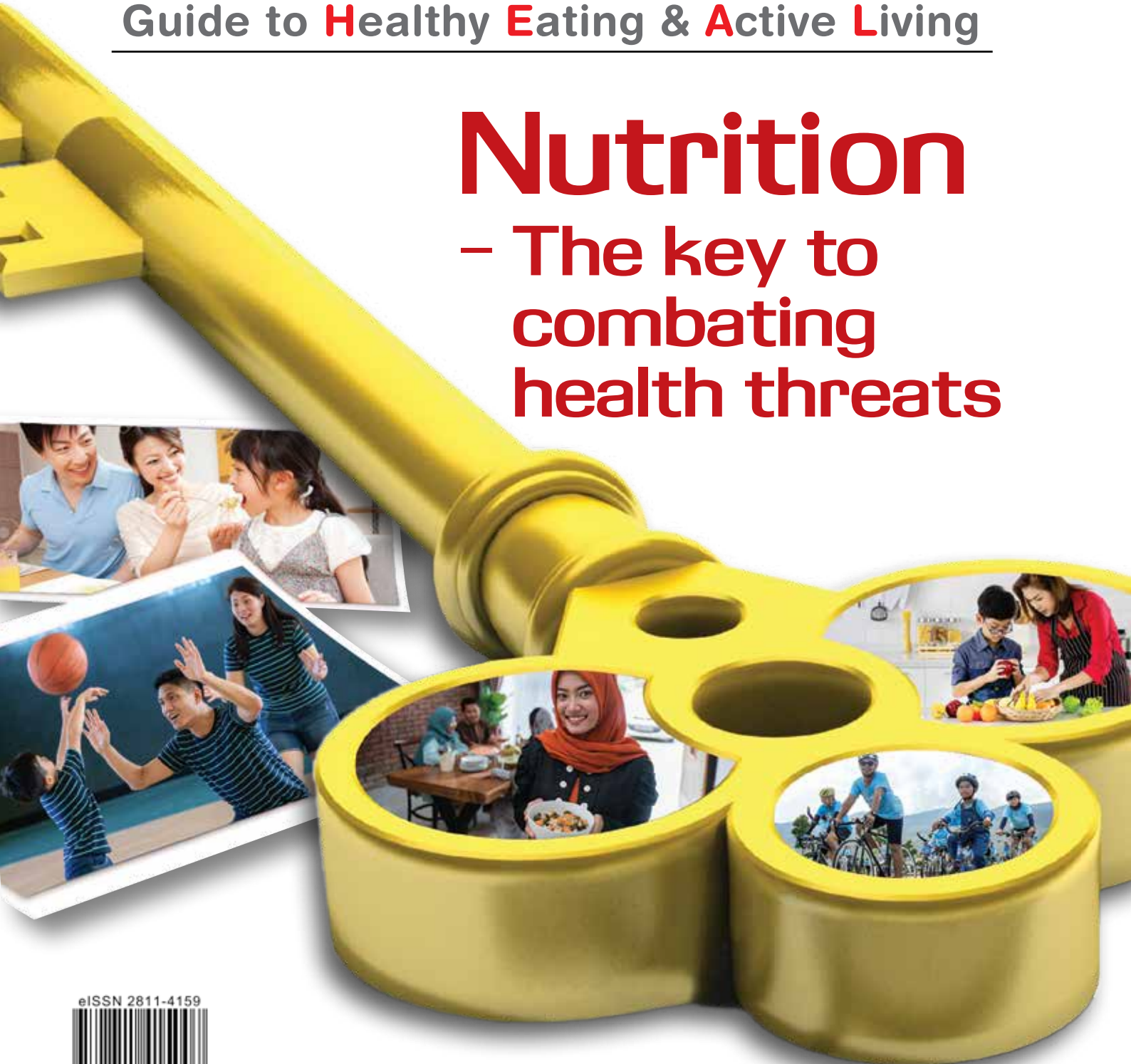


HE·AL

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

Nutrition – The key to combating health threats



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Malaysian Dietitians' Association



Malaysian Association for
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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



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We would like to thank the following organisations for contributing towards the successful implementation of NMM activities for 2021.

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Eat Well, Live Well.



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Nutrition

The Key to Combating NCDs and COVID-19 Health Threats



Dr Tee E Siong

Editor

Chairman, Nutrition Month Malaysia
National Steering Committee 2021

and

President, Nutrition Society of
Malaysia

Non-communicable diseases (NCDs) in Malaysia have been a major health concern for more than 3 decades and remain as major causes of morbidity and mortality. And with the current COVID-19 pandemic that has been around for more than a year, it has made the situation even worse. Those individuals with underlying NCDs are at a much higher risk of getting seriously ill with the COVID-19 infection. Healthy nutrition and healthy lifestyle practices can help to prevent and better manage NCD risk factors while boosting our immune system to reduce the impact of coronavirus infection.

To provide guidance to the public in adopting these practices to combat these health threats, the Nutrition Month Malaysia (NMM) programme is being implemented through various approaches. One of our key activities is the NMM publication - 'HE-AL Volume 3: Nutrition-The Key to Combating Health Threats'. This is an infographic magazine that provides simple but informative guides on healthy eating & active living to fight NCDs and COVID-19, which you can practise during this lockdown.

We provide 7 key nutrition messages on healthy nutrition in this magazine as a goal to combating these health threats. These include practising healthy dietary practices, consuming antioxidant-rich foods, consuming milk for healthier body, cooking nutritious meals at home and reading nutrition information on food labels for better food choices.

We encourage you to also participate in the virtual nutrition fair to learn healthy nutrition in fun and interactive way at the <https://virtualfair.nutritionmonthmalaysia.org.my>. Various educational materials are also available in this website.

I urge you to start today and make small changes in daily routine for a healthier life. Remember: Determination and Consistency are crucial to achieving these goals. Stay safe at home.

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Practise Healthy Nutrition to Fight Health Threats

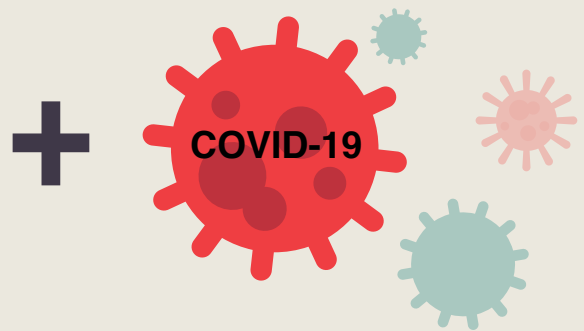
Current Health Threats



obesity diabetes hypertension

NCDs in Malaysia
> 3 decades

New Health Threat



NCDs + COVID-19 infection **increase risk** of being severely ill or dying from the infection.

Fight Health Threats – through **healthy nutrition**



Boost immune system to fight infections like COVID-19



Control NCD risk factors



Manage healthy body weight

9 Steps to Achieve Good Nutrition

1 Eat more fruits and vegetables



2 Eat more whole grains



3 Include plant based protein in diet



4 Consume milk and milk products



5 Drink more plain water



6 Reduce S.O.S



7 Cook nutritious meals



8 Read nutrition information on food labels



9 Be physically active every day

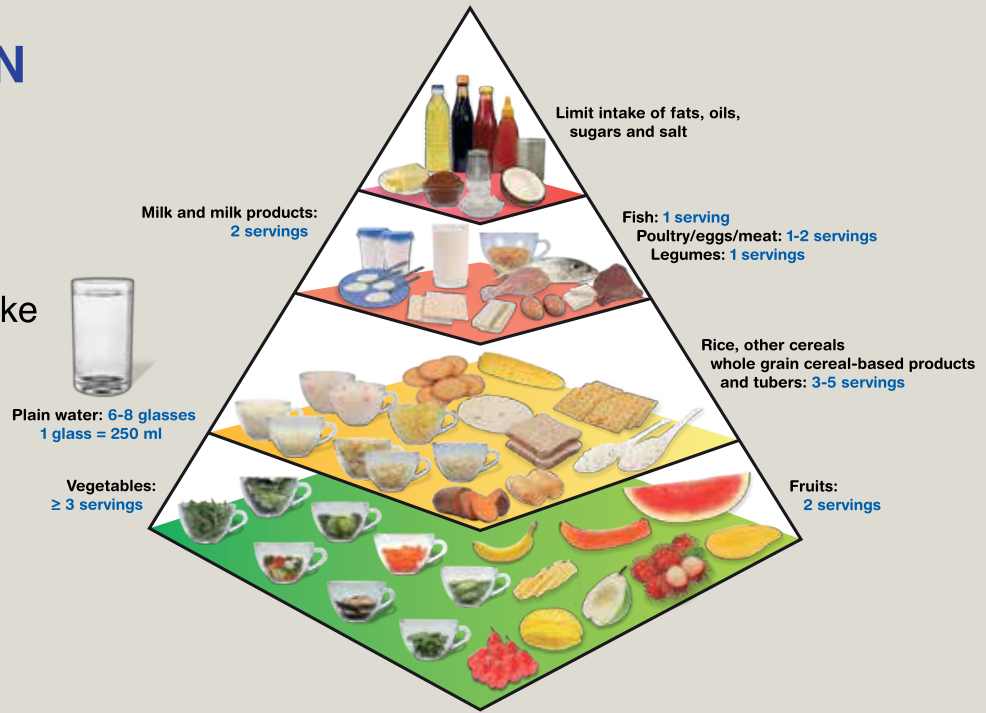


Healthy people without NCDs have better immune system to fight COVID-19 infection better.

Use Food Pyramid to Guide Healthy Food Choices

MALAYSIAN FOOD PYRAMID 2020

Guide to Your DAILY Food Intake

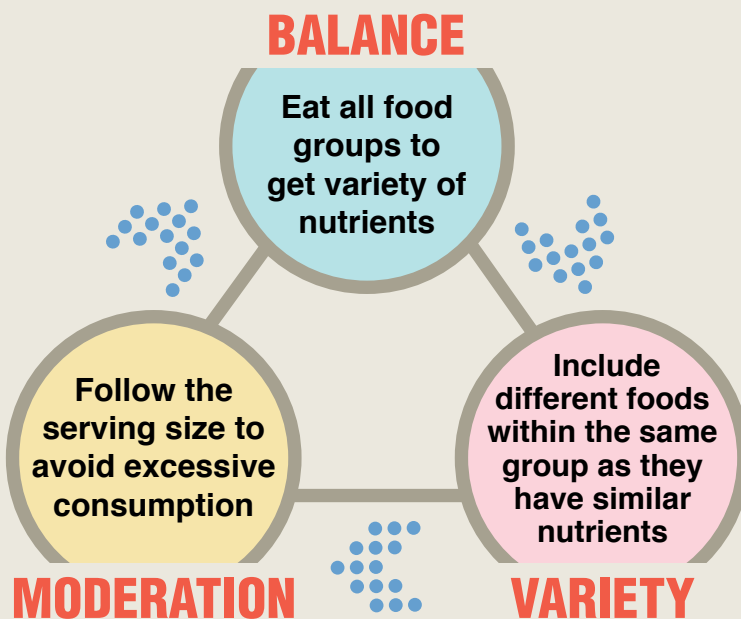


Note:

- The number of servings is calculated based on 1500 to 2300 kcal.
- This pyramid is meant for children aged 7 years and older; for younger children, refer to the Malaysian Dietary Guidelines (MDG) for Children and Adolescents.
- For adolescents aged 13 to 15 years, the recommendation for fruits is 2-3 servings and for milk and milk products 2-3 servings.
- For adolescents aged 16 to < 18 years, the recommendation for fruits is 2-3 servings, milk and milk products 2-3 servings and for rice, other cereals, whole grain cereal-based products and tubers 3-6 servings.

Healthy nutrition made easy with food pyramid

- Helps to select appropriate food intake that meets daily nutrient needs.
- Eat more foods at the base, eat less foods at higher level.



GENTLE REMINDER

- 1 Have vegetables at every meal
- 2 Consume more whole fruits instead of juices
- 3 Eat a variety of grain products; choose whole grains
- 4 Choose lean meat and include plant-based protein foods
- 5 Go for plain water
- 6 Adjust number of servings according to your needs
- 7 Practise quarter-quarter-half concept of MyHealthy Plate to provide healthy daily meals

Manage NCDs, Fight COVID-19



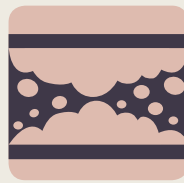
Obesity



Hypertension



Diabetes

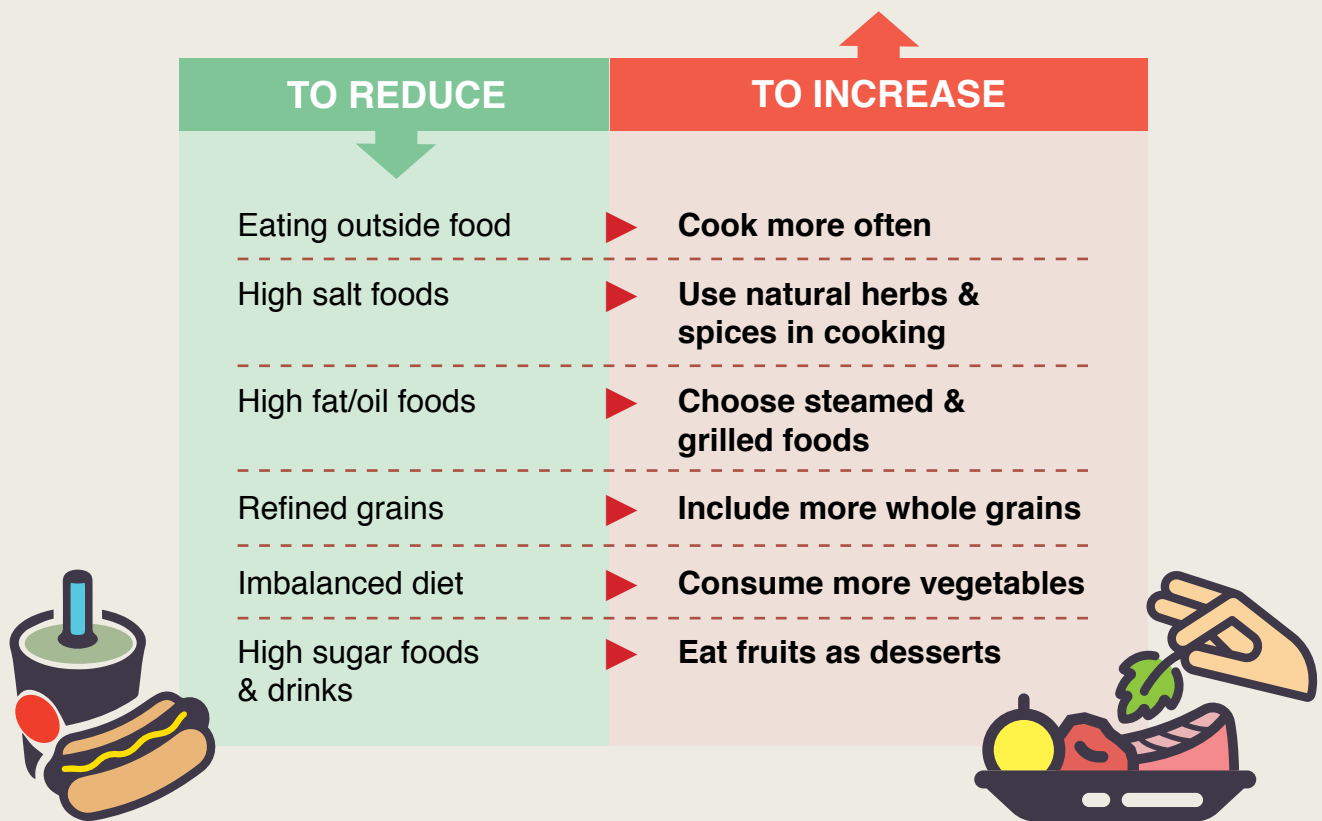


High blood lipid



Increase severity of **COVID-19** and mortality

CONTROL NCDs THROUGH HEALTHY EATING PRACTICES



CONTROL NCDs THROUGH HEALTHY LIFESTYLE PRACTICES



Maintain a healthy body weight



Be physically active



Get sufficient amount of sleep



Quit smoking



Monitor blood pressure, lipid profile and sugar level regularly



Manage stress

Get Active for Stronger Body and Mind

Physical activity...

helps to lower blood sugar level, blood pressure, blood cholesterol



promotes bone and joint health



helps to reduce stress and anxiety

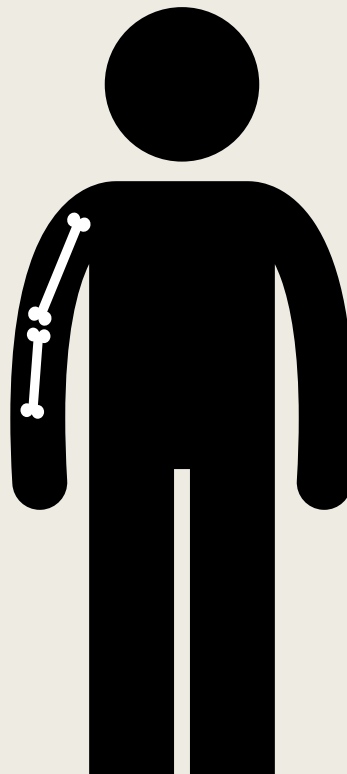


improves immune function



aids in management of body weight to prevent obesity

Physical activity matters for managing NCDs and COVID-19



STAYING ACTIVE DURING COVID-19 PANDEMIC

Aim for a variety of workouts - get your family involved

To increase stamina



Aim: 5-6 times a week

To increase strength & flexibility



Aim: 2-3 times a week

Break sedentary habits - sit less, move more



Active break in between office work



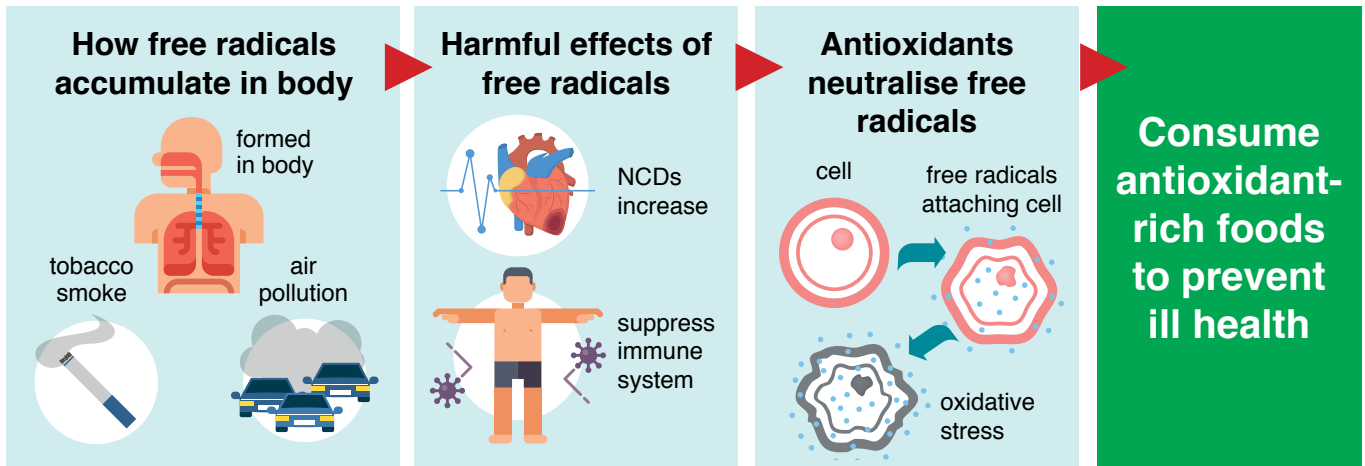
Move around the house



Be active with children

Get Antioxidant-rich Foods to Boost Immune System

How antioxidants fight free radicals



EXAMPLES OF ANTIOXIDANTS AND FOOD SOURCES

Vitamin C



e.g guava, oranges

Carotenoids



e.g carrots, papaya

Flavonoids and polyphenols



e.g oats, grapes

Indoles and sulphur compounds



e.g kailan, broccoli

Get from colourful foods!

INCREASE INTAKE OF ANTIOXIDANT-RICH FOODS

Eat a rainbow of colourful fruits and vegetables



Add fruits for breakfast



Consume half of your grains from whole grain variety



Spice up recipes with herbs and spices



MORE DIETARY GOODNESS IN FRUITS, VEGGIES & WHOLE GRAINS

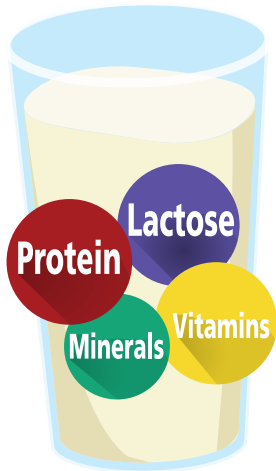
Not just high in antioxidants but also:



Reduce risk factors of NCDs

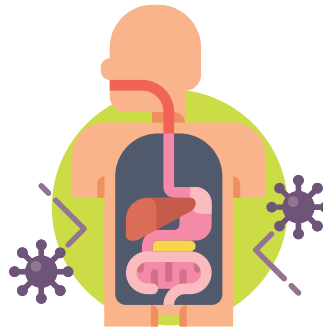


Consume Milk for Healthier Body



 **Nutritious & wholesome!**

1. Supports immune health



Good quality protein with complete amino acids

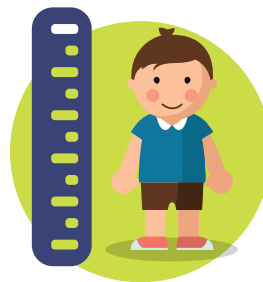
Vitamins A, D, E that can function as antioxidants

2. Important for bone and muscle health



Protein, calcium, vitamin D

3. Supports child growth



Combination of key nutrients including high quality protein, carbohydrates and milk fat

Variety of vitamins and minerals

**MILK = WHOLESOME FOOD
GOOD FOR ALL AGES**

Drink Milk Everyday!



How to achieve?

- Add a glass of milk for breakfast
- Drink milk as a snack in between meals
- Drink milk as post-exercise drink

Go for variety!

- Use different dairy products (yoghurt, cheese)
- Choose plain milk more often

Cook Nutritious Meals at Home



WHY cook healthier meals ?

Cooking healthily at home
 Healthier meals for the family

ABLE TO...

choose healthier ingredients



use healthier cooking methods

Healthier meals with less salt, sugar and fats/oil



Reduce risk of NCDs

Did you know?

People who cook healthy dishes at home consume:

- More fruits
- More vegetables
- Less calorie
- Less fats and oils
- Less sugar
- Less salt

HOW TO COOK HEALTHIER MEALS?

Use healthier ingredients



lean meat



skinless chicken



low fat milk



vegetables



brown rice



legumes

Use less S.O.S (salt, oil and sugar)

Use more



herbs & spices



natural seasonings

Reduce



salt



sugar



oil

Use healthier cooking methods

More



steam



stir-fry



boil



bake

Less



deep-frying

Read Nutrition Information on Food Labels

Why read nutrition label?



To make wise food choices based on nutrient content

One serving (30g) contains

ENERGY
120 kcal

6%

Based on 2000 kcal

Provides a quick check on energy content per serving

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)	1.8	0.5
Folic acid (µg)	200.0	60.6
Calcium (mg)	720	216
Iron (mg)	14.0	4.2

What are the key information to look for?

Lists nutrient content per serving



Identifies healthier options within the same category of food



Highlights the level of key nutrients

WHEN TO USE NUTRITION INFORMATION ON LABELS?



When buying a new product

When comparing 2 brands of the same category

Eat Well, Live Well.



Healthy Eating,

Do you know

how **AJI-NO-MOTO®** is made?



Tapioca

OR



Sugar Cane

Natural
Fermentation
Process



AJI-NO-MOTO®
helps reduce salt
intake and keeps the
deliciousness of
the dish



Pak AJI™

Less Salt,
Umami it!
AJI-NO-MOTO®

AJI-NO-MOTO® pure umami
seasoning contains only
1/3 sodium compared to table
salt, it can be used as a partial
replacement for salt to reduce sodium
in food while still enhancing flavour.

MSG

2 teaspoons of salt for
a large pot of soup



Soup A

30%
sodium
reduction

1 teaspoon of salt + 1/2
teaspoon of **AJI-NO-MOTO®**
pure umami seasoning, it will
enhance the taste of the dishes.



Soup B

For more info:



Hi Ajinomoto MY



Hi Ajinomoto MY

Active Living!

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Apple Jelly Flavoured Drink With Amino Acids.

3000mg Amino Acids,
Mainly BCAA



Consume it 30 minutes before your sport exercise



Running



Cycling



Golfing



Gym



Swimming

Available now at:



Find us now:



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THE GOODNESS OF HIGH-IN[^] NUTRIENTS



Body Growth



Brain Development



Body Defense



[^]High in nutrients: High in selected nutrients such as Protein, Vitamins A, C, D, E and others

*Vitamins support body defense
Vitamin A & D: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2906676/>
Vitamin C & E: <https://www.ncbi.nlm.nih.gov/books/NBK230984/>

*5X DHA: Compared to previous formulated milk powder for children formulation (Year 2009)



MaxGro

High ambitions are within reach

A complete diet for optimum growth.

DUTCH LADY MaxGro is a milk based formula dietary food for children between 1-9 years of age.

It is specially formulated to support your child by providing 80% of the daily recommended nutrient intake* for a complete and balanced diet.



* 80% of Daily Nutrients: Meeting at least 80% of Malaysia Recommended Daily Nutrient Intake (Malaysia RNI 2017) for selected nutrients such as Calcium, Phosphorus, Iron, Magnesium, Zinc, Vitamin A, D3, E, K1, K2, B1, B2, B6, B12 and C.

* EAA: 9 Essential Amino Acids.





ROLL-UP WRAPS

In support of



Making nutritious meals at home for your family is now at your fingertips.

Visit www.rollupwraps.gardenia.com.my now for endless healthier possibilities.



MS 1500
1 085-10/2003



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GardeniaKL Gardenia_KL Toll Free: 1-800-88-3228

Gardenia Bakeries (KL) Sdn. Bhd. 198301006944 (139386-X) Lot 3, Jalan Pelabur 23/1, 40300 Shah Alam, Selangor Darul Ehsan.

Always With You

LOWER CHOLESTEROL* CARE FOR YOUR HEART



SERVING SUGGESTION



- ✓ High in Calcium
- ✓ Omega 3 & 6
- ✓ Reduced Fat**

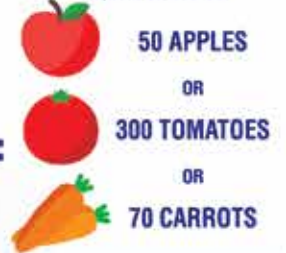
HOW PLANT STEROLS LOWER CHOLESTEROL?



2 SERVINGS CONTAIN 1.2g OF PLANT STEROLS



PLANT STEROLS EQUIVALENT TO



Plant sterols are found in fruits & vegetables and they have similar structure to cholesterol. They help lower blood cholesterol by preventing cholesterol absorption into bloodstream.

Nestlé Products Sdn Bhd (197901000966)



MS 1500
1019-05/2004

*Thomsen et. al., 2004.

*ActiCol® (plant sterol) in NESTLÉ® OMEGA PLUS® helps to lower cholesterol.

**NESTLÉ® OMEGA PLUS® contains 55% less fat compared to full cream milk.



YAKULT VIRTUAL FACTORY VISIT

It is now possible to wander the only Yakult factory in Malaysia from comfort of your home.

The Yakult factory is equipped with cutting-edge technology to produce great quality, beneficial and tasty Yakult probiotic cultured milk drink.

Tune in to guided hall tours of the stringent process of making Yakult and take a close look how quick and clean every bottle of Yakult is produced.



Scan the QR code to book
your preferred slot now!

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



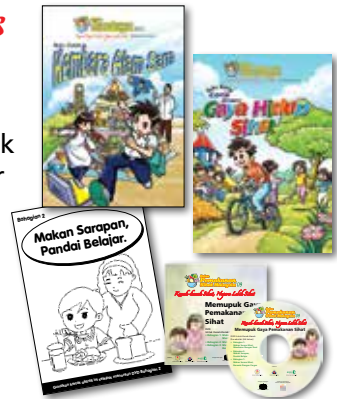
School & Kindergarten Roadshows

- 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



Publications for Public

- Published 11 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:

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