

Nutrition Month Malaysia 2020



FOOD FIT FUN Fair

Join us to find out more...

28th October – 1st November 2020
(Wednesday – Sunday)

10.00am – 10.00pm

Main Atrium, Ground Floor
@ Sunway Velocity Mall, K.L.

Invest in Healthy Nutrition Eat Right, Get Moving!

FREE Body Composition Analysis & Nutrition Advice

Available on 30th October – 1st November 2020!

Find out about your body composition – BMI, body fat, muscle mass and many more, all for FREE!

Meet a nutritionist/dietitian for a diet analysis and get professional advice to plan and track your diet & physical activity!



Parent-Child Cooking Workshop

Explore your fun cooking time with your child while learn more about nutrition. Eligible for parents and their children aged 8 to 11 years!



“Get Fit” Fitness Activity

Exciting games and fitness activities (In-mall Challenge) await you!



Healthy Groceries Shopping

Learn how to read nutrition information to opt for healthier food choice, conducted by nutritionists/dietitians



Jointly organised by:



Nutrition Society of Malaysia



Malaysian Dietitians' Association



Malaysian Association for the Study of Obesity

Eat Well, Live Well.

Main sponsors:



AJINOMOTO

Co-sponsors:



Event partners:



Media partners:



FUN & FREE Activities

- Interactive activities and goodies
- Food sampling by Sponsors
- Free educational materials

Visit www.nutritionmonthmalaysia.org.my, drop by the 'Nutrition Month Malaysia' Facebook page or call 03-5632 3301 for more details.