pemakanan Kebangsaan (NPANM) III 2016-2025

## Tahukah Anda?

Labu mengandungi serat dan beta karotena



**Serat**  
Menjaga kestabilan sistem penghadaman



**Beta Karotena**  
Meningkatkan tahap sistem imunisasi badan

Bunga Kobis mengandungi serat dan vitamin C



**Serat**  
Membantu meningkatkan kesihatan usus



**Vitamin C**  
Memperkuatkan sistem ketahanan tubuh

Brokoli mengandungi kalsium, vitamin K dan asid lemak omega 3



**Kalsium & Vitamin K**  
Menjaga kesihatan tulang dan mencegah osteoporosis



**Asid Lemak Omega 3**  
Mengurangkan Reaksi Alergi dan Keradangan

Menyediakan hidangan sayur bukan lagi masalah dengan cara Campur, Campur, Siap! Resipi sayur yang mudah disediakan dengan campuran sumber protein (ayam, telur, dan sebagainya), ditambah dengan AJI-NO-MOTO® untuk menghasilkan hidangan mantap yang digemari semua, termasuk anak-anak. Yang pentingnya, ia mudah! Sesuai untuk isteri dan ibu yang sibuk bekerja.

Untuk mendapatkan pelbagai resipi, sila layari



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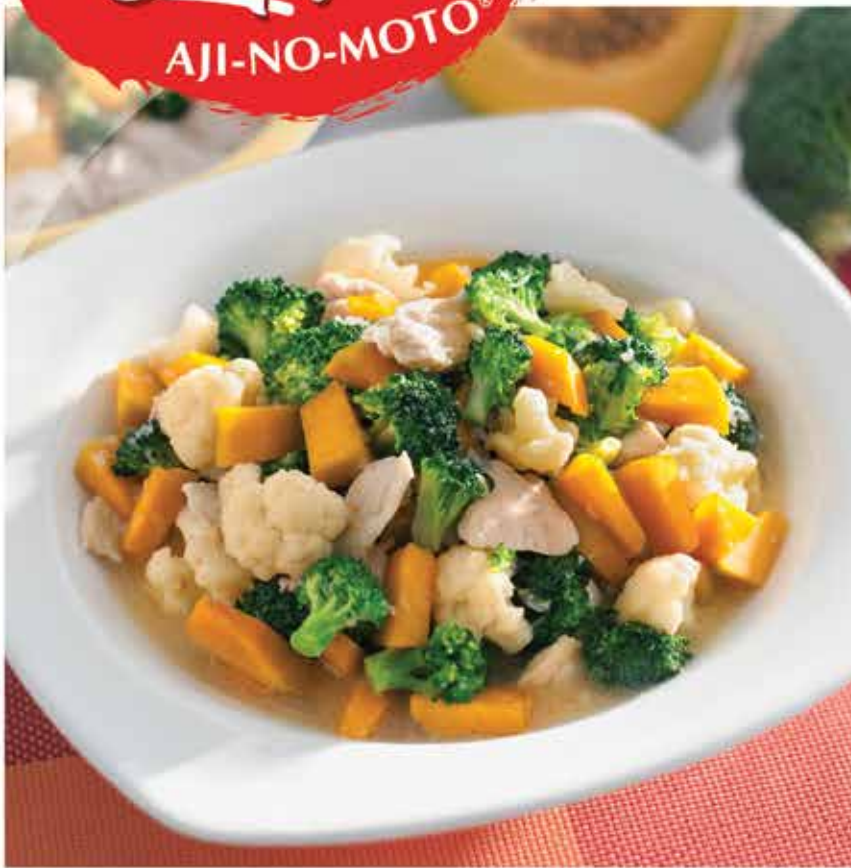


Ajinomoto Malaysia





*Campur,  
Campur  
Siap!*  
AJI-NO-MOTO®



## Sayur Labu Campur



Labu, sayur berkhasiat yang murah dan mudah didapati di Malaysia.

Ia mengandungi serat untuk mengekalkan sistem penghadaman yang sihat, serta beta karotena yang membantu menguatkan sistem imun badan.

Rasa labu yang manis, pasti menjadi kesukaan anak-anak kecil anda.

Jom kita cuba Resipi  
Campur, Campur, Siap!  
- Sayur Labu Campur.

### Bahan-bahan:

2 sudu besar	Minyak masak
½ biji	Bawang besar, dicincang
2 ulas	Bawang putih, dicincang
200 g	Isi ayam, dipotong kecil
1 ½ cawan	Air
½ sudu kecil	AJI-NO-MOTO®
½ sudu kecil	Garam
150 g	Bunga kobis, dipotong
100 g	Brokoli, dipotong
150 g	Labu, dipotong dadu panjang



### Cara menyediakan:

1. Panaskan minyak masak.
2. Tumiskan bawang dan bawang putih sehingga wangi.
3. Masukkan ayam dan kacau sehingga separuh masak.
4. Masukkan air dan bunga kobis. Didihkan sehingga separuh lembut.
5. Perasakan dengan AJI-NO-MOTO® dan garam.
6. Masukkan brokoli, labu dan kacau sehingga masak.
7. Sedia untuk dihidang.

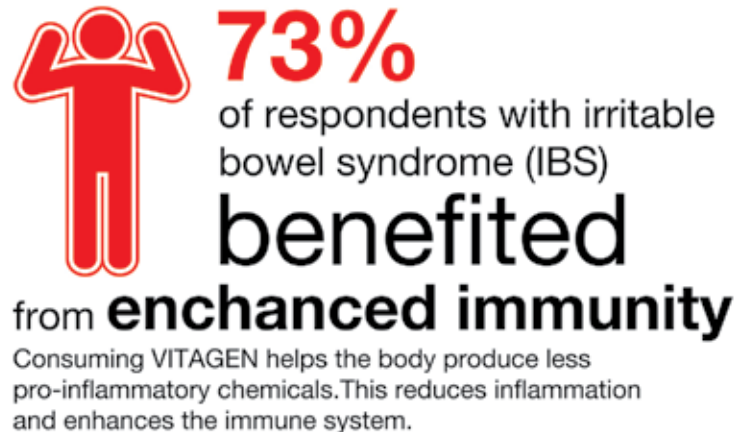
Tip: Labu yang mempunyai jalur yang lebar mempunyai isi yang lebih tebal dan manis.



# The Efficacy of Probiotics in **Vitagen**<sup>®</sup> for Better Digestion & Immunity

The efficacy of *Lactobacillus acidophilus* and *Lactobacillus paracasei* strains in VITAGEN has a positive impact on gut health and immune system.

Results are based on clinical research performed at the Gastroenterology Unit, Department of Medicine, Hospital Canselor Tuanku Muhriz, Pusat Perubatan Universiti Kebangsaan Malaysia\*.



\* Based on 2017 research conducted by Gastroenterology & Hepatology Unit, Pusat Perubatan Universiti Kebangsaan Malaysia on 165 healthy adults, and adults with IBS from Klang Valley. Results were based on consumption of 3 bottles of VITAGEN a day.

Reference: Mokhtar N, Jaafar NM, Chan S, et al. IDDF2018-ABS-0203 Modulation of intestinal dysbiosis in patients with constipation-predominant irritable bowel syndrome using lactobacillus-containing cultured milk drink. Gut 2018;67:A70. [https://gut.bmj.com/content/67/Suppl\\_2/A70.2](https://gut.bmj.com/content/67/Suppl_2/A70.2)

VITAGEN has billions of live probiotic cultures in a bottle i.e. *Lactobacillus acidophilus* and *Lactobacillus paracasei* that help digestion and enhance immune system.

**Vitagen®**

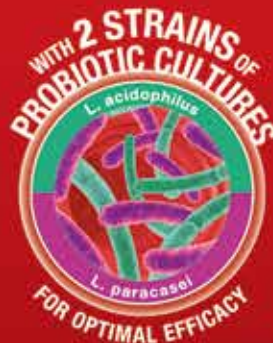
# BE GOOD TO YOUR GUT



## YOUR IMMUNITY DEPENDS ON IT

Housing 70% of our immune system, our gut is central to our wellbeing. VITAGEN contains 2 strains of live probiotic cultures of *Lactobacillus acidophilus* and *paracasei* for better digestion and a stronger immune system.

**VITAGEN, CLINICALLY PROVEN FOR A BETTER GUT\***



**LESS SUGAR**

\* Reference: Mokhtar N, Jaafar NM, Chan S, et al. IJDF2018-ABS-0203 Modulation of intestinal dysbiosis in patients with constipation-predominant irritable bowel syndrome using lactobacillus-containing cultured milk drink. Gut 2018;67:A70. [https://gut.bmj.com/content/67/suppl\\_2/A70.2](https://gut.bmj.com/content/67/suppl_2/A70.2)



# 4 WAYS TO EAT HEALTHY WITHOUT BREAKING AWAY FROM OLD HABITS

1

## Simplicity

Pack in more nutrients for breakfast & snacks with unbelievable simplicity



2

## Tasty

Keep to the taste you love without sacrificing health & nutrients



3

## Cleanse

Cleanse your internal systems through a host of benefits with every sip



4

## Treat

Get smart with treats that are small on calories but big on yummy!



SMALL STEPS  
TOWARDS A  
HEALTHIER FAMILY





# SMALL STEPS TOWARDS A HEALTHIER FAMILY





# THE LOWEST SUGAR

CARBONATED ISOTONIC DRINK



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sugar  
per 100ml

**33%**  
Less Sugar\*

\*33% less sugar compared to 100PLUS Original recipe

HCL helps consumers to identify the healthier products within the same category.  
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Improve  
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SOURCE : "White Rice, Brown Rice, and Risk of Type 2 Diabetes in US Men and Women," Qi Sun, Donna Spiegelman, Rob M. Van Dam, Michelle D. Holmes, Vasanti S. Malik, Walter C. Willett, Frank B. Hu, Archives of Internal Medicine, online June 14, 2010.



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ENJOYED BY 39 MILLION PEOPLE  
IN 39 COUNTRIES AROUND THE WORLD



[illegible]



# A Nation-Wide Community Nutrition Promotion Programme Since 2002

## Achievements of NMM

Aimed to promote greater awareness of healthy eating and active living among Malaysians, it is a strategic partnership between three professional bodies, namely, **Nutrition Society of 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 activities and greater outreach to the community.

### Family Carnivals

- Organised 10 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



### Educational Press Articles

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



### Publications for Public

- Published 10 practical nutrition guidebooks, 5 recipe books and 1 mini-booklet



### 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:

**Chairman, Nutrition Month Malaysia**  
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