

# HE·AL

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

## Fight COVID-19 & NCDs with Healthy Nutrition



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Dr Tee E Siong

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# 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 Society of Body Composition

We would like to thank the following organisations for contributing towards the successful implementation of NMM activities for 2022.

### Main sponsor

Eat Well, Live Well.



### Co-sponsors



# Fight COVID-19 & NCDs with Healthy Nutrition



**Dr Tee E Siong**

Chairman, Nutrition Month Malaysia  
National Steering Committee 2022

and

President,  
Nutrition Society of Malaysia

We have not won the battle against COVID-19 as there are warnings of other mutant strains of the virus that might surface to hound us. At the same time, many Malaysians still suffer from non-communicable diseases (e.g. diabetes, coronary heart diseases and cancers) as well as their risk factors i.e. overweight, high blood pressure, high blood glucose that we have been fighting for many years.

It has become clear that these 2 health threats are closely linked: people with NCDs are at higher risk of getting severe infection from COVID-19. The pandemic has reinforced the importance of maintaining a healthy lifestyle and strong immune system in fighting the infection. Thus, practise healthy nutrition is the way forward to reduce risk to NCDs as well as to prevent severe COVID-19 infection.

Nutrition Month Malaysia (NMM) continues to provide guidance to the public in adopting healthy nutrition practices to fight COVID-19 and NCDs. This HE-AL Volume 4 publication is one of the key initiatives of NMM to provide simple but informative messages and practical tips through 8 key messages, including: what and how to eat healthily; boosting immunity with the right foods; reducing sugar, oil and salt; eating out healthily; providing your children with good nutrition; be active and maintain healthy body weight.

Incorporate these practices into your daily life. You and your family will be on the right path to better manage COVID-19 and prevent NCDs. Start today.

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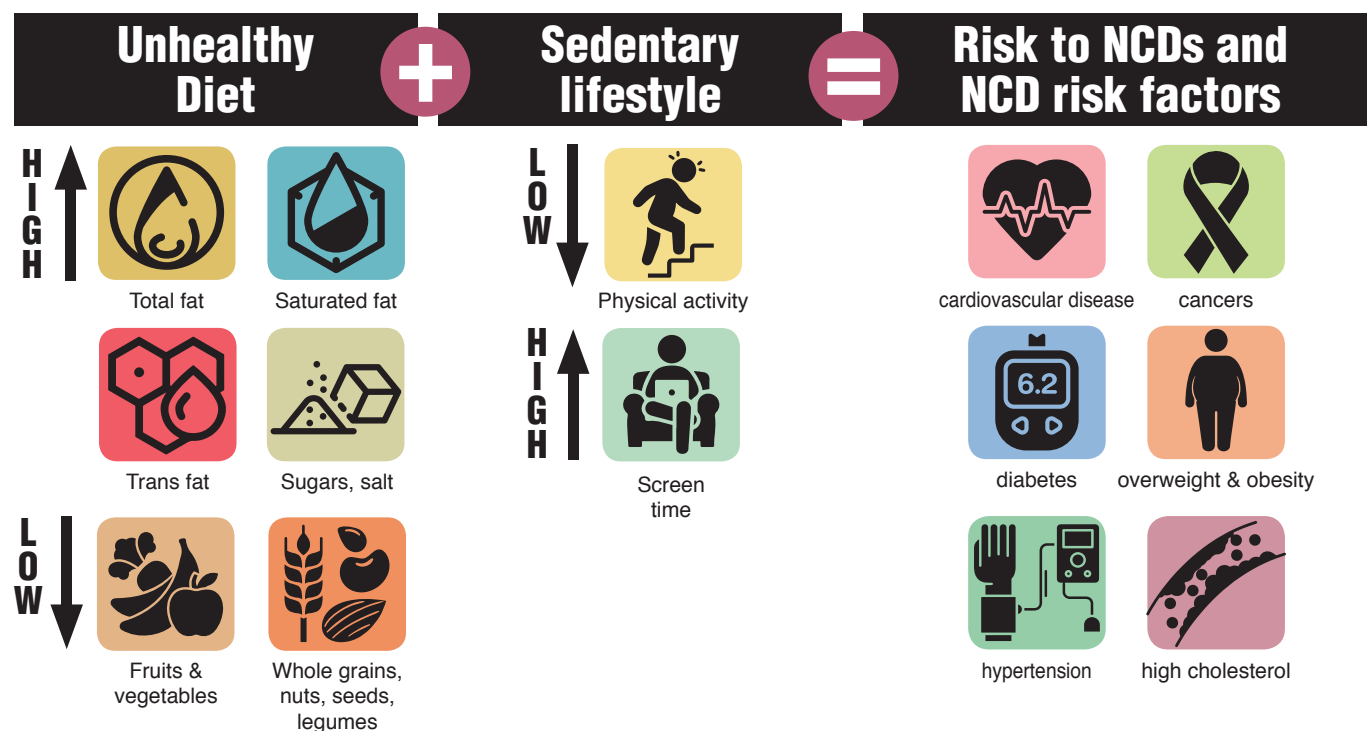
04	<b>Key message 1:</b> Healthy Nutrition to Fight COVID-19 and NCDs
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# Healthy Nutrition to Fig

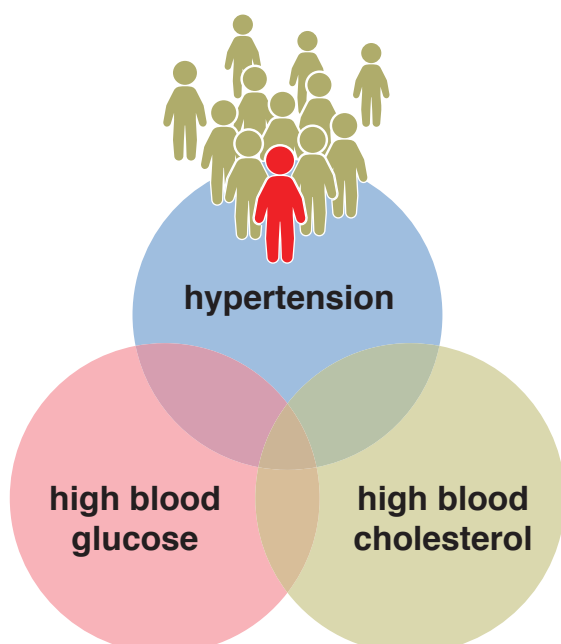
## Nutrition, NCDs & COVID-19: What you need to know

Healthy nutrition, including active lifestyle, is the major determinant of non-communicable diseases (NCDs) and severity of COVID-19 infection.

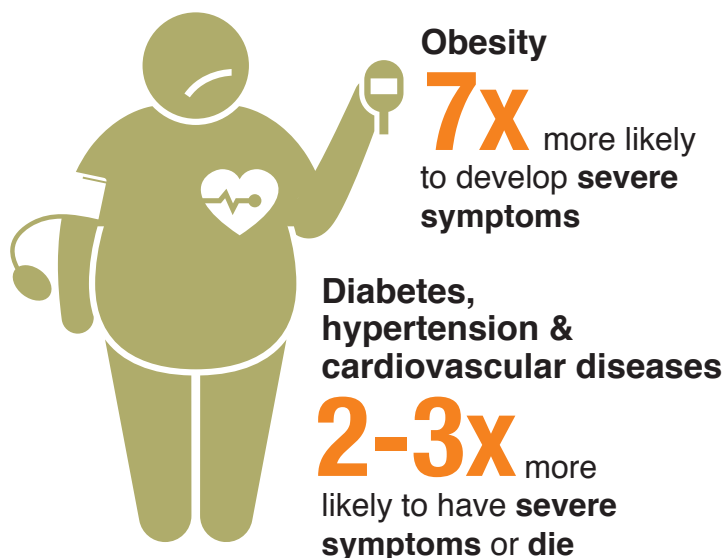
Causes of NCDs are multifactorial; here are 2 main factors:



**1 in 12 Malaysians has three NCD risk factors**



**Persons with NCDs develop COVID-19 symptoms more rapidly, suffer more complications and have higher mortality**



# ht COVID-19 and NCDs

## Why cure when you can prevent!

Risk factors of NCDs and severe effects of COVID-19 are preventable.

**PREVENT**  
by practising



Healthy nutrition

&



Physical activity

They help:



Prevent NCD  
risk factors



Manage  
NCDs better



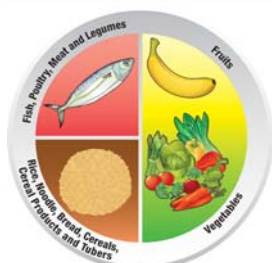
Improve  
immune system



Reduce severity of  
COVID-19 infection

## Keys to achieve healthy nutrition

**1** Adopt  
healthy diet



**2** Inculcate  
healthy  
eating habits  
among children



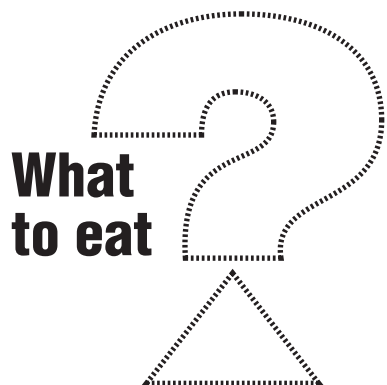
**3** Be physically  
active  
everyday



**4** Maintain  
healthy body  
weight



# Eat Healthily – What & How



**Eating healthily**

**provides required nutrients in appropriate amounts**

**keeps the body well and strong & fight infections**

Achieve by eating a variety of foods within the recommended servings – guided by the food pyramid concept



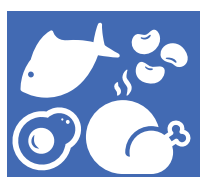
scan QR code for food pyramid



Eat plenty



Eat adequate amounts



Consume moderate amounts



Consume adequate amounts



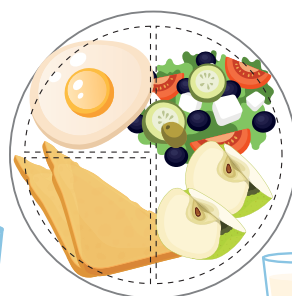
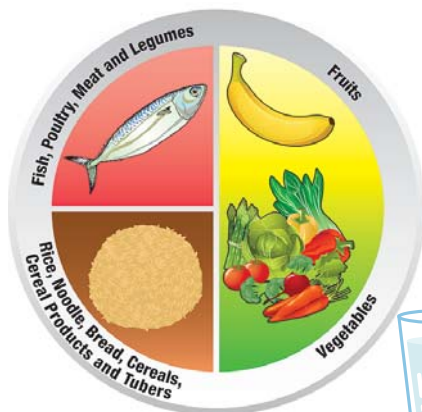
Limit intake



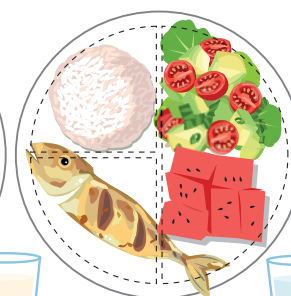
Drink sufficient

## How to eat healthily: Use **MYHEALTHY Plate**

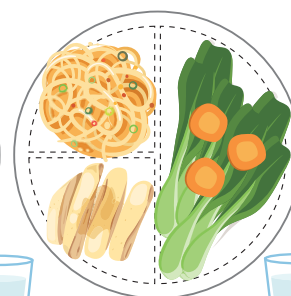
Keep the balance with  $\frac{1}{4}$  -  $\frac{1}{4}$  -  $\frac{1}{2}$   
Example of meals using healthy plate concept



Breakfast



Lunch



Dinner



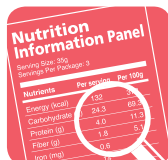
## Healthy eating is **EASY!**

Eat on time - 3 main meals.  
No skipping meals



Eat more home-cooked foods, prepared using healthier cooking methods (e.g. steaming, stir frying)

Control portion size



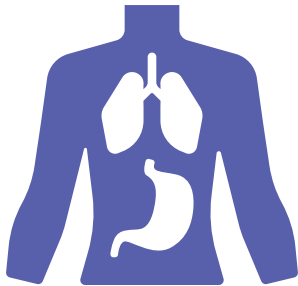
Use nutrition information on label

# Boost Immunity with the Right Foods

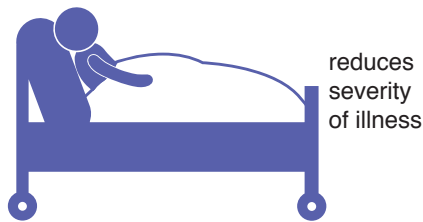
## Healthy immune system: Body's defence against illnesses

The body immune system:

Cells, tissues and organs



Helps fight off harmful microorganisms  
that invade the body



## Support healthier immunity with the right choice of foods

Healthy nutrition plays a key role in supporting a healthy immune system.

### Eat more

Foods that optimise immunity -  
Nutrient rich foods



Provide  
antioxidants, protect  
against free radicals



High in dietary fibre,  
promote good  
gut health



Sources of healthy  
fats, enhance  
immune cell  
functions



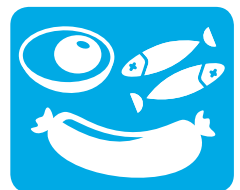
Beneficial bacteria  
help to promote  
good gut health

### Eat less

Foods and drinks that  
weaken immunity



High in  
added sugar



High in salt  
(e.g. salted fish, salted  
eggs, processed meats,  
pickles)



High in  
fat content



High in  
refined carbs

# Cut Intake of S.O.S. (Sugar, Oil, Salt)

Excessive consumption of sugar, oil and salt has been linked to several life-threatening lifestyle diseases such as obesity, hypertension, diabetes, and chronic kidney disease.

## What should I do to reduce S.O.S intake?

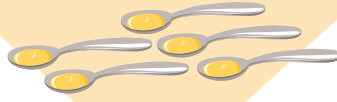
Reduce intake of sugar\*  
to not more than 5% of  
total daily energy intake\*\*

**~ 5 teaspoons**



Reduce total fat intake  
to not more than 30% of  
total daily energy intake\*\*

**~ 5 – 7 teaspoons**



Reduce salt  
consumption to less  
than 5g per day

**One teaspoon**



\* To prevent dental caries

\*\* Based on 2000 kcal

## How can I achieve these targets?

### SUGAR



Use less sugar in  
drinks and when  
cooking at home



Eat fresh fruits  
and vegetables  
as snacks  
instead of  
sugary foods



Replace sugar-  
sweetened  
beverages with  
plain water



Read nutrition  
label and opt for  
products with  
lower sugar

### OIL/FATS



Remove fatty  
parts of meat  
when cooking



Use less oil/  
santan in your  
cooking



Boil, steam,  
bake or air-fry  
rather than fry



Avoid packaged  
foods with  
“partially  
hydrogenated  
fats/ oils” or  
“shortening” stated  
on the label.

### SALT



Use a sensible  
amount of salt,  
soya/fish sauce  
and other high salt  
seasoning in food  
preparation



Use natural  
seasonings to  
add flavour



Limit  
consumption of  
salty snacks



Check nutrition  
labels and  
choose packaged  
foods with lower  
sodium content

## Example of foods with hidden sugar, oil and salt\*

### HIGH IN SUGAR



#### **Kuih koci**

1 piece (45 g)  
Sugar content: 12 g



#### **Kuih seri muka**

1 piece (115 g)  
Sugar content: 12 g



#### **Soft drink**

1 can (230 ml)  
Sugar content: 23 g



#### **Bubble milk tea**

1 cup (500 ml)  
Sugar content: 103 g

### HIGH IN OIL/FAT



#### **Chinese fried rice**

1 plate (392 g)  
Fat content: 52 g



#### **Rojak**

1 plate (330 g)  
Fat content: 51 g



#### **Fried chicken**

2 pieces (187 g)  
Fat content: 30 g



#### **Curry noodle**

1 bowl (410 g)  
Fat content: 37 g

### HIGH IN SALT



#### **Keropok ikan**

5 oval pieces (33 g)  
Sodium content: 241 mg



#### **Salted duck egg**

1 whole egg (47 g)  
Sodium content: 249 mg



#### **Fish balls**

5 whole pieces, small (45 g)  
Sodium content: 296 mg



#### **Vadai**

1 piece (60 g)  
Sodium content: 270 mg

**Reduce intake of these  
foods and beverages**

\* The amount of sugar, oil and salt in these examples are approximate values.

# Eating Out the Healthier Way

## Tips to order and consume healthier meals

- ✓ Order plain water instead of sugar-sweetened beverages
  - ✓ Request meals to be prepared with less salt and oil
  - ✓ Opt for ready prepared meals with less fat/oil/santan and salt
  - ✓ Order more dishes with veggies and legumes
  - ✓ Practise quarter-quarter-half concept when having meals
  - ✓ Request for smaller portions or share foods with others
- 
- ✗ Limit foods which are added or coated with grated cheese, cheese sauce or chocolate
  - ✗ Free refill of sugar-laden drinks

## Choose healthier options

### Chinese cuisine

**Curry noodle**  
1 bowl (410 g)  
**529 kcal**



**Noodle in soup**  
1 bowl (563 g)  
**383 kcal**

### Indian cuisine

**Roti canai**  
1 piece (95 g)  
**301 kcal**



**Thosai**  
1 piece (80 g)  
**147 kcal**

### Malay cuisine

**Fried rice**  
1 plate (330 g)  
**637 kcal**



**Chicken rice**  
1 plate (315 g)  
**476 kcal**

### Western cuisine

**Spaghetti carbonara**  
1 plate (530 g)  
**647 kcal**



**Spaghetti with chicken, mushroom**  
1 plate (526 g)  
**463 kcal**

*Tip: Whenever possible, cook more at home - you can choose healthier ingredients and use healthier cooking methods.*

# Give Your Child the Right Start

**Healthy nutrition is the key to giving your child the right start:**



Provide all nutrients needed for optimal growth & development



Maintain good health



Prevent malnutrition



Promote better learning



Develop good dietary habits into adulthood

## Key nutrients for child's growth & development



### Carbohydrate

- Main source of energy for daily activities, to stay active & alert



### Protein

- Building blocks for the growing body and immune health



### Fats

- Source of energy
- Support development of brain and nervous system



### Vitamins & minerals

- Enable body processes to function properly and prevent deficiencies: eg. anaemia, stunting
- Support immune health, bone & teeth development



### Dietary fibre

- Support good digestive health

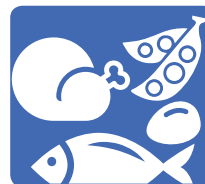
## How to feed your child right?



Ensure regular meals on time



Serve more fruits and vegetables



Serve protein foods from animal & plant sources



Serve milk & milk products everyday



Use salt and sugar sensibly in meal preparation



Serve more plain water



Serve child portions appropriate for his age

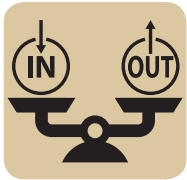


Serve snacks sensibly

# Move Your Body - Feel Great

## Benefits of exercise

Regular physical activity and exercise in any forms benefit you in many ways. More importantly, it makes you feel great!



Maintains healthy energy balance IN & OUT



Builds/ Increases muscle mass



Reduces risk of NCDs



Improves mood, reduces stress



Supports immunity



Improves quality of sleep

## No more excuses. Step up and just do it!

Any forms of exercise burn calories. Start by doing just **30-60 mins per session** (depending on the intensity of activities).

Here's how:

### Indoor/ home



Yoga,  
120 kcal



Skipping,  
180 kcal



Light weight lifting,  
90 kcal

### Outdoor



Walking,  
107 kcal



Running,  
495 kcal



Swimming,  
180 kcal

### In groups / family



Badminton,  
114 kcal

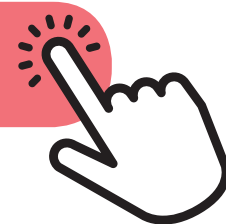


Cycling,  
240 kcal



Hiking,  
170 kcal

**Aim: 150 mins per week**



*Note: Calories calculated based on 30 mins, ~ 60 kg body weight*

## Keep it going!

Make exercise part of your daily routine & keep track to motivate yourself



Track your progress with apps on phone or fitness watch



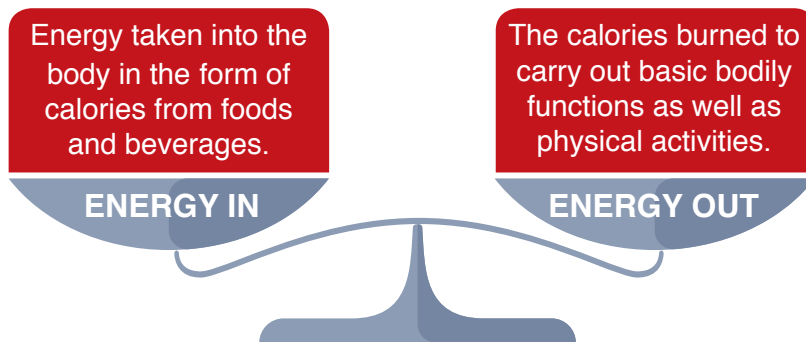
Monitor your weight regularly - keep a weighing scale at home



Find a friend or family member for your buddy system

# Maintain Healthy Body Weight to Reduce Risk of NCDs

## Understanding energy IN and OUT concept



Why energy balance is important?

- ✓ Improves metabolism
- ✓ Helps improve mood
- ✓ Maintains normal body weight
- ✓ Reduces risk of NCDs

## Know your body weight and composition!

### 1 Body Mass Index (BMI) – a simple, indirect way to determine amount of body fat



Measure your height and weight



$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$$

Use the formula to calculate your BMI

Under weight	Normal weight	Over weight	Obesity
< 18.5	18.5 - 24.9	25.0 - 29.9	≥ 30.0

Keep track of your BMI and aim to maintain within normal range

### 2 Body Fat Composition – provides information on proportion of fat and muscle in your body



Use the body composition scale to know your body fat %

Suggested body fat %	
Male	Female
< 20%	< 28%

### 3 Waist circumference – determines the amount of fat deposited around the waist



Measure at the midway between your lower rib bones and upper hip bone.



Check out the number on the tape measure right after you breathe out.

Waist circumference not to exceed	
Male	Female
90 cm	80 cm

Eat Well, Live Well.



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## Mainly BCAA

- BOOST energy and improve your endurance!
- IMPROVE your muscle endurance
- HELP with muscle soreness recovery



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## 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



### Publications for Public

- Published 11 practical nutrition guidebooks, 5 recipe books and 1 mini-booklet



### 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](mailto:president@nutriweb.org.my)  
**Website:** [www.nutritionmonthmalaysia.org.my](http://www.nutritionmonthmalaysia.org.my)

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



Nutrition Month Malaysia



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