



## NSM Launches New Programme on Probiotics

Signing of the PEP Launch Plaque by representatives from NSM and Sponsors – Dr Tee E Siang (NSM), Mr Poh Eng Lip [Malaysia Milk (M) Sdn Bhd (Vitagen)] & Mr Hiroshi Hamada [Yakult (M) Sdn Bhd]

**W**ith increasing evidence on the beneficial effects of probiotics, NSM implemented a probiotics consumer education programme to raise awareness of the importance of digestive health, dietary and lifestyle factors to achieve a healthier gut, with a special focus on the roles of probiotics.

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## A word from the President

### An eventful year!

NSM continued to make a difference to the nutrition scene in Malaysia and the SEA region. We continued with our efforts of improving the health and nutrition of all Malaysians by promoting advancements in nutrition science, uplifting the profession and educating the public.

One exciting initiative for us was the nutrition education programme for school children, in collaboration with the SEA-PHN network. This multi-country initiative will see selected schools in Indonesia, Malaysia, Philippines, Thailand and Vietnam implement a specially designed nutrition module. We look forward to seeing the results of the module and how much impact it has on changing behaviours.

This issue of Berita NSM also highlights the probiotics education programme carried out this year, which is aimed at raising awareness about digestive health. With probiotic products proliferating in the market, we hope to help the public make better and more informed choices.



This year, we held our 33rd annual scientific conference with the theme "Investing in Nutrition: Act Now". It was a call to action for the various stakeholders to urgently recognise the importance of investing resources in nutrition for the prevention and management of non-communicable diseases.

You can read about these highlights and many other activities that kept NSM busy throughout the year. As usual, we continued our engagement with our members, the government and the community.

Happy reading!

**Dr Tee E Siong**  
Editor-in-Chief  
President, NSM

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# 33rd Annual Scientific Conference

## 24 – 26 July 2018, Hotel Istana, Kuala Lumpur

Committed to promoting nutrition science, the NSM organised its 33rd annual scientific conference with the theme “Investing in Nutrition: Act Now”, from 24 – 26 July 2018 at Hotel Istana, Kuala Lumpur. The theme was chosen as it is imperative that various stakeholders understand their important roles in tackling nutrition issues in the country and the need to act urgently to take necessary measures.

YBhg Dato' Dr Hj Azman bin Hj Abu Bakar, Deputy Director General of Health (Medical), Ministry of Health officiated the conference. He shared his insights and expertise by delivering a keynote address on national strategies and programmes to promote the nutritional wellbeing of Malaysians.



The conference featured three symposia, a Young Researchers' Symposium, three Free Paper Presentation sessions, a Meet-the-Expert session, and poster presentations. The Meet-the-Expert session featured experts from academia, government and industry to discuss the career potential of nutritionists. There was a special pre-conference symposium focusing on an update of the status of nutrition labelling and health claims regulations in Malaysia.

The key photos, programme and abstract book, presentation slides of invited speakers are available at the conference website: <https://www.nsmconference.org.my/>



**NSM 34th Scientific Conference  
has been scheduled for 2-4 July 2019!**



# Your Only Choice: Eat Healthy & Be Active

**W**ith the urgent need to combat NCDs today, Nutrition Month Malaysia carried the theme ‘Your Only Choice: Eat Healthy & Be Active’ in 2018. This theme emphasised the urgency of the message to the public that there is no alternative in the battle against NCDs – the only choice is to practise healthy eating and an active lifestyle, and it must start now.

This year marked the 17th consecutive celebration of NMM, which is organised by NSM in collaboration with Malaysian Dietitians’ Association (MDA) and Malaysian Association for the Study of Obesity (MASO), along with support from the Ministry of Health.

## Food-Fit-Fun Fair

Nutrition Month 2018 was celebrated with a series of initiatives, starting with the Food-Fit-Fun Fair from 21-25 March at Sunway Velocity Mall in Kuala Lumpur. The event was launched by representatives from NSM, MDA and MASO, namely Dr Tee E Siong, President of NSM, Puan Zaiton Daud, Council Member of MASO, and Associate Professor Dr Barakatun Nisak Mohd Yusof, Council Member of MDA.

The fair included activities like nutrition screening, a Nutri-Edu-Quest, a parent-child cooking workshop, a hip-hop cardio fitness session, a children’s colouring contest and sponsors’ booth activities.





## NMM Instagram Challenge (@nutritionmonth\_malaysia)

To reach the increasingly social media-savvy audience, NMM set up an Instagram Account (@nutritionmonth\_malaysia) in 2018 and organised an Instagram Snap & Win contest 'NMM Instagram Contest: Road to Healthy Living – 7-Day Challenge'.

Contestants were required to post a minimum of one photo a day showing them eating healthy and doing physical activity for 7 consecutive days. Out of the 78 entries that qualified, more than half were able to complete seven days of the challenge. The winners received kitchen appliances and sports apparel vouchers.

This year, the infographic kit was based on the theme of Nutrition Month, 'Your Only Choice: Eat Healthy & Be Active'. The kit contained a main booklet and seven leaflets.

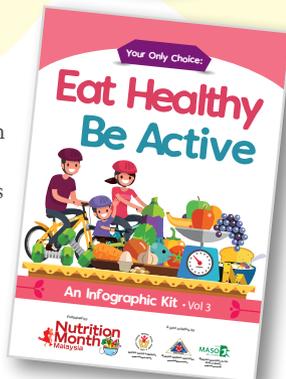
The booklet covered topics like 'Basics of Healthy Diet', 'Stay Active Everyday', 'Eat Fruits and Veggies for Health', and 'Be Informed, Make Wise Food Choices'.

The individual leaflets focused on the following topics: breakfast, milk, fibre, whole grains, heart health, digestive system and good bacteria.



## Infographic Kit Volume III

For three years, Nutrition Month Malaysia has produced infographic kits that contain attractive and easy-to-read messages on healthy eating habits and their effects on the body.



## Media Awareness

The awareness continued through a series of educational press articles in major newspapers, as well as health messages promoted via the Nutrition Month Facebook page, Instagram, website and selected radio stations.

The Infographic Kit and other educational materials are available from:  
<http://nutritionmonthmalaysia.org.my/nmm-2014/>

A collaboration among



# SEA PHN

Southeast Asia Public Health Nutrition Network

## 7<sup>th</sup> General Meeting 2018

18 July 2018

Compass SkyView Hotel Sukhumvit 24  
Bangkok

Supported by educational grant from



# Good Nutrition, Key to Healthier Children



Multi-Country Initiative of



Jointly implemented by



The double burden of malnutrition is a serious public health problem in Southeast Asian countries. Recognising this, the SEA-PHN Network is conducting a multi-country nutrition education initiative for school-going children, 'Good Nutrition, Key to Healthier Children' (GNKHC).

GNKHC aims to empower school children with appropriate nutrition knowledge to enable them to adopt healthier eating habits and be physically active. This will be implemented via a specially designed nutrition module developed by member societies/associations of the SEA-PHN Network in Indonesia, Malaysia, Philippines, Thailand and Vietnam. The module, comprising nine topics on the basics of healthy eating and active living, will be implemented by the school teachers in selected schools, trained to conduct

the lessons and carry out various interactive activities.

At the same time, the initiative aims to send a message to other key stakeholders as well. It will increase parental awareness on the importance of healthy eating and active living among school children. It will also emphasise to health and education authorities regarding the importance of improving nutrition knowledge among school children. Finally, it will encourage schools and national nutrition societies to utilise this nutrition module for future promotion to other school children.

NSM is the implementing partner to execute the GNKHC module in Malaysia, and a Technical Working Group (TWG) was established to oversee the planning and implementation. The TWG members are Dr Tee E Siong, Prof Norimah A Karim, Dr Zawiah

Hashim and Dr Chin Yit Siew. Training-of-Trainer (TOT) workshop was conducted on 30 and 31 May 2018, participated by about 10 teachers from the two schools selected – SK Padang Jawa and SK Puchong. The nutrition module is currently being rolled out in the two schools.

### Teaching Materials of the GNKHC Nutrition Module



Teacher's Guidebook and Student's Workbook



Interactive activities materials



Learning Slides

The impact of the education module on behaviour change will be monitored through KAP surveys and weight-and-height measurements of the children.



Parent's leaflet

It is hoped that the experience gained in the implementation of GNKHC can be used for implementing larger scale interventions in more schools across the countries.

### Review of NPAN of Southeast Asian Countries

SEA-PHN is also in the midst of compiling and analysing the National Plans of Action for Nutrition of the various countries in the network. Work began in August 2016 to look into the differences and similarities of the NPANs across the region, as well as to provide useful insight into the approaches other countries have used in planning nutrition programmes.

The countries involved are Indonesia, Malaysia, Myanmar, Philippines, Thailand and Vietnam. A template for the data compilation and analysis (which includes the introduction of NPAN, general objectives and details such as strategy, indicator, activities, etc) has been developed and the manuscript of this review is in the drafting process. It is envisaged that a monograph of this compilation will be published by the end of 2018.





Unveiling of Probiotics – the friendly gut bacteria for health booklet.

# PROBIOTICS

## EDUCATION PROGRAMME

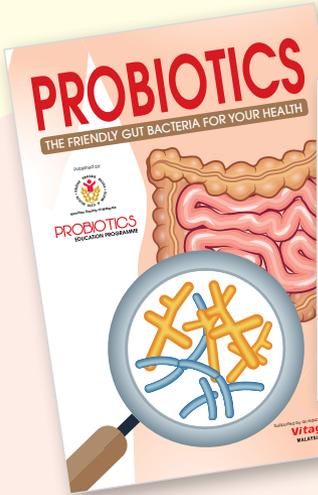
### Teaching Public About Good Gut Health

The Probiotics Education Programme (PEP) was officially launched on 12 April 2018 by Dr Tee E Siong, President of NSM. The highlight of the event was the unveiling of the Probiotics - The Friendly Gut Bacteria for Your Health booklet, followed by a Q&A session with members of the media.

This programme was made possible with the support from Malaysia Milk Sdn Bhd (Vitagen) and Yakult (Malaysia) Sdn Bhd.



PEP expert panel members (from left) Dr Mahenderan Appukutty, Associate Prof Dr Raja Afendi Raja Ali, Dr Tee E Siong, Assoc Prof Dr Rosita Jamaluddin and the moderator, Dr Wong Jyh Eiin.



### Factors that Affect the Composition and Numbers of Gut Microbiota

The composition and quantity of gut microbes are influenced by several factors, these include:

- Inflection that strongly affect gut microbiota:**
  - Mode of delivery: vaginal (normal) or caesarean (not normal)
  - Infant feeding: breast milk (normal) or infant feeding (not normal)
  - Intentional toddlers to healthy complementary foods
  - Consumption of antibiotic
  - Physically active lifestyle
- Factors that do not affect gut microbiota:**
  - Mode of delivery: caesarean (not normal) or vaginal (normal)
  - Infant feeding: infant formula (not normal) or breast milk (normal)
  - Consumption of balanced and varied diet
  - Exposure to alcohol
  - Smoking
  - Exposure to stress

**PROBIOTIC-RICH FOODS:** Fermented foods such as yogurt, kefir, kimchi, sauerkraut, and kombucha.

**PROBIOTICS:** Bacteria that are good for your health.

### All About Probiotics

According to World Health Organization (WHO), probiotics are live microorganisms which have been shown to contribute to human health, to improve gut health, and to control or reduce disease. These probiotics have been formulated into many different types of food products and are available in a wide range of applications.

**Common Types of Probiotics**

While there are many different types of probiotics, here are some of the most common ones:

- Lactobacillus species:** Lactobacillus acidophilus, Lactobacillus bulgaricus, and Lactobacillus casei.
- Bifidobacterium species:** Bifidobacterium longum and Bifidobacterium breve.

Other microbial cultures have also been recognized as probiotics, and they include oral bacteria like *Streptococcus* and *Streptococcus* (oral and dental).

**Probiotic Science**

On-going research continues to unveil more information regarding the health benefits of probiotics and their positive role on the gut microbiota and overall health. Although various reasons for probiotics progressing as a common product that are used in our daily lives.

### Probiotics and Health

Probiotics have been shown to have beneficial effects for your overall health and wellbeing, especially the following conditions:

- 1 Probiotics and gastrointestinal (GI) disorders**

**Infectious bowel syndrome (IBS)**

IBS is a recurring condition that affects the digestive system. It is characterized by the feeling of fullness, bloating, and discomfort.

**Diarrhoea**

Probiotics have been shown to help with IBS symptoms. They can help to restore the balance of the gut microbiota and reduce inflammation. This can help to reduce the frequency and severity of diarrhoea.
- 2 Probiotics and immunity**

Probiotics have been shown to have a positive effect on the immune system. They can help to reduce the risk of infections and improve the body's ability to fight off disease.

**Note:** The benefits on the effects of probiotics to human health are still under investigation. It is important to consult with a healthcare professional before taking any probiotics.

Booklet titled “Probiotics: The Friendly Gut Bacteria for Your Health” which are available for the public in English, Bahasa Malaysia and Mandarin. The booklets contain easy-to-understand information on good gut health and probiotics for the public.

Infographic posters on gut health and probiotics for adults and children, placed at selected clinics and schools.

A series of educational press articles were published in selected newspapers.

A dedicated website, [www.nutriweb.org.my/probiotics](http://www.nutriweb.org.my/probiotics), was developed as an online repository for all educational materials from this programme.



## 10th Scientific Seminar on Prebiotics & Probiotics: Role in Promoting Gut Microbiota & Health

**N**SM and ILSI SEA Region Malaysia Country Committee co-organised a scientific seminar on 'Prebiotics & Probiotics: Role in Promoting Gut Microbiota & Health' on 22 November 2017 in Kuala Lumpur. The seminar focused on providing scientific and regulatory updates on prebiotics and probiotics to enable their appropriate and safe use in the promotion and maintenance of a balanced gut microbiota and human health. The seminar also provided a platform to promote research and development of these functional components.

The one-day seminar featured local speakers from Food Safety and Quality Division, Ministry of

Health Malaysia, Universiti Kebangsaan Malaysia Medical Centre (UKMMC), Universiti Teknologi MARA (UiTM), as well as international speakers from University of New South Wales, Australia; The Institute of Nutrition, Mahidol University (INMU), Thailand; and Universitas Indonesia, Indonesia. There were 11 short communications by local researchers on a variety of topics related to prebiotics and probiotics.

The seminar was attended by 224 participants from various organisations including research institutions, academia, government agencies and food companies. Participants included nutritionists, dietitians, food scientists and technologists, among others.



### 3rd CCNFSDU Roundtable Discussion

NSM organised a third roundtable discussion on issues related to Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) on 27 August 2018.

The roundtable had seven items on the agenda, namely the Standard for Follow-up Formula, proposed draft NRV-NCD for EPA and DHA, claim for “free” of trans fatty acids, NRV-R for older infants and young children, proposed draft definition for biofortification, proposed draft guideline for ready-to-use therapeutic foods and food additives – mechanism / framework for considering technological justification.

### 10th Seminar on Nutrition Labeling, Claims and Communication Strategies

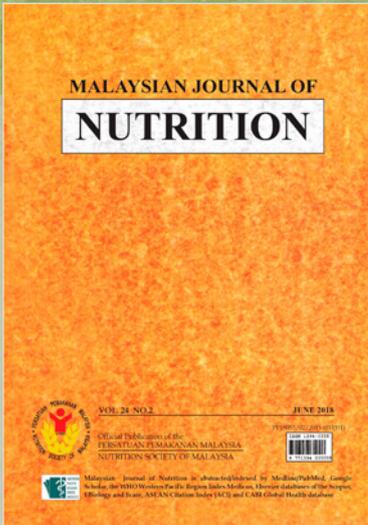
NSM and ILSI Southeast Asia co-organised the 10th seminar on Nutrition Labeling, Claims and Communication Strategies, in collaboration with the Food Safety and Quality Division, Ministry of Health, Malaysia, from 28-29 August 2018.

There were four sessions in the seminar, which focused on Nutrition Labeling and Claims: Regulatory Updates, Recent Developments in Front-of-Pack Labeling, Use of Labeling and Claims for Effective Consumer Communication and Challenges, and Substantiation

and Harmonization of Nutrition Labeling and Claims in ASEAN.

A workshop was also held in conjunction with the seminar. The discussions focused on Harmonization of Nutrition Labelling in ASEAN, Harmonization of Nutrition Claims in ASEAN and Scientific Substantiation of Health Claims.





The Malaysian Journal of Nutrition (MJN) has upgraded to a modern online management system, Scholar One to review and process manuscripts. Authors are now invited to submit articles for publication online via the new system. This is a valuable investment by NSM to make this international peer-reviewed scientific journal more globally recognised, as it uses system that is industry standard in scientific publishing.

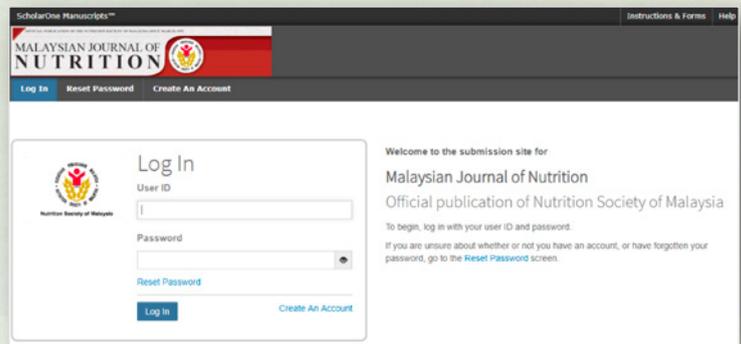
# Malaysian Journal of Nutrition

For 2017–2018, volumes 23 (no 2-3) and volume 24 (no 1-2) of MJN were published as per schedule. With the online system, NSM has been receiving more submissions and is now publishing 4 issues a year, with up to 15 manuscripts per issue, which are all available for free online.

abstracted/indexed by journals in the region. MJN is abstracted/indexed by Google Scholar, the WHO Western Pacific Region Index Medicus (WPRIM), Elsevier databases of the Scopus, EBiology and ECare, ASEAN Citation Index (ACI) and CABI Global Health database.

MJN is ranked high in the Malaysian Citation Index (MyCite) of the Ministry of Education. The journal has also become one of the most preferred English-language nutrition journals in the region. MJN is

Emeritus Prof Dr Khor Geok Lin continues to serve as Editor of the journal. Articles can be submitted online for publication in MJN at <http://nutriweb.org.my/mjn/index.php>



# Healthy Cooking with Oats Recipe Book (Vol. II)

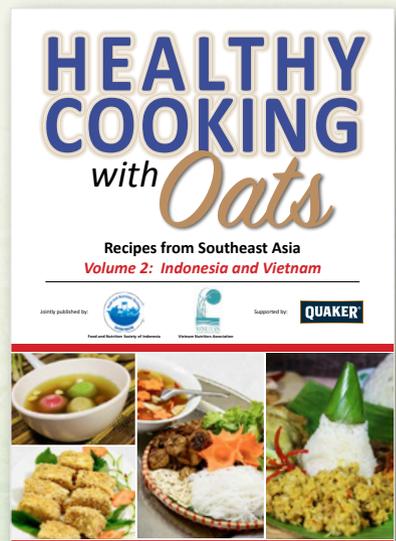
Consumption of whole grain foods is low in the Southeast Asian countries. It is imperative that dietary guidelines include and highlight the importance of whole grain foods, and make greater efforts to promote their consumption.

In an effort to encourage intake of whole grains, NSM embarked on a multi-stakeholder collaboration among five professional organisations and the private sector to publish a series of 3 cookbooks. The cookbooks are aimed at promoting healthy nutrition through consumption of healthier foods and adoption of healthier cooking methods. All the recipes list oats as

a main ingredient and incorporate oats into the traditional cuisines of the countries in the region.

In 2018, Healthy Cooking with Oats (Volume 2) was published, with 30 different oat-based recipes from Indonesia and Vietnam. This volume followed the success of Volume 1, which was published in 2017 with 45 recipes from Malaysia, Philippines and Thailand. Volume 3 will be published in 2019, with all-new recipes from all five countries.

The initiative is supported by an unconditional educational grant from Pepsico Services Asia Ltd.



## Positive Parenting

Since 2000, NSM has been partnering with the Malaysian Paediatric Association (MPA) in their largest and longest-running expert-driven parenting programme called Positive Parenting (PP). PP actively conveys its messages through various channels such as the Positive Parenting Guide, nutrition, health and parenting seminars/talks, the educational website and educational articles in press by a panel of experts.

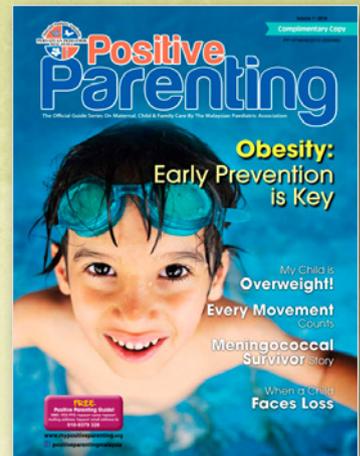
NSM, represented by Dr Tee E Siong and Dr Roseline Yap in the PP management committee, has been actively contributing to the PP programme by providing expert guidance to young parents, particularly on the maternal and child health and nutrition platform.



Volume 3, 2018



Volume 2, 2018



Volume 1, 2018

## Mi-CARE Nurse Training Programme

Entering its seventh year, the Mi-CARE Nurse Training Programme continued in 2018. The programme, which is a continuous professional development course for midwives, nurses and nurse aides from various sectors, is a collaboration among NSM, the Obstetrics and Gynaecological Society of Malaysia (OGSM), Nutrition Society of Malaysia (NSM), National Midwifery Society of Malaysia (NMSM) and Malaysian Paediatric Association (MPA).

In 2018, seven Mi-CARE workshops were conducted in Government hospitals, Klinik Kesihatan and Klinik Kesihatan Ibu & Anak in Klang Valley, Penang, Johor Bharu, Kota Bahru, Kuching, Kota Kinabalu and Miri. The workshops focused on the importance of nutrition for mother and child. These workshops were targeted to benefit about 630 nurses.

Mi-CARE has successfully implemented almost 50 workshops nationwide, and has trained over 8,100 nurses.



# 1st Malaysia Nutrition Leadership Programme



The Malaysia Nutrition Leadership Programme (MyNLP) is a new initiative by NSM with the objective of assisting the development of future leaders in the field of human nutritional sciences in Malaysia through proper training in leadership competency.

The 1st MyNLP was conducted from 4-8 August 2017 at Eagle Ranch Resort, Port Dickson, Negeri Sembilan. The 5-day programme was developed by the Technical Working Group (TWG) members appointed by the NSM Council and a training partner, Knowledge Hub Asia. DuPont Nutrition & Health was the corporate partner for the programme.

Dr Mahenderan Appukutty, Head of Post-graduate Studies of UiTM and honorary assistant secretary of NSM Council was the Chair of the 1st MyNLP. Dr Tee E Siong, President of the NSM, was invited to be the advisor in recognition of his years of experience in the field of nutrition. The 1st MyNLP was attended by 21 local participants and 5 international participants from various sectors of food and nutrition including government, private and academia.

The experiential learning sessions, 'Chat with Guru', were well received by the participants. The guest speakers were Dr Tee E Siong, Assoc Professor Rokiah Don (Former Director of Nutrition Division, Ministry of Health Malaysia), Emeritus Professor Dr Mohd Ismail Mohd Noor (Taylor's University Malaysia) and Ms Cyndy Au (Regional Director

Regulatory & Scientific Affairs, Du Pont Nutrition & Health, Singapore). They generously shared their personal experiences, career journey in championing nutrition, as well as practical and useful leadership skills.

The rest of the sessions covered areas like leadership, effective teamwork, stress management, coaching skills, and presentation tips. One of the more nerve-wrecking sessions was 'Let's Talk Nutrition - Handling Interviews & Questions', which gave the participants a taste of impromptu interviews. The debate session on current nutrition issues and the mock session on nutrition policymaking were opportunities to train their critical thinking and presentation skills, and also emphasised the importance of knowledge on nutrition issues.

The highlight of the programme was 'Nutritionist's Got Talent', a lineup of performances by the participants.

The SEA-PHN Network supported the travelling costs of four young members from the SEA-PHN Network member societies/associations (PERGIZI PANGAN, NFP, NAT and VINUTAS), in order to facilitate the exchange of knowledge and networking among food and nutrition professionals across the region.

The 2nd MyNLP will be organised by NSM in 2019. Look out for more information on <http://nutriweb.org.my/>



*"I found MyNLP to not only be informative and inspirational but also directly applicable to the leadership challenges that I face on a daily basis. The biggest take home for me was the realization of who I am and knowing the value and ways of being a good leader in a team."*  
- Lim Siew Ling, Yakult (M) Sdn Bhd



*"The MyNLP program taught me how to build up my skills in management, professional networking, and communication. There was an emphasis on 'peer-to-peer learning and sharing' which gave me the confidence, courage to work and think locally as well as globally for nutrition."*  
- Syed Mahfuz Al Hasan, Jessore University of Science & Technology, Bangladesh

# Early Nutrition eAcademy – South East Asia (ENeA SEA)



Early Nutrition eAcademy – South East Asia (ENeA SEA) is an Erasmus+ Capacity Building project established in late 2016. The aim of ENeA SEA is to reduce early nutrition- and lifestyle-related health problems and non-communicable diseases in Southeast Asia by offering an e-learning programme comprising of modules on early life nutrition to healthcare professionals such as physicians, nurses, midwives, nutritionists and dietitians.

ENeA SEA, led by Ludwig Maximilians University (LMU) in Germany, is comprised of institutional partners from EU (University of Southampton, UK and University Politehnica of Bucharest, Romania), Malaysia (University of Malaya and Universiti Kebangsaan Malaysia), and Thailand (Chulalongkorn University and Mahidol University), including two nutrition professional organisation partners (Nutrition Society of Malaysia and Nutrition Association of Thailand).

The ENeA SEA platform has been officially launched. It presently consists of four e-learning modules including “Nutrition and Lifestyle in Pregnancy”, “Breastfeeding”, “Breast Milk Substitutes” and “Nutritional Care of Preterm Infants”.

The e-learning modules provide innovative and targeted e-learning compiled for healthcare professionals in Southeast Asia, including nutritionists working in the field of early nutrition and lifestyle in Malaysia. Users can either learn from the standard curriculum or

choose customised curriculum which covers topics relevant to the learner profile and receive certificates for CME/CPD.

The e-learning modules can be accessed for free at: <https://www.enea-sea.eu/en/elearning/>



## Allied Health Profession (AHP) Act

The Technical Working Group on Nutrition under the AHP continued its discussions on various matters related to the proposed AHP. The main terms of reference of the TWG is to assist in the registration and implementation of the AHP regulations that will be gazetted now that the Act has been passed in Parliament.

The TWG discussed the definition of Nutritionists and the Code of Professional Conduct and Code

of Ethics for this profession. A system to monitor continuing professional development of nutritionists is also being prepared, based on the CPD guidelines that have been established by Division of Allied Health, MOH. The TWG held several meetings to discuss drafting of regulations to implement the Allied Health Professions Act. The draft is now being coordinated by the Allied Health Sciences Division of MOH to align with the other allied health professions.

## Diary of Conferences and Seminars

### 2019

#### 6th International Conference on Nutrition and Growth

7-9 March 2019, Valencia, Spain

<http://2019.nutrition-growth.kenes.com>

#### 05th International Conference on Health and Medicine

19-20 March 2019, Kuala Lumpur, Malaysia

<http://publichealthconferences.co>

#### 6th International Conference on Food Security and Nutrition

8-10 April 2019, Barcelona, Spain

<http://www.icfsn.org/>

#### Public Symposium, 4th Biannual Meeting, Early Nutrition eAcademy Southeast Asia

9 April 2019, Kuala Lumpur, Malaysia

<https://www.enea-sea.eu/>

#### 20th International Congress on Nutrition and Health

11-13 April 2019, Stockholm, Sweden

<https://health.nutritionalconference.com>

#### 21st World Congress on Nutrition, Food Science & Public Health

23-25 May 2019, Melbourne, Australia

<http://nutritioncongress.nutritionalconference.com>

#### 18th International Society of Behavioral Nutrition and Physical Activity Annual Meeting

4-7 June 2019, Prague, Czech Republic

<http://annualmeeting.isbnpa.org>

#### Nutrition 2019

8-11 June 2019, Baltimore, Maryland USA

<https://meeting.nutrition.org>

#### 3rd International Conference on Diet and Nutrition

19-20 June 2019, Berlin, Germany

<https://www.meetingsint.com/conferences/nutrition-diet/about-us>

#### 34th Scientific Conference of Nutrition Society of Malaysia

2-4 July 2019, Kuala Lumpur, Malaysia

<https://www.nsmconference.org.my>

#### 13th Asian Congress of Nutrition

4 - 7 Aug 2019, Bali, Indonesia

<https://acn2019.org>

#### 4th International Conference on Food Science and Nutrition Engineering

12-14 Aug 2019, Nanjing, China

<http://www.icfsne.com/>

#### 482nd International Conference on Medical & Health Science - ICMHS 2019

30-31 Aug 2019, Jakarta, Indonesia

<http://researchfora.com/Conference2019/Indonesia/3/ICMHS/>

#### 11th Asia Pacific Conference on Clinical Nutrition(2019) and the 14th China Nutrition Science Congress

20-22 Sept 2019, Nanjing, China

<http://cnsc2019.medmeeting.org/6522?lang=en>

#### Symposium on Scientific Development of Food Packaging 2019: Safety, Innovation and Sustainability

24-25 Sept 2019, Penang, Malaysia

<http://ilsa.org/event/symposium-on-scientific-development-of-food-packaging-2019/>

#### 13th European Nutrition Conference, Dublin 2019

15-18 Oct 2019, Dublin, Ireland

<http://www.fens2019.org>

### 2020

#### Nutrition 2020

May 30-June 2, 2020, Seattle, USA

<https://nutrition.org/meetings/>

#### 8th ISPAH Congress

28-31 Oct 2020, Vancouver, Canada

<http://www.ispah.org/vancouver-2020/>

### 2021

#### 22nd International Congress of Nutrition (ICN)

14-19 Sept 2021, Tokyo, Japan

<http://icn2021.org>