

HE·AL

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



Invest in
**Healthy
Nutrition**
Eat Right,
Get Moving!

Published by



A joint initiative by



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

We would like to thank the following organisations for contributing towards the successful implementation of NMM activities for 2020.

Main sponsor

Eat Well, Live Well.



Co-sponsors



CHAIRMAN

Dr Tee E Siong

Nutrition Month Malaysia National Steering Committee 2020

MEMBERS (Representatives from partner Professional Bodies)

Nutrition Society of Malaysia



Dr Roseline Yap
Wai Kuan



Dr Zawiah Hashim

Malaysian Dietitians' Association



Mr Ng Kar Foo



Mr Lee Zheng Yii

Malaysian Association for the Study of Obesity



Prof Dr Norimah
A Karim



Assoc Prof
Dr Chin Yit Siew

Disclaimer

Nutrition Month Malaysia (NMM) educational materials are not in any way intended to substitute medical advice from your doctor or health professionals. When in doubt, please consult your doctor. The Nutrition Society of Malaysia (NSM), Malaysian Dietitians' Association (MDA) and the Malaysian Association for the Study of Obesity (MASO) are not liable for any issue arising from the use of these educational materials.

NSM, MDA, and MASO do not endorse any products and are not responsible for any claims made in the advertisements.

Intellectual property is vested in the NMM programme. No part of the educational materials shall be reprinted without written permission of the National Steering Committee of NMM.

Copyright reserved © Nutrition Month Malaysia (NMM) 2020.

Secretariat



12A, Jalan PJS 8/4, Mentari Plaza,
Bandar Sunway, 46150 Petaling Jaya,
Selangor Darul Ehsan.
Tel: 03-5632 3301 Fax: 03-5638 9909
Email: versahealth@versa-group.com

Invest in Healthy Nutrition: Eat Right and Get Moving!



Dr Tee E Siong

Editor

Chairman, Nutrition Month Malaysia
National Steering Committee 2020

and

President, Nutrition Society of
Malaysia

We have heard so many times that diseases like heart disease, diabetes and cancer or other diet-related non-communicable disease (NCDs) will lead to death. You may think that these NCDs will not happen to you. In reality, anyone can be afflicted by these debilitating and life-threatening diseases if we do not look after our health. Unhealthy dietary patterns and sedentary lifestyle are one of the contributing factors for these diseases.

It is also alarming that more young Malaysians are affected by these diseases. Hence, it is imperative that we take positive steps to prevent NCDs from a young age. We need to invest our time and effort now, by embracing the habit of healthy eating and being active every day.

Therefore, Nutrition Month Malaysia (NMM) programme is here to help you inculcate healthy lifestyle practices and serves as a constant reminder for you to make changes. *'HE-AL Volume 2: Invest in Healthy Nutrition: Eat Right, Get Moving!'* is an infographic magazine that provides simple but informative guides on healthy eating & active living. These include cooking nutritious meals at home, tips for eating outside or using food delivery service, drinking plenty of water, as well as how to use nutrition information on the label when choosing packaged foods. Put into practice the 8 key messages in this magazine and you will soon be on the path to a healthier you!

NMM has many more other educational materials which you can easily download from our website: <http://nutritionmonthmalaysia.org.my/>.

Take immediate action to adopt a healthy lifestyle that includes healthy eating and active living. Be disciplined, be consistent, and you and your family will be rewarded for such investments!

Contents

- | | |
|---|--|
| 4 Key message 1:
Invest in Preventing Obesity | 16 Key message 5:
A Colourful Feast, A Healthier Diet |
| 8 Key message 2:
Be Physically Active Every Day!
No More Excuses; Start Investing
for a Healthier You | 18 Key message 6:
White, Creamy and Nutritious
– Milk is for All |
| 10 Key message 3:
Water is Essential for Life | 21 Key message 7:
Cook Nutritious Meals at Home
More Often |
| 14 Key message 4:
Eat More Whole Grains!
Here's Why and How... | 24 Key message 8:
Be a Nutrition Savvy Shopper
– Read Food Labels |



Invest in Preventing Obesity



In case you haven't heard: Malaysians have the dubious honour of being the most obese people in the region! This weight problem did not happen overnight. Malaysians have been getting heavier over the past 20 years.

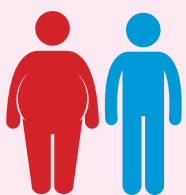
Obesity is not just a cosmetic concern; it increases risk to several life-threatening chronic diseases. This means we must take action to prevent overweight and obesity, and we must start now!

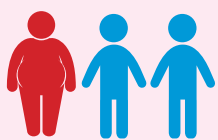
A chat with Dr Tee E Siong, President of Nutrition Society of Malaysia

We spoke with Dr Tee E Siong, President of the Nutrition Society of Malaysia, who expressed his concerns and shared his views on approaches in tackling this problem. He emphasised that the best investment everyone can make is to prevent these weight problems from young and it should start within the family.

NMM: How serious is the obesity problem in the country?

Dr Tee: There is convincing data to show that overweight and obesity have reached alarming levels. The problems are not just amongst adults, but among children as well.


1 in 2 adults is
overweight + obese


About 1 in 3 school children
is overweight + obese

NMM: Why are so many Malaysians overweight and obese?

Dr Tee: There are 2 main reasons for this. Many Malaysians practise unhealthy eating habits and live a sedentary lifestyle.

Malaysia is a nation of food lovers. Our every day activities and culture tend to revolve around food. Eating out and having outside food is more common than having home-cooked meals.

Unfortunately, the majority of the public make the wrong food choices. They have frequent and excessive consumption of foods and beverages with high fat, sugar and sodium content, and neglect intake of whole grains, and fruits and vegetable. This unhealthy eating habit results in disaster - overweight and obesity.

Another major cause is that many do not emphasise on being physically active. The children of today are also more focused on academic and indoor activities instead of being engaged in outdoor physical activities.



NMM: What's the real concern with being overweight or obese?

Dr Tee: Obesity increases a person's risk of developing high blood glucose level, high blood pressure and high blood cholesterol. Persons having these "three highs" are at greater risk of getting chronic diseases such as heart disease, diabetes and cancers.

Unhealthy lifestyle

- Unhealthy eating habits
- Physical inactivity
- Excessive use of alcohol
- Smoking

Increase the risk of

Metabolic risk factors

- Overweight & obesity
- High blood pressure
- High blood glucose
- High cholesterol

If uncontrolled, can lead to

Chronic diseases

- Hypertension
- Diabetes
- Heart disease
- Cancer

However, these can be reversible! That is why NMM emphasises on investing in preventing obesity.



NMM: How can we prevent from becoming overweight and obese?

Dr Tee: Just as we spend time, money, and effort to invest for a better future, the public should also invest in better health. They can do this by prioritising the practice of healthy eating and active living.

Healthy eating habits must start from young. In this regard, parents play a fundamental role. They must invest in making time and effort to inculcate proper eating practices in their kids. Parents themselves must practise healthy lifestyle as they are the role models for their children.

Want a healthy future for your children and your family? Invest in healthy eating and active living today.

NMM: What has been done to tackle this problem?

Dr Tee: Various policies and annual plans have been developed to tackle these nutrition issues in the country by different stakeholders. However, it is clear that much more need to be carried out.

It is particularly important that the public must play a key role. They must empower themselves with nutrition knowledge to adopt a healthy lifestyle. Search for credible nutrition information, eg Nutrition Month Malaysia (NMM) and Ministry of Health (MOH) educational materials.

Invest in Healthy Eating: Here's How!

Healthy eating practice is the most fundamental part of a healthier lifestyle to prevent overweight, obesity (and thus NCDs). For a start, follow the principle of **BMV** to improve your daily eating habit:

Eat a Variety of Foods from the 5 food groups



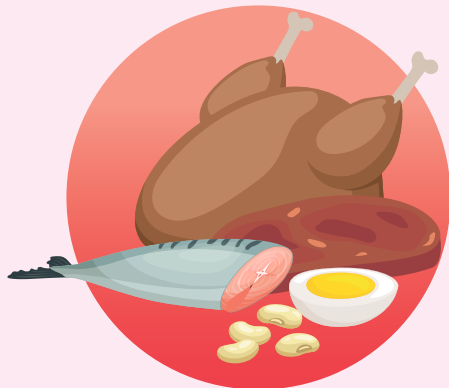
Vegetables



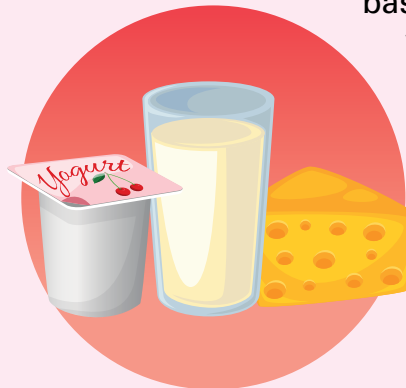
Fruits



Rice, other cereals, cereal-based products (preferably wholegrain) & tubers



Poultry, meat, egg, fish,
legumes & nuts



Milk & milk products

Practising healthy nutrition is attainable or doable, but commitment, determination, and self-discipline are needed.

Start with small and manageable steps. Build on these changes to gradually reach your goal over time and stay consistent.

**Focus on
small, gradual
changes**



**Create a
healthier
living
atmosphere**



BALANCE

Eat food from all food groups in every meal

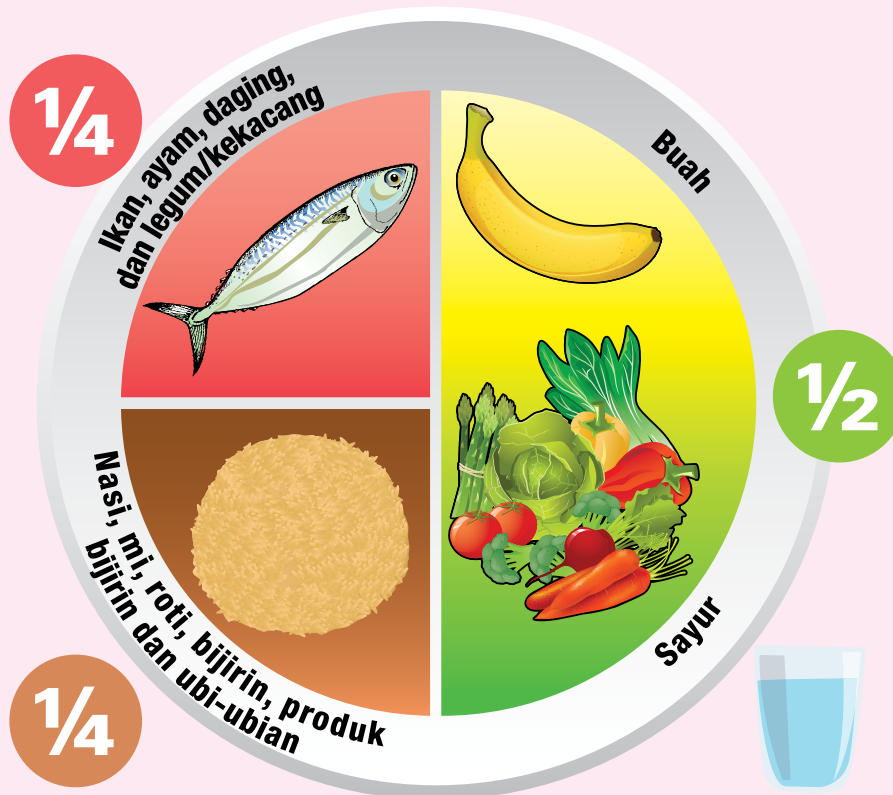
MODERATION

Eat in moderate portions, use the plate as a guide

VARIETY

Include a variety of foods in your daily diet

Use the as your guide to daily meal intake



This easy-to-understand visual guide shows the proportions of food groups that should be eaten in one meal. This plate is a useful guide to achieving balanced meals in moderate amount at all mealtimes.

Use
Quarter-Quarter-Half
concept

Note: Use a standard plate size (approximately 25 cm/10 inch in diameter)

Participate in activities of groups with similar health interest

Reward yourself with non-food incentives

Be committed and disciplined to achieve healthy nutrition goals



Be Physically Active Every Day!

No More Excuses; Start Investing for a Healthier You

"I have no time for exercise!" This is a common complaint we often use ourselves or hear from friends and family. But all these are mere excuses, which can go on forever, unless we realise the urgent need to be physically active.

We all know that keeping ourselves fit and active is important for our health and body so as to prevent diseases; therefore we need to invest our time in this life-saving activity.

Exercise can be fun and enjoyable!

Who says that exercise has to be boring? There are plenty of ways to turn it into fun activities!



Be active daily

Walking, jogging, taking stairs, doing housework, washing car, gardening, etc. – include some of these activities as part of your daily routine to be more active. You can also exercise on a treadmill or stationary bicycle as you watch TV or listen to music.

Play sports

If you are into sports, you can join a group of like-minded friends to play a variety of sports like football, futsal, and badminton.



Join group activities

Enrol in community classes/ community programmes that you like, e.g. Zumba, yoga, aerobic exercise, dance, etc. Fixed schedule will help you to get into the routine and friends you meet in the activities can keep you motivated.

How many calories are burned during physical activities?

Ideally, your energy intake (calories from food and beverages) should be balanced with your energy output (calories spent through physical activities). Excess calories not burned will be stored as fat. Here are some examples of how much calories will be spent while doing these activities:

Examples	Calories (kcal) burned in 1 hour
Sweeping floor	140
Playing with children	170
Gardening	240
Riding bicycle	470
Playing badminton	320
Playing football	530
Running	470
Aerobic dance	380
Yoga	240

As you can see, more strenuous activities will burn more calories. This guide serves as a reminder that it requires a lot of hard work to burn off the calories consumed. For example, if you take a plate of chicken rice, you will be consuming 450 kcal, which will require riding bicycle for an hour to burn off! It is easier to take in more calories than to burn off the extra consumed. Hence, be mindful of the types and amount of food you eat!

Exercise does not have to be a chore – make time to incorporate it in your daily routine. Let's sweat it out!

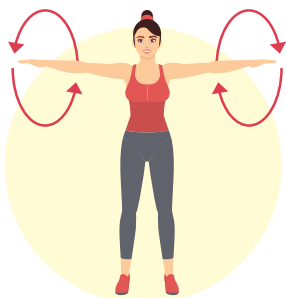
EXERCISE IS EASY

You Can Do It Anytime, Anywhere!

Break your sedentary time every 30 minutes with active movements, such as simple stretching and walking while watching TV at home or while at work sitting in office. Here are some simple exercises you can practise anytime.

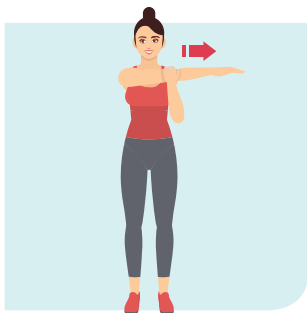
Home Workout

Slot it in your daily routine!



Wake-up Call

Start your day by doing some arm circles. Rotate both your arms 20 times while standing. It's so easy!



Shoulder Stretch

Relaxing your shoulder blades back and down, reach one arm across your body and gently use your other arm to deepen the stretch. Hold for 15 seconds and repeat on the other side.



Get Off Your Sofa

While watching your favourite movies try doing 20 times of bicycle crunches and wall squats.



Use Your Sofa

Make use of your sofa by doing 20 rounds of push-ups during 5-minute TV ads. No time wasted!

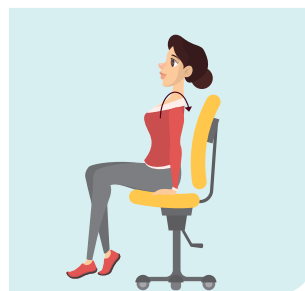
Office Workout

Break up your prolonged sitting!



Sit & Stand Up

Get your heart rate up. Take a break from staring at the laptop by standing up from your sitting position for 20 times. Try every hour!



Shoulder Rolls

Move your shoulders in a circular motion so that they are moving up, back and down. Repeat 20 times for opposite direction.



Trunk Stretch

Raise your right arm and bend to the opposite side for a stretch. Hold for 20 seconds and repeat on the other side.



Hamstring Stretch

Rest your heel on the floor with your knee straight. Gently reach your hand forward until you feel a stretch behind your thigh. Hold for 20 seconds and repeat on the other side.



Limit physical inactivity and sedentary habits

Reduce screen time to no more than two hours a day. This includes watching TV, playing video games or surfing internet, which do not burn any calories.



WATER Is Essential For Life

When talking about nutrition, we tend to focus on the food we consume. Water is often overlooked even though it is also a vital part of our dietary need. Indeed, many are unaware that they are not drinking enough water for their body. If we do drink up, many do not pay attention to the kind of beverages we consume.

Why is water important for our body?

Here's why you need to ensure you get your body hydrated with water daily:

- ✓ Eliminates wastes through urination, perspiration and bowel movement
- ✓ Carries nutrients
- ✓ Regulates body temperature
- ✓ Protects body organs and tissues
- ✓ Helps to prevent constipation
- ✓ Keeps skin hydrated

Know the types of drinking water

You may spot various drinking water products in the market, obtained from different sources, with different treatment methods and containing different mineral content. Choose according to your need!



Natural mineral water

It is ground water, which is obtained from subterranean water-bearing strata through a spring, well, bore or other similar sources. Only very minimal treatment is permitted to be carried out on mineral water. It is not permitted to contain any additives, or to be fortified or enriched.

Caps of natural mineral water can be of different colours to differentiate it from drinking water which must have white caps

The name of the water should be "**Natural Mineral Water**"

MOH approval number

ABC
Natural Mineral Water
Volume: 600ml

Source approved by
The Ministry Of Health, Malaysia.
Approval Number:
KKM 162 (11/A/20)

Mineral Content			
Potassium	3.8mg/L	Sulphate	10.5mg/L
Calcium	34.2mg/L	Chloride	0.57mg/L
Sodium	10.5mg/L	Total Dissolved Solids	174mg/L
Magnesium	4.2mg/L	pH	7.3
Bicarbonate	93mg/L		

Type of Source: Underground Water

Source Location: No 123, Jalan Mata Air,
43800 Dengkil, Selangor, Malaysia

Manufactured by: ABC Sdn Bhd, Jalan Persiaran,
43800 Dengkil, Selangor, Malaysia

A list of minerals and their content, amount of total dissolved solids and pH

Type of source, location of source

Carbon dioxide may be added; the product must be named as "**Carbonated Natural Mineral Water**"

Packaged drinking water

Caps of drinking water must be white in colour, to differentiate it from natural mineral water which can be of different colours

It is potable water or treated potable water, other than natural mineral water that is sealed in bottles or other packages. It is taken from water supply that must be approved by Ministry of Health. It undergoes basic filtration method to eliminate odour, taste, organic contaminants or chlorine. This water may contain added minerals.

The name of the water should be “**Drinking Water**” and the treatment method

ABC
Drinking Water
Reverse Osmosis Process

Volume: 600ml

Type of Source:
Treated Pipe Water Supply (SYABAS)

Type of source

Source approved by:
The Ministry Of Health, Malaysia

Approval Number:
KKM 162 (11/B/11)

MOH Approval Number

Manufactured by:
ABC Sdn Bhd, Jalan Persiaran,
43800 Dengkil, Selangor, Malaysia

There are several other types of drinking water that have undergone specific treatment methods:

Distilled water

Water that has been boiled and the steam collected and condensed back into a liquid. It is important to note that distilled water has no vitamins and minerals and should not be the main source of daily drinking water.

Reverse osmosis (RO) water

RO water is produced by applying pressure for water to flow through a semi permeable membrane to remove impurities. Similar to distilled water, this type of water has no vitamins and minerals.

Other types of treated water

Alkaline water

Alkaline water has higher pH level than normal tap water and contains alkaline minerals. Some people believe that higher pH of the alkaline water may be able to neutralise acidity in the body and provide additional health benefits. There is however **little scientific proof** for its additional health benefits.

Water filtration equipment

There are several types of water filtration equipment in the market that can be installed at home or office to improve the quality of water from the tap.

Outdoor filtration equipment only filter out larger particles like mud and sand.

Household equipment claims to filter out very small particles and ultrafiltration equipment is said to be able to filter bacteria such

that the water may be consumed directly. It is important to replace the filters regularly as prescribed by the manufacturer.

If in doubt, always boil water before drinking to kill off disease-causing germs.

Scrutinise the features of the numerous brands in the market, watch out for excessive claims, do some research and select the one you need.

DRINK ENOUGH WATER EVERY DAY

How much do we need a day

General requirement:

Drink **6 to 8** glasses (1.5 – 2.0 liter) of plain water daily.



Requirements of special groups:

Children should have **4-6 glasses** of water per day as they also need to consume other nutritious foods for their growth. Make sure they bring their bottle of plain water to school every day.

Lactating mothers need to increase their water intake by at least **2 more glasses daily** to support breastfeeding their babies.

The elderly have a higher risk of dehydration. Make sure they drink water regularly and have easy access to water. Increase their intake of other fluid sources like fruits, veggies and soups.

How to stay hydrated

Don't wait until you are thirsty to drink. Practise these tips to drink plain water consistently:



Make it a habit: Drink one to two glasses of plain water as you wake up or at breakfast and between meals throughout the day.



Increase consumption: Drink at least two extra glasses of plain water with increased physical activity and in hot and humid environments.



Be prepared: Ensure plain water is available all the time in the fridge, on the table or in a water dispenser for family members.



Make it more exciting: Bring some fun and freshness into your plain water by adding natural flavours, for example sliced lemon, herbal tea or fresh mint leaves, but don't add sugar!



Bring a bottle: Always carry a bottle of plain water with you everywhere – office, school, restaurant or gym.

Choose healthier beverages

Many do not realise the beverages we consume daily may contribute to unnecessary calorie intake.

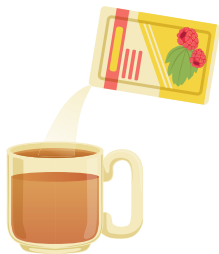
Understand the amount of energy and other nutrients in various beverages (see figure below) and consume as appropriate. Therefore, choose plain water as your first choice as it contains no

sugar, and hence zero calories. You may consume other healthier beverages for their nutrient content although they contain moderate amounts of calorie.

Do not be tempted to consume the various sugar-sweetened beverages, as they are high in sugar and calorie.

When a beverage contains only calories (e.g. from sugar) and very little to no essential nutrients, it is said to provide empty calories

Drink occasionally



3-in-1 beverages
(240 ml)
~180 kcal



Teh/kopi tarik
(250 ml)
~160 kcal



Rose syrup drink
(240 ml)
~140 kcal



Carbonated/flavoured
drink (240 ml)
~146 kcal



Pearl milk tea
(500 ml)
~335 kcal

Note: These sugar-sweetened beverages provide calorie but with little or no nutrients

Drink moderately



Full cream milk
(240 ml)
~187 kcal



Low fat milk
(240 ml)
~131 kcal



100% fresh juice
(200 ml)
~120 kcal



Chocolate malt drink
(200 ml)
~136 kcal



Cultured milk with
probiotics (80 ml)
~62 kcal

Note: Although these contain calories, they also provide essential nutrients



Drink more

Plain water
~0 kcal



Key message 4

EAT MORE WHOLE GRAINS!

Here's Why and How...

Rice, noodles and bread that we eat are made from grains. These grains contain carbohydrates that provide us energy for daily activities. However, did you also know that not all grains are created equal? NMM will share with you that there is a better and healthier option as your choice of grains: **whole grains**.

1 Why are you using brown bread for my sandwich? I don't like it...I think white bread is tastier.

2 This bread is called wholemeal bread. I'm using it because it's healthier than white bread as it contains more vitamins and minerals. It also contains more fibre which helps with your digestion.

3 But mom, the colour is not appetising...

4 The colour is darker because it has all the 3 parts of the grains, which will provide essential nutrients for your growth.

5 Mom, I also hear from some friends that wholemeal bread is only for sick people. Should I be eating this?

6 Son, it is not true that whole grains such as wholemeal bread and brown rice are only for sick people. Whole grains can and should be eaten by everyone because they are healthier. I have packed more sandwiches this time; so don't forget to share with your friends!

7 Thanks for explaining, mom! I'll certainly share the goodness of whole grains with my friends!

Whole grains & refined grains: what are the differences?

Whole grains

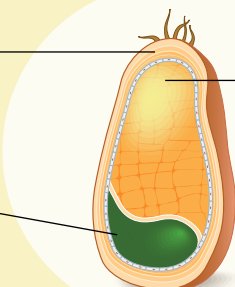
Grains that contain the entire kernel (bran, germ, endosperm remain intact)

Bran

- Dietary fibre
- B vitamins
- Iron
- Zinc

Germ

- B vitamins
- Unsaturated fatty acids
- Phytonutrients



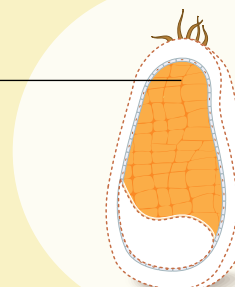
Examples: brown rice, whole wheat flour, oatmeal, wholemeal bread

Endosperm

- Mainly carbohydrates
- Minimal proteins, vitamins, minerals and phytonutrients

Refined grains

Grains that have been milled (bran and germ removed, leaving endosperm)



Examples: white rice, white flour, white bread

Wholesomeness of WHOLE GRAINS

Why are whole grains healthy?

Increasing your whole grains intake may help to:

Maintain a healthy body weight

Promote gut health

Stabilise blood sugar level

Lower blood cholesterol level

Promote regular bowel movement

How to incorporate whole grains in diet?

Here are some suggestions to gradually increase your whole grains intake:

Breakfast



1 cup wholegrain cereals with milk



Make porridge using oats



1 slice of wholemeal bread toast with eggs

Lunch/Dinner



Make sandwiches using wholemeal bread



Mix brown rice with white rice for your *chap fan* rice



Try whole wheat pasta or brown rice mee hoon, replacing the usual pasta and noodles

Baking/Cooking own meals



Use whole grain flour for baking



Add oats to thicken gravy and stews

Half of grains you take daily should be whole grains

Remember to look for food products labelled with whole grains. Starting with baby steps will go a long way towards healthy eating!

How to differentiate between whole grains and non-whole grains?

There are various grain-based food products in the market. This list can help you differentiate between whole grain and non-whole grain products.

Whole grain products	Non-whole grain products
<ul style="list-style-type: none"> ✓ Brown rice ✓ Whole grain bread ✓ Rolled oats ✓ Whole grain cereals ✓ Whole wheat pasta ✓ Corn, popcorn ✓ Whole wheat or whole grain crackers ✓ Millet, sorghum 	<ul style="list-style-type: none"> • Brown bread (not all brown-coloured breads are made from whole grains) • Wheat bran/germ • Multi-grain bread • Seeds (e.g. sunflower) • Pearled barley • Foods made with flour enriched with vitamins/minerals or fibre <p><i>Note: The above list is meant to indicate that these are non-whole grain products, but does not mean that they are not nutritious e.g seeds offer other nutrients as well.</i></p>

Tips for storing and cooking whole grains

Storing	<ul style="list-style-type: none"> • Whole grains must be stored properly. Unsaturated fatty acids (good fats) found in the germ can be affected by heat, air and moisture. • Store whole grains in airtight containers.
Cooking	<ul style="list-style-type: none"> • Whole grains would require more water than refined grains. Follow instructions on packaging label when cooking. • Mixing brown rice and white rice can be done by cooking them together, be sure to soak the brown rice first before cooking it together.

Be with the trendy; be with the health conscious – eat more whole grains!



A Colourful Feast, A Healthier Diet

It's actually quite easy to have a healthier, nutritious diet. Just add more fruits and vegetables every meal, everyday! Fruits and vegetables are rich in fibre, phytonutrients, vitamins and minerals.

Cooking tips to retain nutrients in your greens!

- 1** Wash fruits and veggies first before you cut to avoid nutrient loss during washing.
- 2** Use healthier cooking methods to minimise nutrient loss and prevent added calories. These methods include steaming, blanching, grilling and stir-frying.
- 3** Don't use too much water when cooking and control the cooking time – this helps minimise the loss of nutrients.
- 4** Cooking can help improve the nutritional value of certain fruits and veggies. For instance, the phytonutrient lycopene found in tomato is "released" when cooked.
- 5** Use herbs or spices to enhance the natural flavours of fruits and veggies instead of using sugar and salt.



Encourage the love of fruits and veggies!

Some kids may put up a fight when it comes to eating their veggies or fruits – especially veggies! Fear not; follow these tips to "fight" the battle!

- 1. Shop together.** It is a fun way to build their curiosity and teach them about the different colours and types of fruits and veggies.
- 2. Involve them in age-appropriate tasks in the kitchen.** Younger kids can wash fruits and veggies, tear veggies into pieces, mix ingredients, garnish dishes and help to set the table. Older kids can help with cutting/chopping ingredients and the actual cooking itself.
- 3. Make it creative and visually appealing.** A simple way is to prepare bento-style meals which include fruits and veggies for your child's meal.
- 4. Patience is key.** Change can take time, so be patient and stay consistent in your efforts to introduce your children to the benefits of fruits and veggies.

Use more veggies in kids meals



Veggies-chicken nugget / meat patties (blend veggies such as carrot and spinach together as part of meat patties)



Baked macaroni casserole (add in finely chopped veggies)



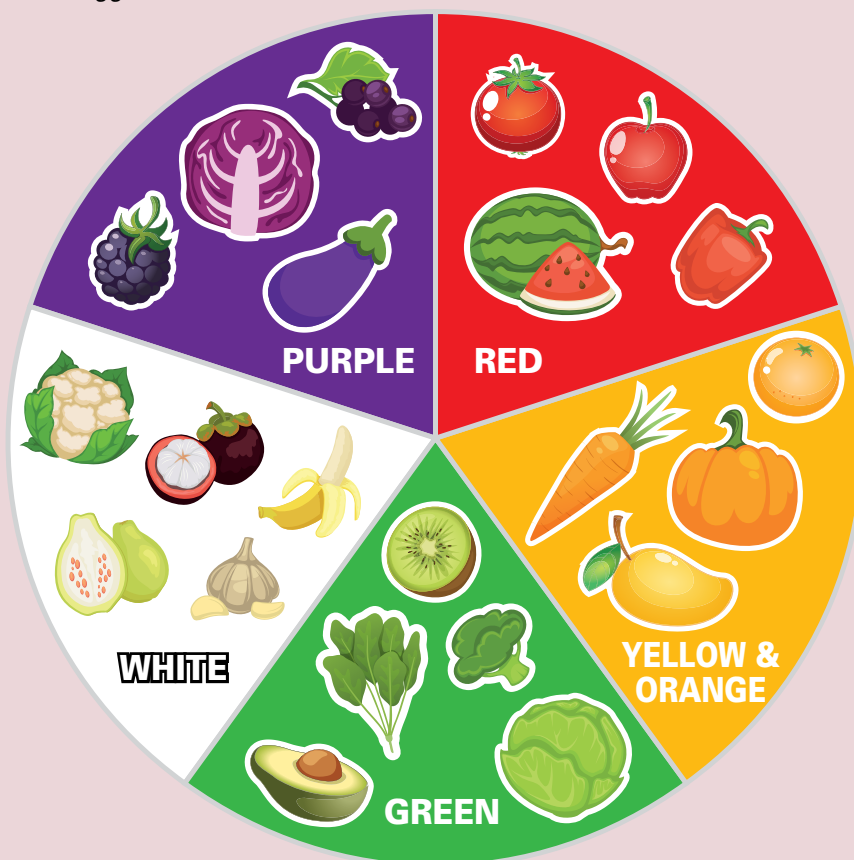
Fried rice with rolled eggs (add in finely chopped veggies into eggs)

Colourful Goodness

Eat fruits/veggies of all colours to get the colourful goodness of phytonutrients

The fascinating colours of the fruits and vegetables are attributed to the content of phytonutrients. Many of these are known to be able to function as anti-oxidants. Phytonutrients such as carotenes, anthocyanins and phenolics possess potential protective effects against diet-related chronic diseases.

Below are examples of these healthful colourful fruits and veggies!



Is juice or whole fruit better?

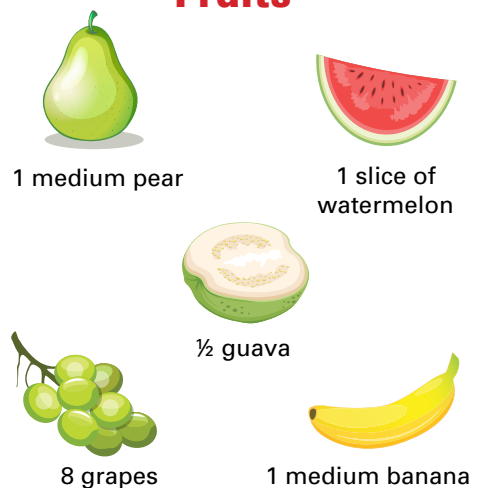
In general, whole fruit is a better choice, especially as it has the added benefit of higher fibre content. Fruit juices cannot replace the recommendation to consume 2 servings of fruits everyday. It is important to note that fruit juices naturally contain high amounts of sugar and over consumption is to be discouraged.

If you buy packaged fruit juices, check the label and opt for 100% fruit juices.

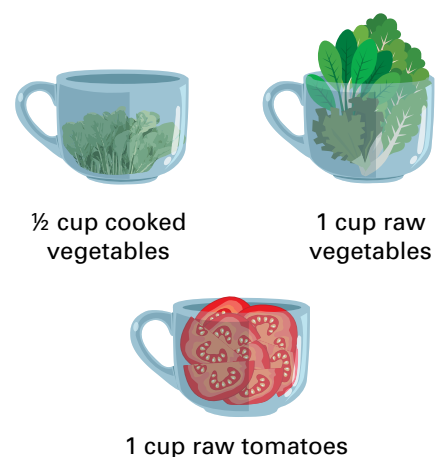
The Malaysian Dietary Guidelines recommends **at least 3 servings of vegetables & 2 servings of fruits daily.**

What's in a serving?

Fruits



Vegetables





White, Creamy and Nutritious MILK IS FOR ALL

Everyone knows what milk is. But there are those who mistakenly believe that milk is only for kids. Let's find out more about the creamy goodness of milk as it is recommended for all ages. As such, it would be important to understand the different milk in the market. Which one are you drinking and which is the best for you and your family?



UHT Full cream milk

Ultra-high temperature (UHT) treatment is applied to full cream milk by heating it above 135 °C for 2 to 5 seconds to kill all pathogens that may cause spoilage. It therefore has a longer shelf life (six to nine months) and can be stored at room temperature. Full cream milk has a similar fat content as fresh milk and is therefore appropriate for all.

Fresh milk

Fresh milk usually undergoes a mild pasteurisation process by heating it to 72 °C for 15 seconds to make it safe for consumption. It has a shelf life of about two weeks and needs to be stored in the fridge to prevent spoilage. Fresh milk contains around 3% fat and is appropriate for consumption for all, including growing children.



Low fat milk

To obtain low fat milk, some milk fat is removed during processing, leaving no more than 1.5% fat. It should be noted that removing milk fat also removes some of the important nutrients such as fatty acids and fat-soluble vitamins from the milk. As such, this milk is not appropriate for all persons, especially children.



Skimmed milk

Almost all milk fat is removed during processing to produce skimmed milk. Also known as fat-free milk, this milk only has 0.5% fat. Hence, almost all the fat-soluble vitamins and fatty acids are also removed. This makes it extremely unsuitable for children as they need these vital nutrients for growth.

Are these suitable for your children?

Flavoured milk

It is made by adding flavours (e.g. chocolate or strawberry) to milk. Such milk also contains more sugar than plain milk. As such, encourage children to drink plain milk instead of flavoured types as much as possible.



Sweetened condensed milk

Sweetened condensed milk or sweetened condensed filled milk is produced using the same process as evaporated milk, except that sugar is added in the end. Due to its high sugar content and low nutrient content, it is not considered as a milk product. It should never be used to feed infants and young children.



Non-dairy creamer

Non-dairy creamer does not contain any dairy component. It contains corn syrup solids and vegetable fats and is usually found in the form of dry, white granular powder. It may be added to coffee or tea, but is not a replacement for regular milk due to its lower nutrient content.



Plant-based milk vs cow milk

If you survey the supermarket shelves, you may notice the growing presence of plant-based or non-dairy milk besides regular milk. These are strictly speaking not "milk" but it may be worthwhile to make a reference to this here as more people are consuming this type of milk. Both plant-based and cow milk have their own benefits and purposes, and can be part of the daily diet. This table outlines some of the differences to help you make a choice.

Plant-based milk	Cow milk
Nuts, seeds, cereals or rice are ground and filtered to obtain the liquid	Obtained by milking cow and undergoes various types of processing
Lower saturated fat level and zero lactose. Quality of protein varies according to the type of plant	Higher saturated fat and better quality protein
Appropriate for inclusion in vegan diet and persons with lactose intolerance	Not suitable for those who are lactose intolerant and vegans
Sugar may be added to make them palatable	A rich taste and creamy texture, with nothing added
Examples: soya milk, almond milk, rice milk, and cashew milk	Examples: fresh milk, full cream milk



MILK: The Nutrient Powerhouse

Milk may be likened to a nutrient powerhouse because almost all essential nutrients we need can be found in milk. This is why it is an important part of children's diet – it helps support their growth and development. Adults should also continue consuming milk and its products every day due to their many benefits to our health.

Malaysian Dietary Guidelines recommends us to consume 1-3 servings of milk and milk products every day

Goodness in a glass

Vitamin A – important for good vision as well as healthy skin and immune system

Vitamin B12 – plays a role in energy production from fat and protein



Calcium, magnesium and vitamin D – helps develop strong bones

Protein – helps to build and repair muscle tissue

Potassium – aids in maintaining normal blood pressure

Let's include milk in our diet!



Have cereals or overnight oats with milk to kick start your day

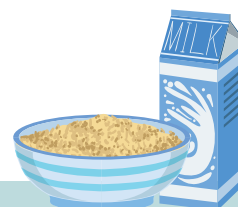
Dip bread or biscuits in milk as snack



Use milk in puddings or for making home-made ice cream



Blend fresh fruits with milk to make creamy and refreshing smoothies



Substitute coconut milk (*santan*) with milk in preparing dishes such as sweet porridge

Take home message: Young children should preferably rely more on cow milk as it is more nutritious for them, unless they are lactose intolerant.



What if I don't like to drink milk?

You can try to consume other dairy foods, such as the examples below, which provide calcium goodness as found in milk.



Yoghurt/ yoghurt drink with low sugar content



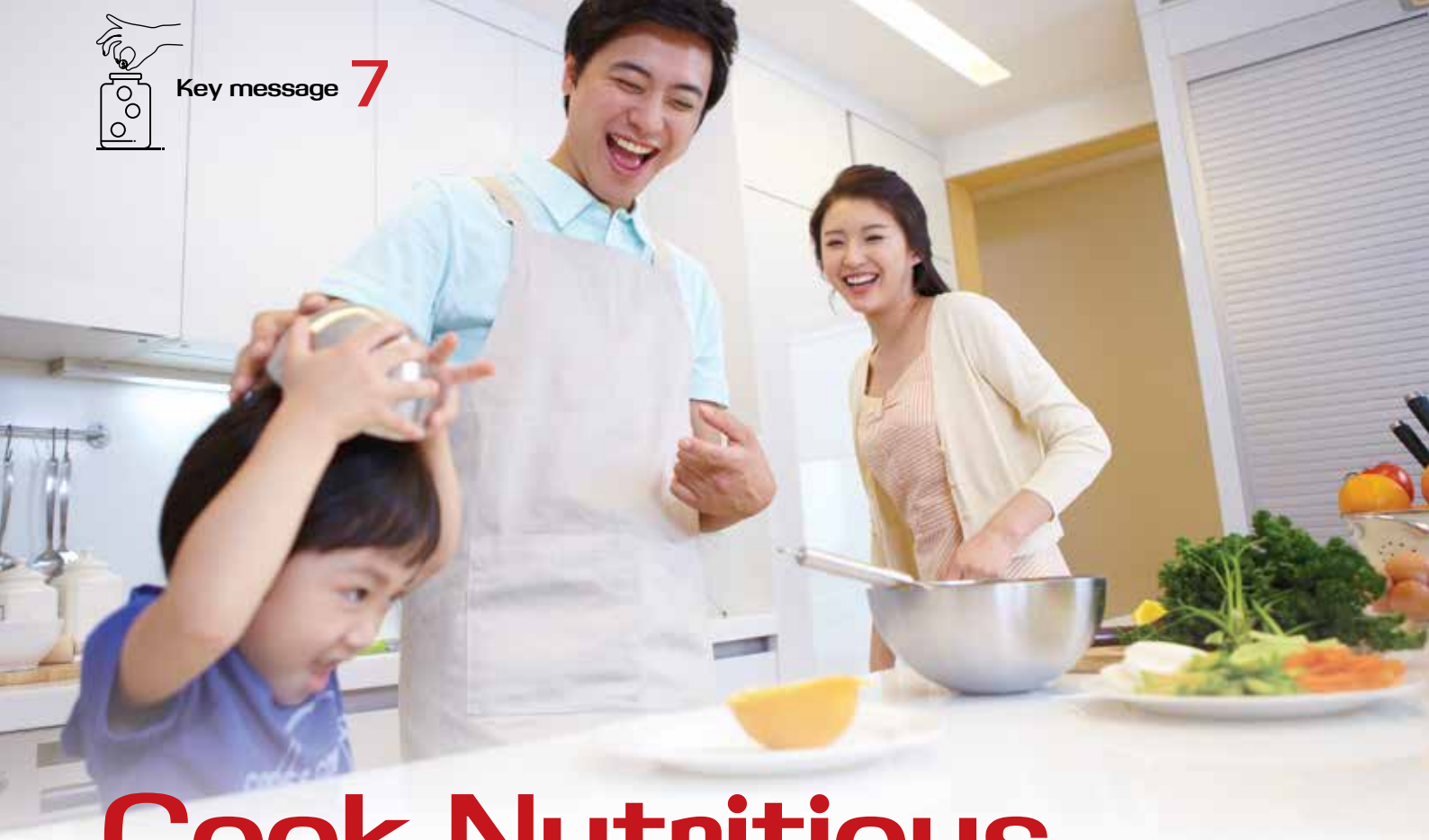
Cheese



Ice cream made from milk

Can lactose intolerant persons drink milk?

Lactose intolerance refers to the inability to digest lactose, the carbohydrate found in milk. After consuming milk, such persons will exhibit symptoms such as flatulence, bloating, abdominal pain and diarrhoea. Instead of milk, they can consume low-lactose or lactose free milk so as to continue to derive the goodness of milk. Alternatively, they can also consume other dairy products with low lactose such as yoghurt and cheese.



Cook Nutritious Meals at Home More Often

Make cooking as part of your healthy lifestyle

Home-cooked meals should be the mainstay of healthy nutrition. Make grocery shopping and cooking as part of lifestyle. You have full control of what goes into the meals you prepare for your family, and it is actually cheaper than eating out! Try to cook as frequent as possible as kids should eat more home-cooked meals. You can also bring

home-cooked foods to workplace and schools – this way you can better control your meal choices.

Invest some time to cook every day. Your family will be on the way to healthier eating pattern.

Meal prep time-saving tips

1. **Plan your weekly menu** – this makes it easier to buy the necessary groceries at least once a week.
2. **Prepare ingredients beforehand:**
 - Cut or chopped ingredients like onions, garlic, chilli and ginger beforehand, then store/refrigerate in airtight containers.
 - The same applies to poultry, meat and fish. These can be stored and frozen into separate containers for easier thawing.
 - Get your partner or kids to help with food preparation and cleaning up.

WEEKLY MEAL PLAN

WEEK OF: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WATER

SHOPPING LIST

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

17 _____

18 _____

Shop smart for groceries

Here are some tips to help you shop smart:

1. **Make a shopping list** – this helps save time and money. Familiarise yourself with the layout in the grocer and stick to what's on the list.
2. **Check out nutrition information on labels** – when selecting packaged foods, be guided by the ingredients, nutrient content, and check out the nutrition claims. Refer to page 24 and 25 of the book.



Smart and healthy cooking tips



1. **Be a wise chef** – pick recipes you can handle. One-pot meals that contain grains, meat/chicken/fish and vegetables are easy to make and are rather balanced.
2. **Cook more portions on weekends** – make enough for a few meals, then freeze them in batches for easy thawing throughout the week.
3. **Be a healthier chef** – avoid deep-frying and use healthy cooking methods, e.g. blanching, roasting, grilling, baking, stir-frying, and steaming.
4. **Use natural herbs/spices** – instead of salt and sugar, use herbs or spices such as ginger, onion, garlic and pepper to add flavour to your dishes. Other alternatives include natural flavours such as lime or lemon juice.
5. **Don't ignore fruits & veggies** – ensure every meal includes fruits and veggies.

Healthier options when eating out or ordering from eateries

Eating out or ordering from deliveries can sometimes be unavoidable, as you may not have the time to cook all the time. Choosing your food carefully can make the difference between healthy eating and unhealthy eating. Here are some tips!

1. Go through the menus and select eateries, including online food deliveries that offer a wide variety of foods. Choose healthier options from the menu.
2. Ask for less oil, sugar and salt when ordering meals prepared on request.
3. If selecting ready-to-eat meals, choose more often meals prepared with healthier cooking methods and meals that are low in oil, *santan*, salt and sugar.
4. Water is the best option for beverage; but if you want flavour, you can opt for Chinese or green tea, or ask for less sugar with your *teh 'o'*, *teh 'o' limau*, or lime juice.
5. Avoid binging on free refill sugar-sweetened drinks that some restaurants offer.



IMPORTANT MESSAGE

Whether you eat at home, dine out or order meals from deliveries, choose smaller portion sizes; if that is not available, share foods with others. If you dine out, you can also "tapao" (take-away) the remainder.



Enjoy Healthier Meals, Everywhere

Whether you are cooking at home or eating out, follow the healthy eating principles of **Balance**, **Moderation** and **Variety** and choose foods that are prepared **using healthier cooking methods**.

Healthy and tasty cooking methods

Avoid deep-frying food and opt for these styles of cooking method for a more tasty and healthy dishes:



Baking – uses little to no oil. You can bake with an oven but be sure to include veggies, spices and natural seasoning.



Steaming – seals in nutrients and flavours. You can quickly steam a bowl of chicken in your rice cooker.



Stewing – great for tougher cuts of meat and veggies that are hard. The long cooking time helps to soften them, making them easier to eat.



Soup – clear soup can be a good way to increase one's water intake. Add veggies to provide extra nutritional value.



Stir-frying – is a great way to quickly cook veggies while minimising nutrient-loss; remember to use less oil












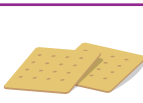














Grilling – seals in flavours and reduces excess fat. Grilling can be done directly or using aluminium foil, baking paper, or pandan leaves to help seal in the flavour.

Those who love to eat fried foods, air fryer is another alternative to minimise oil consumption

Limit sugar, oil and salt (S.O.S), swap your menu choices!

Make healthier choices whether you are cooking at home or eating out. Here's how you can do so:

Sugar	Oil/Fat	Salt
  <p>Teh tarik (with condensed milk) → Teh 'O' (with less sugar)</p>	  <p>Fried kuey tiow → Kuey tiow in clear soup</p>	  <p>Salted egg → Boiled/ poached egg</p>
  <p>Fruit juice → Whole fruits, cut</p>	  <p>Curry mee → Mee/Bihun sup</p>	  <p>Keropok/kerepek → Plain crackers</p>
  <p>Sweet kuih → Steamed bean pau</p>	  <p>Roti canai → Tosai, capati</p>	  <p>Fried sausages/ nugget → Roasted/grilled chicken</p>
  <p>Sweetened flavoured drink → Plain water</p>	  <p>Pasta carbonara (cream-based) → Pasta marinara (tomato-based)</p>	  <p>Sambal tomato/ chilli (with belacan) → Sambal tomato/chilli (without belacan)</p>



Key message 8

The search for healthier packaged foods in a supermarket can be confusing. But despair not; there is a lot of nutrition information on product labels to guide us. These range from information on nutrient content to nutrition claim and ingredient listing. Read on to know what these information mean and how they can help you to choose wisely.

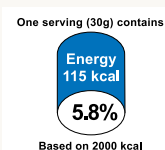
Invest in time and effort to be a wise shopper, a discerning consumer.

Nutrition claims

These information highlight the levels of nutrients and their functions in a packaged food.

- **Content claim** – describes the level of nutrient (Example: low in sugar, high in protein, source of Vitamin C).
- **Comparative claim** – compares the level of energy/nutrient between similar products (Example: lower fat, higher calcium).
- **Function claim** – describes the function of specific nutrients (Example: calcium helps in bone formation).

Front of pack labels



Energy Icon

- kcal – amount of energy in one serving.
- % – percentage of energy in 1 serving as a percentage of average daily energy requirement of adult.



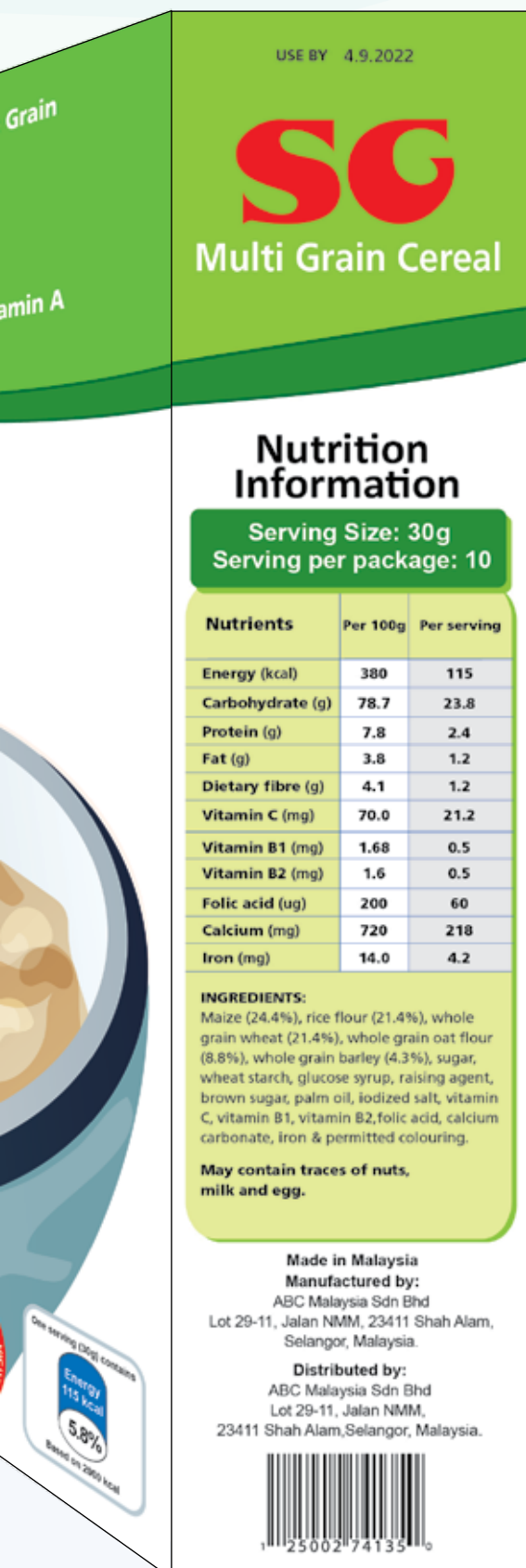
Healthier Choice Logo (HCL)

- This logo is awarded to food and beverages that meet certain nutrient criteria set by the Ministry of Health.
- Products with the HCL logo are deemed to be “healthier” within that particular category; it does not mean that such products are “healthy”.
- The logo may be in red or black colour.

Be a N REA



nutrition Savvy Shopper D FOOD LABELS



Nutrition Information Panel (NIP)

It is required by law to declare the amounts of nutrients in a food on its label. The NIP:

- Lists the energy, carbohydrate, protein, and fat content of food products.
- Enables you to check the sugar content of packaged beverages.
- Allows comparison of the energy and nutrient contents of different brands of similar products. Always compare based on 100 g or 100 ml portions.
- Helps you to make your choice of products based on the nutrients that you need more (or less) of.

Nutrition Information

Serving Size: 30g
Serving per package: 10

Nutrients	Per 100g	Per serving
Energy (kcal)	380	115
Carbohydrate (g)	78.7	23.8
Protein (g)	7.8	2.4
Fat (g)	3.8	1.2
Dietary fibre (g)	4.1	1.2
Vitamin C (mg)	70.0	21.2
Vitamin B1 (mg)	1.68	0.5
Vitamin B2 (mg)	1.6	0.5
Folic acid (ug)	200	60
Calcium (mg)	720	218
Iron (mg)	14.0	4.2

INGREDIENTS:
Maize (24.4%), rice flour (21.4%), whole grain wheat (21.4%), whole grain oat flour (8.8%), whole grain barley (4.3%), sugar, wheat starch, glucose syrup, raising agent, brown sugar, palm oil, iodized salt, vitamin C, vitamin B1, vitamin B2, folic acid, calcium carbonate, iron & permitted colouring.

May contain traces of nuts, milk and egg.

Ingredients list

Every food product must list the ingredients contained in it.

- Each ingredient is always listed in order of weight, starting from the most to the least. Example: if the first few ingredients are high-fat ingredients such as butter or cream, then the food is a high-fat food.

Keep in mind

1. Be alert for calorie content by referring to the energy icon or NIP.
2. Watch out for added sugar. These can be listed under a different name such as maltose, sucrose, corn syrup, high-fructose corn syrup, and honey.
3. Do not just depend on nutrition claims, but refer to NIP in making the final selection.
4. The NIP provides information on the amount of nutrients in a product – it's easier to choose wisely between food or beverage products after comparing their nutritional value.



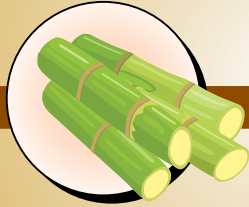
Healthy Eating,

Do you know
how **AJI-NO-MOTO®** is made?



Tapioca

OR



Sugar Cane

Natural
Fermentation
Process



Health Tip:
How to cook with
AJI-NO-MOTO®?

✓ **AJI-NO-MOTO®** is enhancing the overall flavour of ingredients, hence less salt is needed in daily cooking to achieve the same deliciousness.

Let's Try!
**Sayur
Campur
Labu**



Cooking Step:

1. Stir fry some onion and garlic until fragrant.
2. Add in chicken and stir fry for a while.
3. Add in water, pumpkin, cauliflower.
4. Add in **AJI-NO-MOTO®** and salt.
5. Add in broccoli and stir until cooked.
Ready to serve.



Pak Aji™

Active Living!

**amino
VITAL** アミノバイタル®

GO BEYOND YOUR LIMIT

**Apple Jelly
Flavoured Drink
With Amino Acids.**



What is BCAA?

- Protein is made up of amino acids.
- Branched Chain Amino Acids (BCAA) are 3 essential amino acids that can only be obtained from food intake.
- High protein food requires hours to digest while consume aminoVITAL® 30mins before exercise will get you ready!



Who will love this?



Available now at:  **Lazada**



amino VITAL Malaysia



amino VITAL Malaysia





ROLL-UP WRAPS

GREAT WITH ANYTHING.



A tasty and amazingly versatile way to enjoy your favourite meals! Available in Classic, Wholemeal and Garlic. Gardenia Roll-Up Wraps will satisfy your cravings in a new, health-friendly way.

JUST WRAP IT!



MS 1500 : 2009
1 085-10/2003



GardeniaKL



Gardenia_KL

www.gardenia.com.my

Toll Free: 1-800-88-3228

RAIN OR SHINE, KEEP YOUR IMMUNITY STRONG.



When your immunity is strong, you don't fall sick easily. VITAGEN contains 2 strains of live probiotic cultures that have been clinically proven for optimal gut health. After all, a strong immune system begins from the gut.

* Reference: Mokhtar N, et al. (2018). 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

www.vitagen.com.my



VITAGENMalaysia



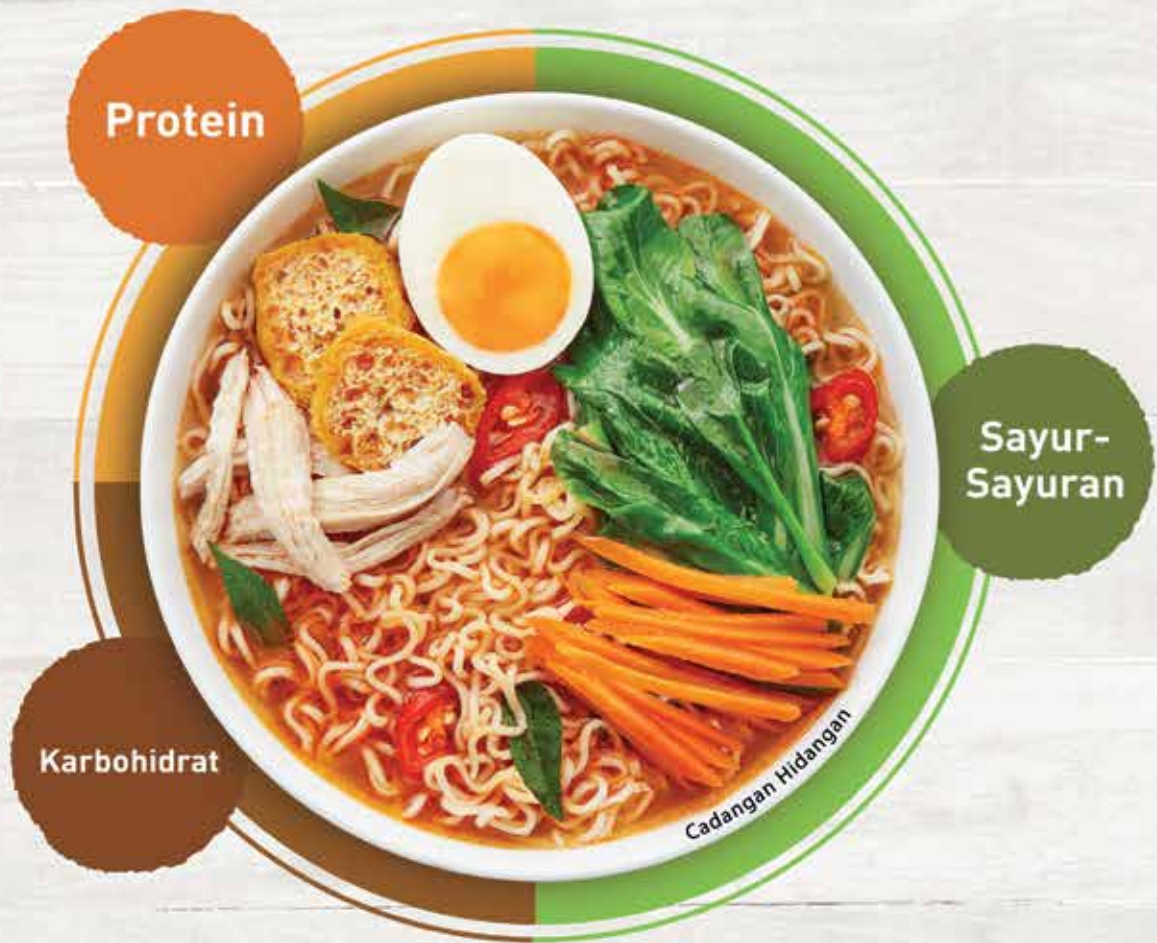
vitagen_malaysia



BE GOOD TO YOUR GUT



Rasa Lazat Sajian
Seimbang Dengan
Mi MAGGI®!



Ia membantu anda menyajikan hidangan yang seimbang bersama mi kegemaran anda, Mi Maggi®. Contoh:

Karbohidrat

Mi MAGGI®

Protein

Seperti telur/ tofu, isi ayam

Sayur-sayuran

Seperti sawi/ lobak merah

Jangan lupa hidangkan bersama satu hidangan buah-buahan dan segelas air!





2 SCOOPS OF QUAKER DAILY HELPS LOWER CHOLESTEROL*

WHY EAT OATS EVERY DAY?



HELPS WITH HEART HEALTH

Your heart works hard to pump blood and oxygen to every part of the body. Diet is important in keeping your heart healthy. Quaker Oats takes care of your heart as it contains Beta Glucan that helps lower cholesterol.



FUELS YOU UP WITH ENERGY

Your body needs good nutrition to maintain its energy level. Oats break down into energy which can be absorbed slowly by the body, thus providing you with energy that lasts longer.



GOOD FOR YOUR DIGESTION

Your body needs enough fibre every day for better digestion and to keep things moving through the colon. Add Quaker Oats to your diet because every bowl of oats is rich in fibre.



WORLD'S NO.1 OATS BRAND**

[f QUAKERMALAYSIA](#) [QUAKER.COM.MY](#)

*QUAKER HAS BETA GLUCAN, AN OAT-SOLUBLE FIBRE, WHICH HELPS LOWER CHOLESTEROL AS PART OF A DIET LOW IN SATURATED FAT AND CHOLESTEROL. THE RECOMMENDED DAILY SERVING SIZE OF QUAKER OATS IS 2 SCOOPS (~75g)/8 TABLESPOONS, WHICH PROVIDES 3g OF BETA GLUCAN FOR CHOLESTEROL LOWERING EFFECT.

**Source Euromonitor International Limited; Packaged Food 2019 edition, as per hot cereals definition, retail value sales; rsp, all retail channels, 2018 data.

START YOUR JOURNEY TO A HEART-HEALTHY LIFESTYLE

STEAM BROWN RICE

- ✓ Steaming Process Results in Softer Rice Texture
- ✓ Low Glycemic Index (GI) ✓ High Dietary Fibre
- ✓ Suitable for Diabetics



ecoBrowns



ecobrownsrice


www.ecobrown.com | www.malaysiarice.com

 Low Glycemic Index
Higher in Wholegrains

 MS 1500: 2009
1076-012006


DO YOU KNOW?



**MORE THAN 70% OF
YOUR IMMUNE SYSTEM
IS LOCATED IN YOUR GUT**

GOOD GUT HEALTH HELPS TO BOOST OUR IMMUNE SYSTEM



STRENGTHEN YOUR GUT WITH YAKULT!

Yakult

YAKULT (MALAYSIA) SDN BHD (198701004888)
www.yakult.com.my
1 - 800 - 88 - 8960

f i t @yakultmalaysia



NOTES

Lined area for writing notes.



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 11 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



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
Email: president@nutriweb.org.my
Website: www.nutritionmonthmalaysia.org.my

VersaComm Sdn Bhd,
Nutrition Month Malaysia Secretariat
Tel: (03) 5632 3301/5637 3526



Nutrition Month Malaysia



@nutritionmonth_malaysia