

NSM Nutrition Roadshows 2.0

A nutrition promotion programme on healthy eating and active living for Malaysians initiated by **Nutrition Society of Malaysia (NSM)**, a non-profit professional organisation.



Now, you can find a series of

online activities

(such as cooking demonstration, nutrition tips sharing) on our Facebook and Instagram!



"Improving lives through Nutrition"
NSM Roadshows 2.0: Nutrition Promotion Programme
<http://www.nutriweb.org.my/>



Like & Follow us on FB & IG!
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NSM Roadshows 2.0: Nutrition Promotion Programme

Annual Report for Year 2025





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Objectives of NSM Nutrition Roadshows 2.0

Management Team and Working Groups

Social Media: Total Likes and Followers

Social Media activities

Community Outreach Roadshows





Objectives:

- to inspire and empower the community with the knowledge and skills to practise healthy eating and active living;
- to foster community awareness on the importance of assessing their nutritional status regularly; and
- to serve as capacity building and partnership platform for nutritionists in promoting optimal nutritional well-being of Malaysians.





NSM NUTRITION ROADSHOWS 2.0

NSM NUTRITION ROADSHOWS 2.0
— Management Team —
2025

Team Leader
Dr Roseline Yap Wai Kuan

Team Member
Dr Lee Siew Siew

Team Member
Lee Zhi Ling

Team Member
Dr Mok Kai Ting

Team Member
Dr Sharifah Intan Zainun Sharif Ishak



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Be a Part of

NSM NUTRITION ROADSHOWS 2.0 VOLUNTEER

How You Can Make an Impact:

- Support NSM's engaging nutrition roadshows.
- Spread awareness about nutrition and wellness.
- Gain valuable experience and contribute to the community.

How to Apply:

- Send your 1-page resume to treasurer@nutriweb.org.my.
- Open to all nutrition students and graduates.
- Applicants will be contacted when volunteer opportunities are available.

Let's work together in improving lives through nutrition




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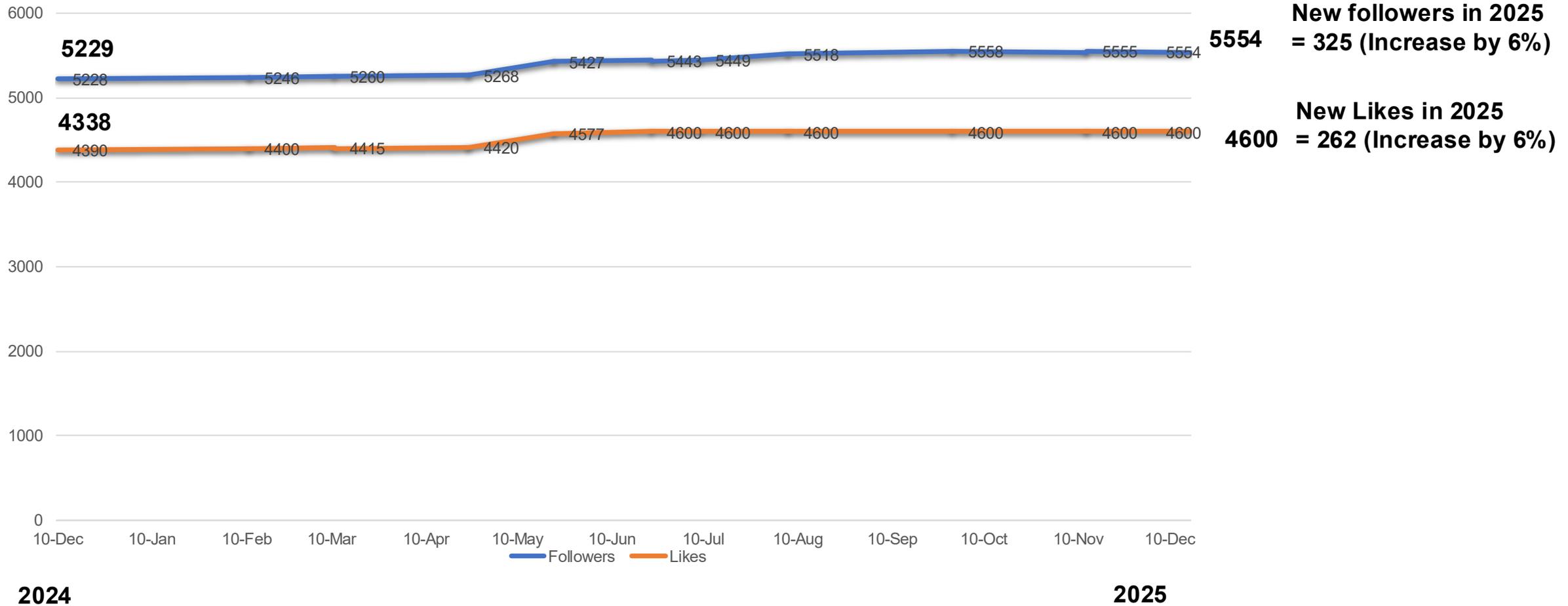


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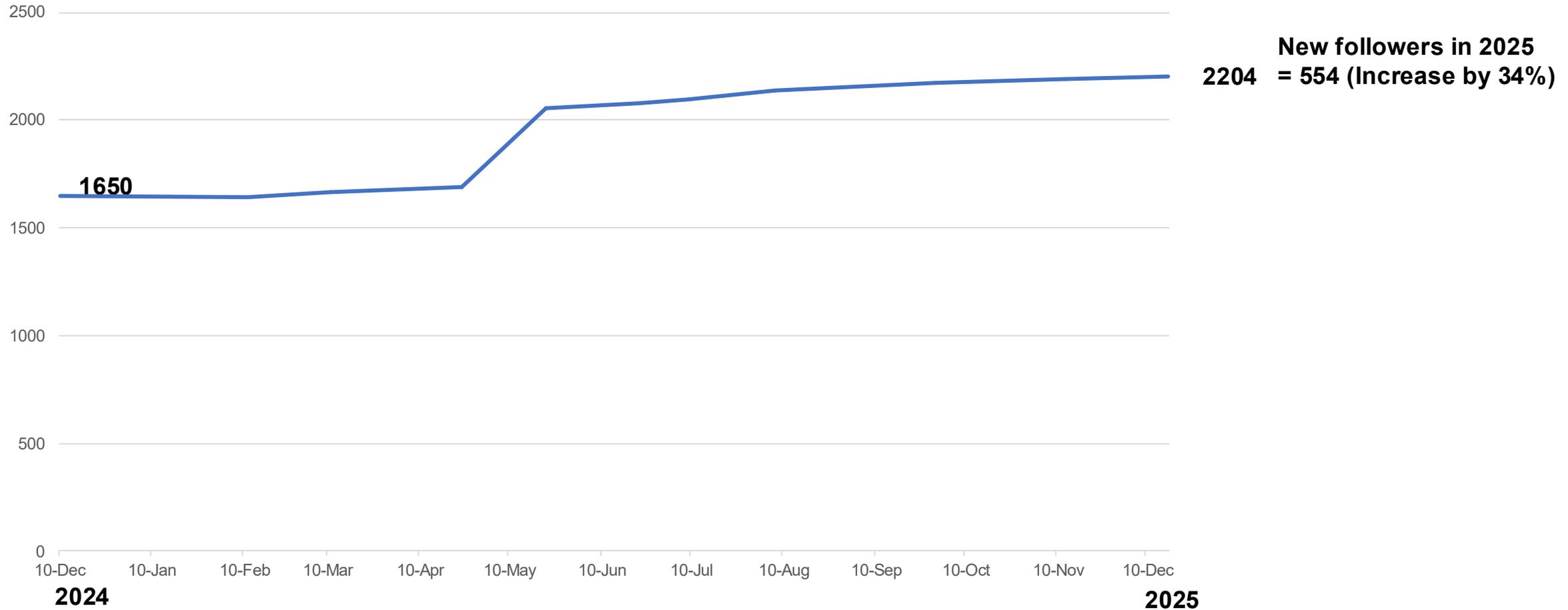


Number of Likes and Followers: Facebook



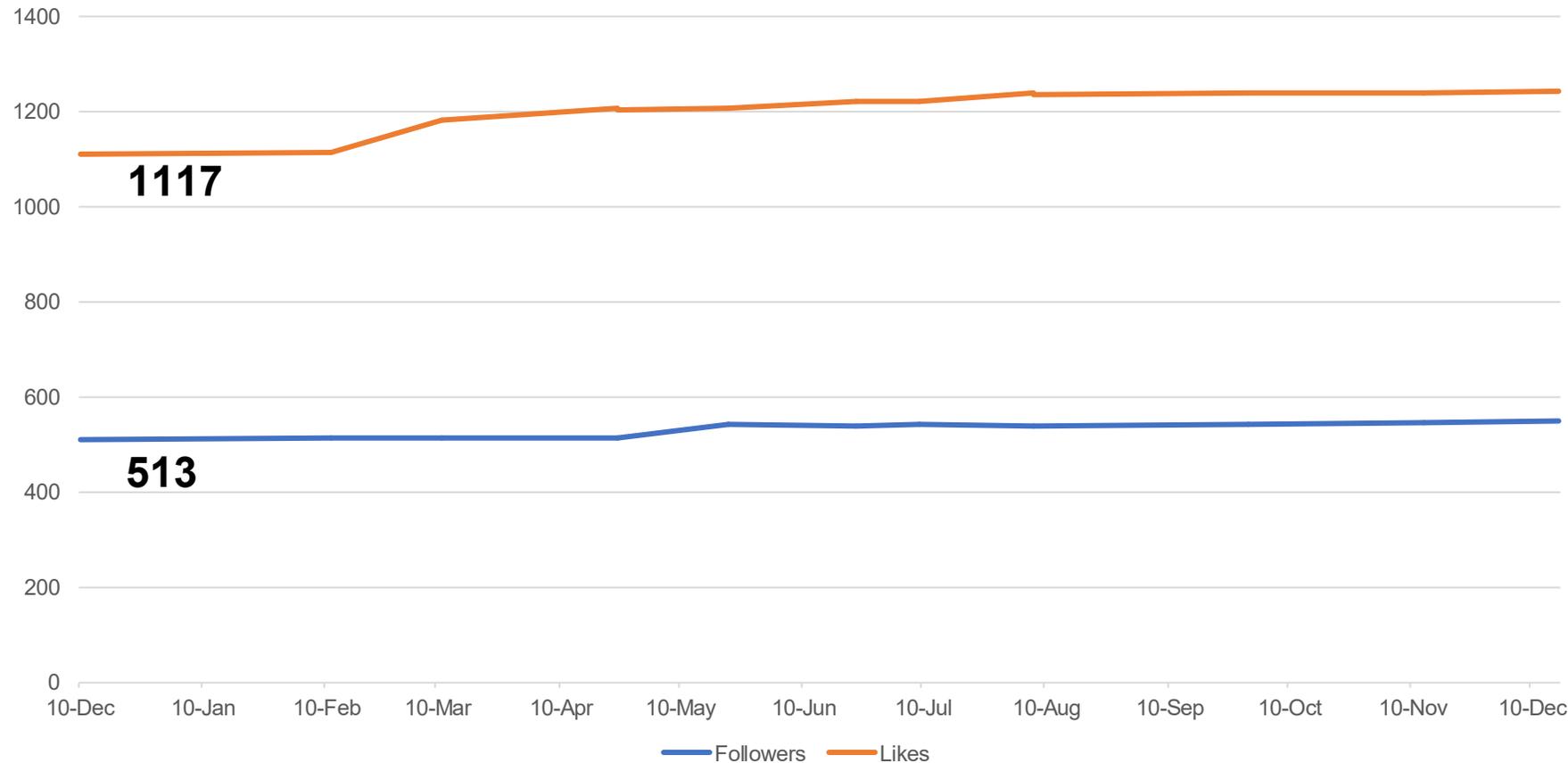


Followers: Instagram





Number of Likes and Followers: TikTok



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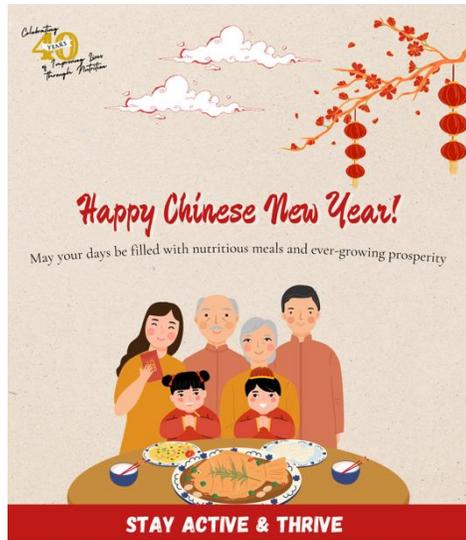
**New Likes in 2025
= 129 (Increase by 12%)**

549

**New followers in 2025
= 36 (Increase by 7%)**



Festive/Greeting Cards with Nutrition Message



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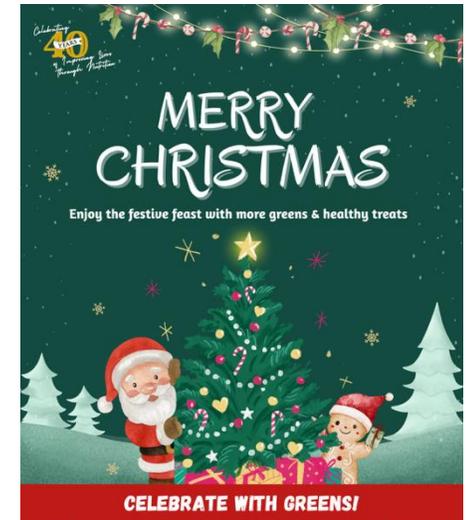
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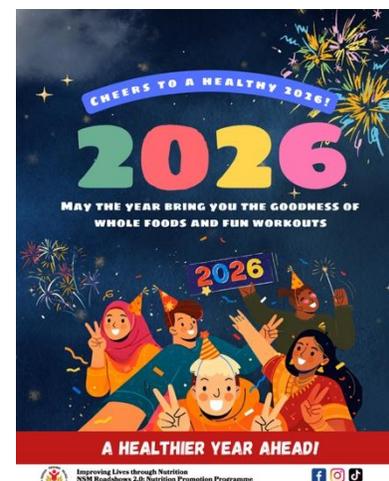
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Nutrition Educational Posters for Festivals

AUSPICIOUS VEGETABLE & FRUIT FOR PROSPEROUS & HEALTHY CNY

过年必吃的吉利蔬菜和水果

MAY THIS YEAR BRING YOU BLESSING AND GOOD FORTUNE!



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Auspicious Vegetable & Fruit for Prosperous & Healthy CNY

过年必吃的吉利蔬菜和水果

Include more vegetable in your CNY feasts

Just as vegetables symbolise luck, good health, wealth and growth, they are rich in nutrients and dietary fibre and bring lasting health and prosperity into your new year.
正如蔬菜象征着好运、健康、财富与成长，蔬菜富含营养和膳食纤维，能够带来长久的健康与财富，迎接新的一年。

Lettuce (生菜 shēng cài = “生财”) Growth of wealth and good fortune.

Chinese Cabbage (大白菜 dà bái cài = “大百财”) Abundance and prosperity.

Celery (芹菜 cài = “勤财”) Reward of hard work leading to success.

Daikon Radish (白萝卜 bái cài tóu = “白头”) Good luck and wealth.

Bok Choy (油麦菜 yóu mài cài = “有财”) Good health and continuous prosperity.

Leeks (蒜 suàn = “算”) Counting blessings and wealth.



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Auspicious Vegetable & Fruit for Prosperous & Healthy CNY

过年必吃的吉利蔬菜和水果

Enjoy fruit of different colours as a refreshing snack

Each fruit not only carries meaning and blessing but also contains unique set of nutrients and antioxidants that can promote skin health, delay ageing, and enhance your overall health.
每种水果不仅蕴含着深刻的寓意和祝福，还含有独特的营养成分和抗氧化剂，能够改善皮肤健康、延缓衰老，并提升您的整体健康。

Pomegranate (石榴 guān zi = “多子多福”) Prosperity & Abundance.

Pomelo (柚子 yóu zi = “保佑”) Blessing.

Mandarin Orange (橘子 jú zi = “大吉大利”) Great luck.

Orange (橙子 chéng zi = “心想事成”) May your wishes come true.

Apple (苹果 píng guǒ = “平平安安”) Peaceful and safe.



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Auspicious Vegetable & Fruit for Prosperous & Healthy CNY

过年必吃的吉利蔬菜和水果

DIY A FIBRE-FUL YEE SANG

Make a healthier Yee Sang with colourful fruit and vegetable such as purple cabbage, carrot, cucumber, green apple and more. You may also add small amount of nuts and seeds for a delightful crunch!
使用各种颜色的水果和蔬菜，如紫甘蓝、胡萝卜、黄瓜、青苹果等，来制作更健康的鱼生！您还可以添加少量的坚果，增添口感。

Yee Sang (鱼生 yú shēng = “余生”) Abundance of wealth and long life.



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Makanan Sahur untuk anda yang sibuk

Tip kekal bertenaga sepanjang hari



PROTEIN

Sama ada daripada sumber haiwan atau tumbuhan, makanan berprotein tinggi membantu anda rasa kenyang lebih lama kerana ia mengambil masa yang lebih lama untuk dicerna

Makanan Sahur untuk anda yang sibuk
Tip kekal bertenaga sepanjang hari

Telur rebus: Mudah disediakan dan siap dalam beberapa minit
Ayam panggang: Perap semalaman dan masak dengan air-fryer
Tempe goreng: Potong dan goreng dalam air-fryer
Greek yogurt dan ikan dalam tin: Cepat dan boleh terus dimakan



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BIJIRIN PENUH

Mengandungi serat yang tinggi yang dapat membekalkan tenaga secara perlahan dan anda tidak cepat lapar

Makanan Sahur untuk anda yang sibuk
Tip kekal bertenaga sepanjang hari

Pilih bijirin penuh seperti oat, roti gandum penuh, nasi perang, jagung, barli, quinoa atau campurkan ke dalam masakan



SAYUR-SAYURAN & BUAH-BUAHAN

Serat, vitamin dan mineral daripada sayur-sayuran serta buah-buahan penting untuk pencernaan dan hidrasi

Makanan Sahur untuk anda yang sibuk
Tip kekal bertenaga sepanjang hari

Pilih sayur-sayuran seperti timun, kacang botol, ulam raja, salad atau tomato, serta buah seperti pisang, kurma, dan betik yang mudah disediakan dan boleh dimakan mentah.




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Nutrition Educational Posters for Festivals



Raikan Raya dengan Pistachio
Marilah ketahuhi dengan lebih lanjut

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Nutrisi Bermanfaat dalam Segenggam Pistachio

Kalori: 162 kcal



1 hidangan
Pistachio panggang kering tanpa garam ialah 1 oz (49 biji/28g).

- Sumber Protein yang baik
6 gram Protein
- Mengandungi Lemak yang sihat
7 gram lemak Monotaktep
4 gram lemak Politaaktepu
- Sumber Serat yang baik
3 gram Serat Diet
- Tinggi dengan Vitamin dan Mineral
Kalium, Kuprum, Tiamin, Vitamin B6
- Kaya dengan Antioksidan
Polifenol

Nikmati rasa asli pistachio yang rangup
Pistachio secara semula jadi memang berkhasiat, tapi ia juga tinggi kalori – jadi nikmati secara sederhana untuk keseimbangan yang lebih sihat



Kuih Raya Pistachio Sedap tapi awas



Kuih Raya Pistachio
biasanya dibuat menggunakan saupun atau pes pistachio

Pilih kuih raya yang lebih sihat
Semak label pemakanan dan pilih saupun/pes pistachio dan kuih raya yang lebih rendah kalori, gula dan lemak.

Semak Senarai Ramuan
Senarai ramuan disusun berdasarkan kuantiti, dari yang tertinggi ke terendah. Jika gula disenaraikan sebagai yang pertama, itu menunjukkan bahawa ia adalah bahan utama dalam produk tersebut.

Kawal pengambilan kuih raya
Seperti kebanyakan kuih raya, kuih raya pistachio mempunyai kandungan kalori, gula dan lemak yang tinggi. Kawal pengambilan dan nikmati secara perlahan-lahan agar tidak terlebih makan

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Celebrate Smart: Enjoy Deepavali Snacks in Balance

Does your Deepavali snack plate look like this?

QUICK TIPS

Enjoy murukku, laddo and more – guilt free:

Watch Your Portions
Limit to 1-2 pieces at a time to avoid extra calories.

Pair it with healthier options
Enjoy snacks with badam milk or unsweetened tea or fresh fruits.

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Raikan Deepavali dengan Bijak: Snek Secara Seimbang

Adakah pinggan snek Deepavali anda kelihatan seperti ini?

QUICK TIPS

Nikmati murukku, laddo dan lain-lain – tanpa rasa bersalah:

Perhatikan saiz hidangan
Hadkan kepada 1-2 keping setiap kali makan untuk elak kalori berlebihan.

Makan bersama dengan pilihan yang lebih sihat
Nikmati snek bersama susu kacang badam, teh tanpa gula atau buah-buahan.

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Nutrition Educational Videos for Festivals



Healthy Recipe cards with Nutrition Tips

NSM Healthy Recipes



麦片奶油虾
Butter-Milk Prawn Coated with Oat
Udang Buttermilk Oat

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Nutrient content per serving

4 per serving

One serving contains

Calories	374 kcal
Carbohydrate	11 g
Protein	20 g
Fat	29 g

Using oat as a coating for frying is a good way to increase whole grain intake



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NSM Healthy Recipe
Resipi Sihat NSM

Rendang Tok



swipe for nutrition information
leret untuk maklumat pemakanan

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NSM Healthy Recipe
Resipi Sihat NSM

Rendang Tok



Kandungan nutrien untuk setiap hidangan
120 g (2-3 ketul) setiap hidangan

Kalori	266 kcal
Karbohidrat	20 g
Protein	31 g
Lemak	7 g

Susu skim mengandungi lemak yang lebih rendah daripada santan. Oleh itu, menggantikan santan dengan susu skim mengurangkan kandungan lemak dalam hidangan.

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NSM Healthy Recipe
Resipi Sihat NSM

SARAWAK LAKSA



swipe for nutrition information
leret untuk maklumat pemakanan

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NSM Healthy Recipe
Resipi Sihat NSM

SARAWAK LAKSA



Nutrient content per serving
1 serving = 1 medium bowl (200 g)

Calories	229 kcal
Carbohydrate	14 g
Protein	10 g
Fat	14 g

Adding more vegetables such as bean sprouts and salad leaves can make this dish more balanced while increasing the content of fibre, vitamins and minerals.

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NSM Healthy Recipe
Resipi Sihat NSM

Oat Idli with Dhal Gravy



swipe for nutrition information
leret untuk maklumat pemakanan

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NSM Healthy Recipe
Resipi Sihat NSM

Oat Idli with Dhal Gravy



Nutrient content per serving
1 serving = 2 pieces of idli & 1/2 cup of dhal gravy

Calories	261 kcal
Carbohydrate	46 g
Protein	8 g
Fat	6 g

Yoghurt is added to give the saurish flavour. Oat is blended and added with rice flour to increase nutrient value and fibre content.

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NSM Healthy Recipe
Resipi Sihat NSM

Chocolate Oat Brownies



swipe for nutrition information
leret untuk maklumat pemakanan

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NSM Healthy Recipe
Resipi Sihat NSM

Chocolate Oat Brownies



Nutrient content per serving
1 serving = 1 piece

Calories	196 kcal
Carbohydrate	25.5 g
Protein	3.6 g
Fat	9.5 g

Dark chocolate contains antioxidants and minerals. While the addition of oats, a type of whole grain, provides dietary fibre.

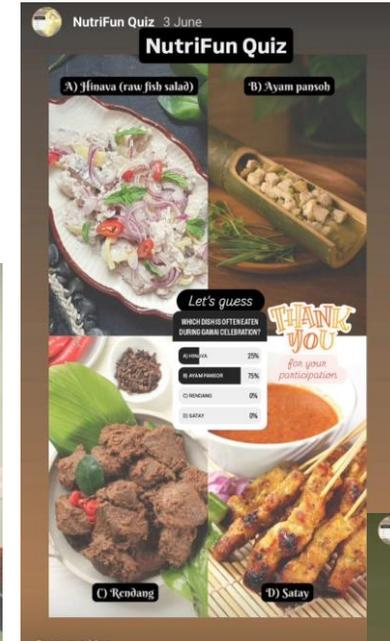
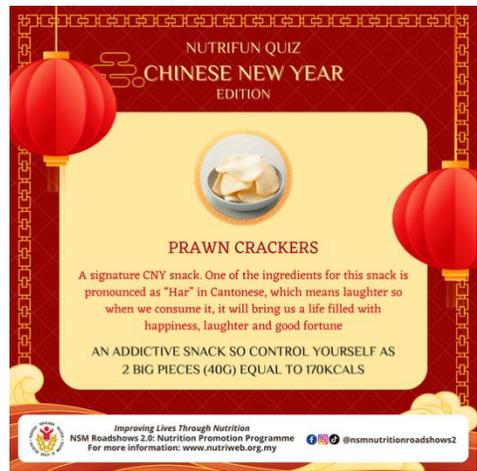
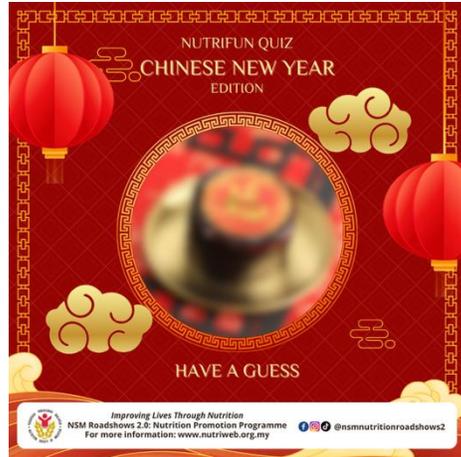
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NutriFun Quiz with Nutrition Tips for Festivals



NutriFun Quiz with Nutrition Tips for Festivals

NutriFun Quiz 21 October
Mahadevika Ishyaz NutriFun Quiz 2023

Deepavali Quiz!

1) Deepavali is celebrated to mark the victory of?

- A) Light over darkness
- B) Harvest season
- C) New year

WHAT IS YOUR ANSWER?

- A)
- B)
- C)

Say something...

NutriFun Quiz 21 October
Mahadevika Ishyaz NutriFun Quiz 2023

Deepavali Quiz!

2) Which of these is a savoury Deepavali snack?

WHAT IS YOUR ANSWER?

- A)
- B)
- C)

A) Kuih Bahulu

B) Murukku

C) Baklava

Say something...

NSM NutriFun Quiz

CHRISTMAS QUIZ!

2) Which drink keeps your festive celebration healthier?

- a. Fruit-infused water
- b. Soft drinks
- c. Teh tarik
- d. Sirap Bandung

NSM NutriFun Quiz

CHRISTMAS QUIZ!

ANSWER

✓ a. Fruit-infused water

Water keeps you hydrated without added sugar.

Fruit-infused water adds natural flavour without extra calories, making it a healthier choice for festive celebrations.

Citrus Boost: Pineapple + Orange
Rich in Vitamin C and boosts the immune system.

NSM NutriFun Quiz

CHRISTMAS QUIZ!

3) Which of the following is a healthier cooking method for your Christmas dishes?

- a. Deep frying
- b. Baking
- c. Pan frying

NSM NutriFun Quiz

CHRISTMAS QUIZ!

ANSWER

✓ b. Baking

Baking uses less oil compared to deep-frying or pan-frying. This helps reduce excess fat and calories while still keeping food tasty.

Choosing baking more often is an easy way to enjoy festive dishes in a healthier way.



NutriQuote by NSM Nutritionist

Celebrating 40 YEARS of Improving Lives through Nutrition

“
Enjoy Chinese New Year,
but do practise mindful
makan-makan with
portion control!”



Dr Tee E Siong
Registered Nutritionist
Immediate Past President
Nutrition Society of Malaysia

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Celebrating 40 YEARS of Improving Lives through Nutrition

“
For a healthy *Ramadhan*,
Fuel your fast with
nutrient-rich *Suhoor*,
Replenish wisely at *Iftar*.”



Dr Sharifah Intan Zainun Sharif Ishak
Registered Nutritionist
Life Member, Nutrition Society of Malaysia

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Celebrating 40 YEARS of Improving Lives through Nutrition

“
Let this Deepavali shine
bright with wholesome
foods, mindful portions
and the joy of moderation!”



Dr Shashikala Sivapathy
Registered Nutritionist
Life Member
Nutrition Society of Malaysia

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Volunteer Appreciation Posters – Thank You

THANK YOU

TO OUR NSM VOLUNTEERS **JANUARY – MARCH 2025**

From NSM Nutrition Roadshows 2.0 Management Team

 Chung Ya Ching
  Kee Xiao Hui
  Ng Choon Ming
  Nurul Aleya binti Mohd Arif Leow
  Su Pei Wen
  Tasnim binti Mohd Senusi
  Tee Jia Ying
  Valerie Sarah Ong Shuang Yin
  Wong Jyh Elin

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THANK YOU

TO OUR NSM VOLUNTEERS **APRIL – JUNE 2025**

From NSM Nutrition Roadshows 2.0 Management Team

 Bavani A/P Raja
  Chai Min Er
  Derrick Lu Hong E
  Guoh Jing Kai
  Lee Ee Rong
  Ng Choon Ming
  Nuratiqah Shahirah binti Mohd Affandi

THANK YOU

TO OUR NSM VOLUNTEERS **APRIL – JUNE 2025**

From NSM Nutrition Roadshows 2.0 Management Team

 Nurul Aleya binti Mohd Arif Leow
  Su Pei Wen
  Tan De Hui
  Tasnim binti Mohd Senusi
  Tee Jia Ying
  Valerie Sarah Ong Shuang Yin

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TO OUR NSM VOLUNTEERS **JULY – SEPTEMBER 2025**

From NSM Nutrition Roadshows 2.0 Management Team

 Ang Zheng Feng
  Chong Kar Mun
  Guoh Jing Kai
  Janice Tay Ee Fang
  Kanagadhurragah Sekar
  Mohd Shah bin Kamarudin

THANK YOU

TO OUR NSM VOLUNTEERS **JULY – SEPTEMBER 2025**

From NSM Nutrition Roadshows 2.0 Management Team

 Nur Dhamirah binti Abdul Rahman
  Su Pei Wen
  Tan De Hui
  Tee Jia Ying
  Wong Jyh Elin

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TO OUR NSM VOLUNTEERS **OCTOBER – DECEMBER 2025**

From NSM Nutrition Roadshows 2.0 Management Team

 Amarashri Gunalan
  Kau Ming Er
  Ng Choon Ming
  Nur Faeema binti Mohamed Ameen
  Sanggeatarasi K Santharan
  Su Pei Wen
  Tee Jia Ying
  Wong Jyh Elin

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Social Media Activities for Whole Grain week



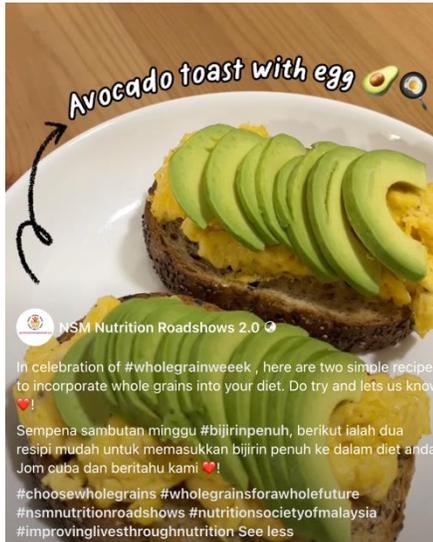
Whole Grain Week 2025
Whole Grains For A Whole Future

17 - 23 November 2025

Join our Activities

- "Add Yours" Activity**
Share your whole grain moments on Instagram Stories!
- NutriFun Quiz**
Test your knowledge about whole grains!

CELEBRATE WHOLE GRAIN WEEK!



Avocado toast with egg

NSM Nutrition Roadshows 2.0

In celebration of #wholegrainweek, here are two simple recipes to incorporate whole grains into your diet. Do try and let us know!

Sempena sambutan minggu #bijirinpenuh, berikut ialah dua resipi mudah untuk memasukkan bijirin penuh ke dalam diet anda. Jom cuba dan beritahu kami!

#choosewholegrains #wholegrainsforawholefuture #nsmnutritionroadshows #nutritionsofmalaysia #improvinglivesthroughnutrition See less



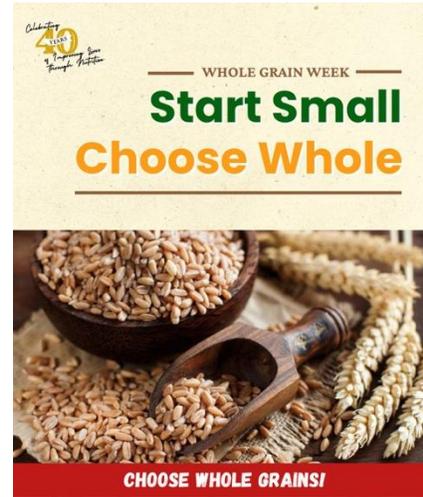
Overnight oats with banana

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In celebration of #wholegrainweek, here are two simple recipes to incorporate whole grains into your diet. Do try and let us know!

Sempena sambutan minggu #bijirinpenuh, berikut ialah dua resipi mudah untuk memasukkan bijirin penuh ke dalam diet anda. Jom cuba dan beritahu kami!

#choosewholegrains #wholegrainsforawholefuture #nsmnutritionroadshows #nutritionsofmalaysia #improvinglivesthroughnutrition See less



WHOLE GRAIN WEEK

Start Small Choose Whole

CHOOSE WHOLE GRAINS!

Improving Lives through Nutrition
NSM Roadshows 2.0 Nutrition Promotion Programme
For more information: www.nutriweb.org.my



WHOLE GRAIN WEEK

Even small changes count

Whole Grains Made Simple
Incorporating whole grains into your daily meals doesn't have to be complicated.

Try these wholegrain foods!

White Rice		→		Brown Rice
White Bread		→		Wholemeal Bread
Pasta		→		Wholemeal Pasta

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WHOLE GRAIN WEEK

Choose more whole grains than refined grains can make a big difference

Why Whole Grains?
Every time you choose whole over refined, you add fibre and essential nutrients, leading to noticeable health improvements over time.

Bran—
Dietary fibre, iron, zinc, and B vitamins

Endosperm—
Carbohydrates
Protein and minerals

Germ—
Vitamin E, unsaturated fatty acids, and B vitamins

Whole Grain Provides Sustained Energy
High fibre content in whole grains slows the breakdown of carbohydrates. This provides gradual release of energy into the bloodstream and also prevents blood sugar spikes after meals.

Beneficial for Heart Health
Soluble fibre in whole grains acts like a sponge, binding to excess cholesterol and removing it from the body.

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WHOLE GRAIN WEEK

Whole grains are more than just brown rice!
Expanding your choices provides new flavours, textures, and a wider spectrum of vitamins and minerals.

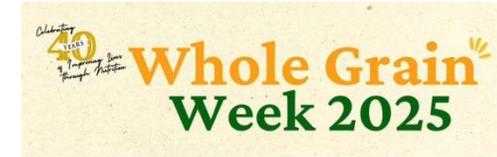
Oat
Versatile whole grain, commonly used to make porridge, overnight oats or can be added into your meals such as smoothies or baked goods.

Black Glutinous Rice
Local whole grain can be enjoyed as a nutritious *hulur*, mixed with rice or used to make dessert or snacks.

Corn
Naturally whole grain food widely eaten fresh, boiled, or added to various dishes such as fried rice, *Kerabu*, *Apam Balik*, and other desserts for extra nutrients and natural sweetness.

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Whole Grain Week 2025

Practical Recipes for Incorporating Whole Grains in Daily Diet

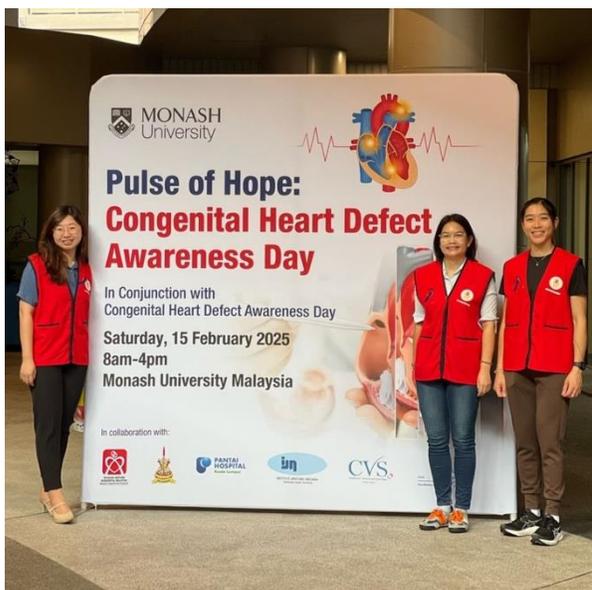
Tasty whole grain ideas you can try today!

Watch Nutritionist Zhi Ling's step-by-step demonstration on how to add more whole grains to your daily meals!

Scan the QR code to watch on NSM's YouTube Channel!

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Community Outreach Roadshow in 2025



15 February 2025

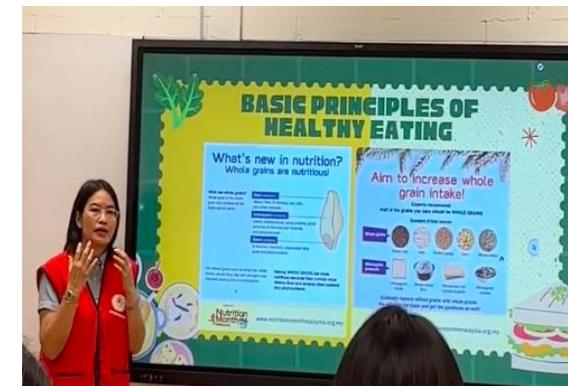
**Pulse of Hope: Congenital Heart Defect Day
Organised by School of Pharmacy,
Monash University Malaysia**

Activities

- Construct own Healthy Plate using Quarter-Quarter-Half concept
- Sharing of Healthy Eating and Active Living tips
- Provided HE-AL magazine to participants



Community Outreach Roadshow in 2025



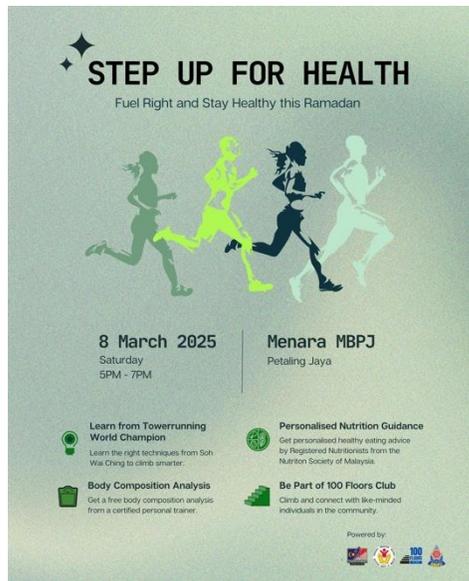
21 February 2025
Clean our Plate 13.0 Project
Organised by AIESEC in Sunway,
Sunway College

Meal Preparation Workshop

Dr Roseline Yap gave a nutrition talk, which covered topics from basic principles of healthy eating, tips to reduce food waste via eating out, grocery shopping, and meal preparation to food safety.



Community Outreach Roadshow in 2025



8 March 2025
Step Up for Health, Organised by
Malaysia Towerunning Association (MTA)
Menara MBPJ

Activities
Brief dietary consultation
Sharing of Healthy Eating tips for Ramadan
Provided HE-AL magazine to participants

Community Outreach Roadshow in 2025



10 May 2025 Collaboration with MTA

Activities:

- 1) Brief dietary consultation
- 2) Quiz: Guess the functions of major food groups

17-18 May 2025 Nutrition Month Malaysia 2025

Activities:

- 1) Construct QQH plate
- 2) Pledge Healthy Nutrition Goal



Community Outreach Roadshow in 2025



31 May 2025
Public Healthy Campaign
'Nourish to Flourish'

Activities:

- 1) Nutrition talk by SH and RY
- 2) Construct QQH plate



Community Outreach Roadshow in 2025

Asian Medical Student Association (AMSA) Health Day 2025



Organised by AMSA, University Kebangsaan Malaysia (UKM)

Theme: Healthy Gut, Healthier You

Saturday
28 JUNE 2025
10AM-5PM

EKOCHERAS MALL
Ground Floor



Visit our booth to learn more about healthy eating and active living, including information on probiotics and prebiotics - from facts to myths!

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28 June 2025 AMSA Health Day 2025 - 'Healthy Gut, Healthier You'

Activities:

- 1) Gut Health and NSM quiz – Average awareness on sources of probiotics and health benefits. Many do not know about prebiotics. Refer to Quiz Results file for full details.
- 2) Construct QQH plate



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Community Outreach Roadshow in 2025



13 July 2025
Herbalife Wellness Fun Day

Activities:

- 1) Gut Health and NSM quiz
- 2) Construct QQH plate
- 3) Sell NSM recipe book



Community Outreach Roadshow in 2025



FOOD = POWER
Discover What Food Does Inside You!

WHAT ARE MACRONUTRIENTS?
CARBOHYDRATES
PROTEIN
FATS

WHAT ARE MICRONUTRIENTS?
VITAMINS
MINERALS

Touch Learning Centre on 25 July 2025

Activities:

- 1) Nutrition screening (height and weight measurements) done on 68 children aged 4-16 years, including 7 teachers.
- 2) NSM intern, Mr. Guoh Jing Kai conducted a simple nutrition lesson on major food groups and the functions using an interactive video
- 3) Drawing activity on Macronutrients and Micronutrients

Community Outreach Roadshow in 2025



Bald and Beautiful 2025 at PPUM on 11 October 2025

Event organised by Paediatrics Student Interest Group, Universiti Malaya Medical Society to create awareness on childhood cancer. We promoted healthy eating and active living via the following activities:

- Quarter-Quarter-Half on the right proportions of food groups
- HE AL Magazine sharing and distribution
- Self-diet assessment using the (Malaysian Healthy Diet Online Survey (MHDOS)



Community Outreach Roadshow in 2025

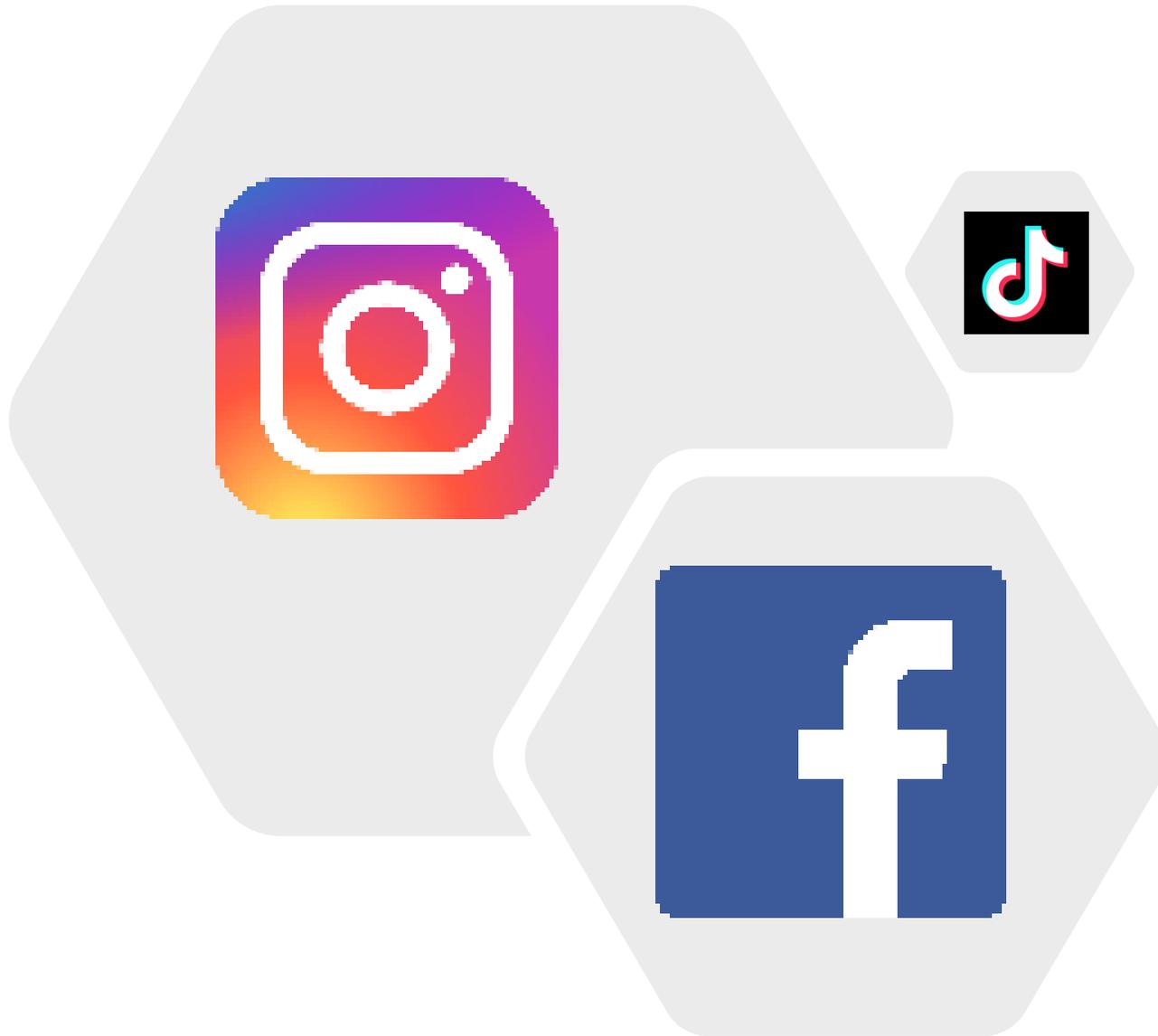


NSM x MTA on 20 December 2025

Good response. Around 60 participants. We promoted healthy eating and active living via the following activities:

- Explanation on the body composition results and dietary consultation
- HEAL Magazine sharing and distribution
- Self-diet assessment using the Malaysian Healthy Diet Online Survey (MHDOS)





Thank You!

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