



# BERITANSM

A Publication of the Nutrition Society of Malaysia

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Issue 2009/2010



## *25 years... Promoting nutrition for life*

Happy 25th Birthday, NSM!

It's been an exciting two-and-a-half decades for the Nutrition Society of Malaysia. From the early days when there was only a small group of nutritionists in the country, to the 600-strong organisation that it is today, the Society has been privileged to witness and be a part of the nation's transformation.

Join our journey into the past and share our unwavering commitment to promoting nutrition for life.

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Due to high costs of mailing, NSM publications (eg 25th Anniversary Commemorative booklet, Malaysian Journal of Nutrition and Berita NSM) will no longer be sent by post. These publications are available as PDF files on NSM website. Members interested in obtaining hard copies should email the President or Hon. Secretary to request for a specific publication.

## A word from the President

### An exciting journey

As you read this, the dust will be just settling from our 25th anniversary celebrations. Though it may be hard to believe that NSM has been going strong for two-and-a-half decades, we should give ourselves a pat on the backs for this achievement. It is the combined efforts of the members, collaborating organisations and the food industry over the years which has made NSM what it is today.

We marked the anniversary at the 25th annual Scientific Conference, in the presence of the most senior officials of the Ministry of Health, namely the Minister of Health YB Dato' Sri Liow Tiong Lai, Director-General of Health Tan Sri Dr Mohd Ismail Merican, and Deputy D-G (Public Health) Dato' Dr Hasan bin Abdul Rahman.

In commemoration of this silver jubilee, we published a special commemorative book and video documentary to document the formation of NSM and its achievements in various aspects of nutrition promotion. The anniversary was also an opportunity for NSM to honour several long-serving members for their contributions to the Society, as well as to recognise the support from NSM's industry partners in nutrition promotion.

Twenty-five years seems like a long time, and yet, it is only a dot in the historical timeline. There is still a long path ahead of us to achieve our goal of strengthening the nutrition profession in the country, furthering nutrition knowledge, and ultimately, benefiting the people with awareness about improving their lives through healthy eating. We must reaffirm our commitment to promoting nutrition for life.



As you will see from this issue of Berita NSM, we are continuing with our efforts to make NSM more relevant than ever in the country's public health landscape. The annual scientific conference remains a key event every year for the exchange of nutrition knowledge and research, while our community initiatives and our collaborations with government, academic and private sectors continue to grow.

You will read all about these, and more, in this issue of Berita NSM. You will also notice that Berita NSM will now cover activities until the middle of the publication year, so that you will be kept up to date with the latest happenings. This current issue reports on activities from January 2009 to June 2010.

I personally believe that, as more nutritionists get involved in NSM, we will evolve into an even more dynamic and effective organisation, complementing the government's vision of a healthier nation, with the same determination, dedication and discipline that have, and will always, define us.

Our 25th birthday may have been celebrated quietly, but our commitment to promoting nutrition for life burns stronger than ever.

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

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## 24th Scientific Conference: Healthy Children, Healthier Nation 26-27 March 2009

Children are the foundation of a healthy community and a progressive nation. When every child in Malaysia is able to survive and thrive, they are better able to fulfil the promise of the country's future.

The passage of childhood is not simply a transition between birth and adulthood – it is a significant period of growth and development, of learning and discovery for children, to which nutrition is central.

At the 24th Scientific Conference of the Nutrition Society of Malaysia in 2009, themed 'Healthy Children, Healthier Nation', children's nutrition issues were discussed during the keynote address, as well as in two symposia dedicated to the theme.

NSM members had the opportunity to share updates on other aspects of nutrition and health during the other symposia, while four budding nutritionists took the stage for the Young Investigator's Symposium. As always, prizes and awards were given out to provide incentives to young nutrition scientists and students for their efforts in research.

The conference, attended by a record 500 participants, was officially opened by YAB Toh Puan Dato' Seri Hjhs Dr Aishah Ong, Chairman of the Malaysian Health Promotion Board.



### YOUNG INVESTIGATORS' SYMPOSIUM WINNERS

#### FIRST PRIZE -

Ong Shwu Chen, Dept of Nutrition and Dietetics, UKM

#### SECOND PRIZE -

Khor Wai Shin, Dept of Nutrition and Dietetics, UKM

#### THIRD PRIZE -

Nurul Diana Aminudin, Dept of Nutrition and Dietetics, UKM

#### CONSOLATION PRIZE -

Yow Bee Charn, Dept of Nutrition and Dietetics, UKM

### POSTER PRIZES

#### FIRST PRIZE -

Herni Hidayah Mohd Paiz, Dept of Nutrition and Dietetics, UKM

#### SECOND PRIZE -

Chai Wei Tze, Dept of Nutrition and Dietetics, UKM

#### THIRD PRIZE -

Fadwa binti Alil, Dept of Nutrition and Dietetics, UKM

#### CONSOLATION PRIZE -

Siti Rafidah Abdul Latip, Dept of Nutrition and Dietetics, UKM  
Mohamad Hasnan Ahmad, Dept of Nutrition and Dietetics, UKM  
Yau Mee Yun, Dept of Food Science and Nutrition, UCSI University

## NSM Prizes 2009



### NSM PRIZES 2009

#### POSTGRADUATE PRIZES

Dr Razalee Sedek (PhD thesis), Dept of Nutrition and Dietetics, UKM

Dr Soo Kah Leng (PhD thesis), Dept of Nutrition and Dietetics, UPM

Zulfitri Azuan bin Mat Daud (MSc thesis), Dept of Nutrition and Dietetics, UKM

Syahida bt Maarof (MSc thesis), School of Chemical Sciences and Food Technology, UKM

Dan Siew Peng (MSc thesis), Dept of Nutrition and Dietetics, UPM

#### UNDERGRADUATE PRIZES

Farah Wahida Za'abar, Dept of Nutrition and Dietetics, UPM

Leong Siau Fun, Dept of Nutrition and Dietetics, UPM

### NSM BEST STUDENT PRIZES 2009

The NSM Best Student Prizes 2009 were awarded with financial support from Unilever Foods.

#### Best Student Prize Year 1:

- Kuan Lu Yen (UKM)
- Fazlyla Nadya bt Mohd Fadzlan (UKM)
- Choo Yun Lin (UPM)
- Mohd Faez bin Bachok (UPM)

#### Best Student Prize Year 2:

- Koay Hsiao Hoay (UKM)
- Nadrah binti Mohamad Hafizoo (UKM)
- Chua Ee Ying (UPM)
- Nurul Shazini Ramli (UPM)

#### Best All-Round Student Prize Year 3:

- Lee Shing Ling (UKM)
- Nurul Diana bt Aminudin (UKM)
- Nai Xui Li (UPM)
- Ungku Fahin Amir Ungku Ibrahim (UPM)



## 25th Scientific Conference: Start Young 25-26 March 2010

### YOUNG INVESTIGATORS' SYMPOSIUM WINNERS

#### FIRST PRIZE

Pang YL, Dept of Nutrition and Dietetics, UKM

#### SECOND PRIZE

Chua EY, Dept of Nutrition and Dietetics, UPM

#### THIRD PRIZE

Thirukkanesh S, Dept of Nutrition and Dietetics, UKM

#### CONSOLATION PRIZE

Choong S, Dept of Nutrition and Dietetics, UPM

Koay HH, Dept of Nutrition and Dietetics, UKM  
Devebra Andira Mawar, Dept of Nutrition and Dietetics, UPM

### Poster Prizes

#### FIRST PRIZE

Fatihah Fadil, Dept of Nutrition and Dietetics, UKM

#### SECOND PRIZE

Nurul Ain Sarjuni, Dept of Nutrition and Dietetics, UPM

#### THIRD PRIZE

Shareena Delaila Mohd Samin, Dept of Nutrition and Dietetics, UPM

#### CONSOLATION PRIZES

Abu Hanifah Sulong, Dept of Nutrition and Dietetics, UKM  
Kew Zhi Kin, Dept of Nutrition and Dietetics, UPM  
Mak Pei Wen, Dept of Nutrition and Dietetics, UPM  
Nazihah Mohd Pikeri, Dept of Nutrition and Dietetics, UPM  
Celciar Hor Chye Yuin, Dept of Nutrition and Dietetics, UKM  
Huang Suong Yii, Dept of Nutrition and Dietetics, UPM



## NSM PRIZES 2010

### POSTGRADUATE PRIZES

Barakatun Nisak Mohd Yusof (PhD thesis),  
Dept of Nutrition and Dietetics, UKM

Hasnah Haron (PhD thesis), Dept of  
Nutrition and Dietetics, UKM

Norsharina Ismail (MSc thesis), Dept of  
Nutrition and Dietetics, UKM

### UNDERGRADUATE PRIZES

Nurul Jannah Ahmad, Dept of Nutrition  
and Dietetics, UKM

Sim Yeo Yui, Dept of Nutrition and  
Dietetics, UKM

Nurliyana binti Abdul Razak, School of  
Food Science and Nutrition, Universiti  
Malaysia Sabah



## Malaysian Journal of Nutrition

2010 marks the 15th anniversary of the publication of the Malaysian Journal of Nutrition (MJN). Originally envisaged as a definitive publication on local nutrition research, MJN now also incorporates findings from outside Malaysia, and is cited in Scopus and other databases.

In 2009 and the first half of 2010, three issues of MJN were published: Vol 15, Nos 1 & 2; Vol 16, No 1.

Vol 15, No 1 featured a contribution from Dr Mario Capanzana, Director of the Food and Nutrition Research Institute, the Philippines, on the 5th Asian Conference on Food and Nutrition Safety (3-7 November 2008). The ACFNS, held once every four years since 1991, is a recognised regional scientific forum to review, discuss and address the science that ensures safety of food and water supply. Dr Capanzana provided a comprehensive overview of the conference, highlighting the issues covered in each plenary session.

The same issue featured local research articles, as well as international contributions from Iran, India and Nigeria.

In Vol 15, No 2, the featured editorial was contributed by Professor Elizabeth George from Universiti Putra Malaysia, who wrote about the clinical presentation of anaemia. The topic is significant in nutrition, as iron deficiency is the most common nutritional deficiency in the world.

This issue also featured articles on 'Body Mass Index of Adults: Findings of the Malaysian Adult Nutrition Survey (MANS)' by Azmi MY, et al, and 'Nutritional Status of Children below Five Years in Malaysia: Anthropometric Analyses from the Third National Health and Morbidity Survey III (NHMS, 2006)' by Khor GL, et al.

The first issue of 2010 (Vol 16, No 1) was published in March 2010, with a guest editorial by Dr Chong Yoon Hin, Founding President of NSM commemorating the 25th anniversary of NSM, as well as the 15th anniversary of MJN. In this editorial, Dr Chong reminisced about the society's beginnings and the changing scene of nutrition over the past 52 years.

Other articles published in this issue include 'Breast Milk Immunoprotection and the Common Mucosal Immune System: a Review', 'Messages of the Newly Proposed Malaysian Dietary Guidelines: Do Adults in Kuala Lumpur Understand Them?' and 'Comparison of Food Choice Motives between Malay Husbands and Wives in an Urban Community'.

MJN is indexed in the West Pacific Region Index Medicus and Elsevier's database of the Scopus, EBiology and ECare. All MJN articles are available on the website in PDF format. Visit [www.nutriweb.org.my/publications/mjn](http://www.nutriweb.org.my/publications/mjn)

# Guide to Healthy Eating

NSM collaborated with Nestle Malaysia to produce four leaflets based on the revised Malaysian Dietary Guidelines (MDG), which was launched by the Minister of Health in March 2010, in conjunction with the 25th NSM Scientific Conference.

The revised edition of the MDG has been rewritten to provide culturally sensitive dietary advice based on habitual dietary patterns of the communities, and makes recommendations based on the newly developed Recommended Nutrient Intakes for Malaysians.

The 14 key messages of the MDG have been condensed into practical, easy-to-digest tips in the following tri-lingual (English, Bahasa Malaysia and Chinese) leaflets.



**Meet Your Nutritional Needs** – Through balance, variety and moderation Eating is something Malaysians love very much, but we have to watch our eating habits because what and how we eat today will determine our health in the future.

**Eat Healthy, Be Healthy** – Reduce your risk of diet-related chronic diseases Heart disease, high blood pressure, diabetes and cancer are all on the rise, due to unhealthy lifestyles. A healthier diet and regular physical activity will build a better defense against these diseases.

**Smart Planning & Shopping Tips** – Your family's nutrition is in your hands Meal planning helps people provide their family with varied meals that are nutritious, healthy and tasty.

**Great Nutrition Tips** – For health and wellness Good nutrition is the cornerstone of wellness. The Malaysian Dietary Guidelines' 14 key messages are practical tips that can be adopted as part of a daily, healthy routine.





## ILSI-NSM Polyphenol Symposium

On 22-23 June 2009, the International Life Sciences Institute (ILSI) Southeast Asia Region and NSM co-hosted a symposium on 'Plant Polyphenols: Nutrition, Health and Innovations' in Kuala Lumpur.

In the past decade, there has been increasing interest in polyphenols – antioxidants found in many foods – and their role in the prevention of chronic degenerative diseases, such as cardiovascular disease and some cancers. With the scientific evidence to suggest that polyphenols perform important roles in the body, the food industry is also investing in research and development to meet consumers' health demands through innovative products.

Recognising the tremendous potential of this area of research, ILSI SEA and NSM brought together a group of experts to discuss the opportunities and challenges in better understanding polyphenols.

The two-day seminar featured a full programme, with 26 presentations by local and international scientists from academia and the industry.

The plenary sessions were broken down into discussions of polyphenols in specific food types, namely tea, coffee, nuts and seeds, cocoa and chocolate, soy, as well as Asian fruits, vegetables and spices. Under these diverse food types, the presentations covered an extensive range of topics, including the roles and functions of specific polyphenols, their benefits in the management of certain diseases, application to food products, as well as consumer and regulatory needs.



## 19th International Congress of Nutrition

The volatility of food and oil prices, compounded by the global economic downturn, presents a double threat to the world's population, particularly the poor and un employed. As a result, there will be more hungry people in the world – which places more pressure on countries to make a greater effort towards achieving the first Millennium Development Goal, which is reducing poverty and hunger.

The 19th International Congress of Nutrition (ICN), held from 4-9 October 2009, in Bangkok, Thailand, was themed 'Nutrition Security for All', reflecting the importance of equity in nutritional well-being and underlining the challenge of sustainability and ensuring adequate intake and utilisation of nutritious and safe food for every citizen of the world. The scientific program was divided into four cascades covering a broad range of topics: scientific-based knowledge in nutrition as integrative sciences; model in nutrition and food-based strategies; integrating agriculture, food systems, indigenous cuisines and diet quality; as well as application of knowledge to policy formulation, problem-solving, disease prevention and health promotion.

More than 4,000 participants and scientific exhibitors around the world attended the 19th ICN, which saw over 300 internationally-renowned experts sharing the latest knowledge in nutrition science.

Sixteen NSM members participated in the Congress, supported by special subsidies from the Society.

# An Unwavering



Since its establishment in 1985, the Nutrition Society of Malaysia has contributed significantly towards defining the understanding and practices of nutrition in this country. From its modest beginnings, the Society has now come to be highly regarded as the principal professional body in nutrition.

2010 marks the Society's silver jubilee. How far have we come in the past 25 years, and how will we chart the path ahead?

Several senior and young members reflect on the Society's achievements and share their vision for the future:

# Commitment



*"It is my hope that the Society will continue to play a leadership role in championing nutrition in all its spheres of influence."*

**- Dr Chong Yoon Hin, Founding President, 1985-1993**

*"I personally believe that, as more nutritionists get involved in NSM, we will inevitably evolve into an even more dynamic and effective organisation."*

**-Dr Tee E Siong, President, 2010-2012**

*"Whether at home or abroad, NSM is now gaining due recognition. I urge the younger generation of nutritionists to step up and start playing a role in shaping the Society's future."*

**-Prof Dr Mohd Ismail Noor, Vice-President, 2010-2012**

*"I envision NSM as a resource centre for both professionals and the public to engage in anything relating to food, health and nutrition."*

**-Tan Sue Yee, Council Member, 2010-2012**

*"NSM members should do more and play a bigger role in educating the public about nutrition."*

**-Dr Yasmin Ooi, nutritionist, Universiti Malaysia Sabah**

## Awarding contributions and support



In recognition of their contributions to the foundation and continuous growth of the Society, six senior members of the Society were honoured with the NSM Outstanding Contributions Award, which was awarded by the Minister of Health YB Dato' Sri Liow Tiong Lai at the launch of the 25th Scientific Conference and Silver Jubilee celebrations.

The recipients of the award were:

- Dr Chong Yoon Hin
- Prof Dr Mohd Ismail Noor
- Dr Tee E Siong
- Prof Dr Khor Geok Lin
- Assoc Prof Dr Zaitun Yassin
- Assoc Prof Dr Tony Ng Kock Wai

The Society also took this opportunity to mark its appreciation towards its longtime supporters from the industry, who have collaborated with NSM over the years and supported us in our efforts to promote nutrition and healthy eating to the public.

The Partners in Nutrition Promotion awards were given to:

1. Abbott Nutrition Malaysia
2. Beneo Asia Pacific
3. Cotra Enterprises Sdn Bhd
4. Danone Dumex (M'sia) Sdn Bhd
5. Dutch Lady Milk Industries Berhad
6. F&N Beverages Marketing Sdn Bhd
7. Fonterra Brands (M'sia) Sdn Bhd
8. GlaxoSmithKline Consumer Healthcare Sdn Bhd
9. Kraft (M) Sdn Bhd
10. Malaysian Palm Oil Council
11. Mead Johnson Nutrition Malaysia/Singapore/Brunei
12. Nestlé Malaysia Berhad
13. PepsiCo (M) Sdn Bhd
14. Roche (M) Sdn Bhd
15. Unilever (M) Holdings Sdn Bhd
16. Yakult (M) Sdn Bhd



## A page in history

25th anniversary commemorative book and documentary

When history is not documented, it becomes lost in faded photographs and forgotten memories.

Not wanting this to be the fate for NSM's history, a 25th anniversary commemorative book and video was put together to mark the Society's silver jubilee celebration. These are not only an effort to put NSM's story on record, but also an opportunity to share the Society's journey with all members.

While the voices of experience shared their perspective of NSM's contributions to the country, a few fresh, new voices also shone a light on the way ahead and how they envisioned their future leadership roles.

More than just old photographs and a walk down memory lane, this book and documentary video contain important accounts of the Society's initiatives and achievements to advance nutrition science and public health awareness in the past 25 years.

### 13th NSM Council



At the 25th Annual General Meeting held on 26 March 2010, the 13th Council for 2010-2012 was elected.

We welcome the new Council member, Ms Tan Sue Yee, and record our appreciation to Dr Hazizi Abu Saad for his service in the previous council.

Office-bearers for the 13th NSM Council (March 2010-March 2012)

President

Vice President

Honorary Secretary

Honorary Treasurer

Assistant Honorary Secretary

Council Members

Honorary Auditors

Dr Tee E Siong

Prof Dr Mohd Ismail Noor

Assoc Prof Dr Norimah A Karim

Assoc Prof Dr Zaitun Yassin

Mr Mahenderan Appukutty

Dr Tony Ng Kock Wai

Dr Mohd Nasir Mohd Taib

Datin Dr Safiah Mohd Yusoff

Ms Tan Sue Yee

Assoc Prof Dr S Vellayan

Assoc Prof Dr Amin Ismail



## Healthy eating...starting with the kids!

Raising healthy children is a continuous process and nutrition is one of the most fundamental concerns of childhood. Recognising this, Nutrition Month Malaysia from 2009 to 2011 will focus on improving the nutritional status of Malaysian children by bringing the important message of child nutrition to the forefront. This three-year plan began in 2009, focusing on pre-schoolers and toddlers between ages 2 and 6.

NMM 2009 kicked off with a 2-day carnival on 4-5 April 2009 in Mid Valley Megamall, Kuala Lumpur, officiated by YAB Toh Puan Dato' Seri Hj Dr Aishah Ong, Chairman of the Malaysian Health Promotion Board, which is a new partner in NMM for 2009.



The festivities also saw the launch of three educational publications containing key messages about childhood nutrition for the public: 'Raising Healthy Eaters' guidebook, 'Easy Nutrition Planner' and a recipe book.

A seminar was held on 25 April for pre-school and kindergarten teachers, to guide them in promoting healthy eating for children through their daily care and education of toddlers. At this seminar, participants each received a DVD to help them teach simple nutrition messages to pre-schoolers.

Malaysians also heard about NMM 2009 through a series of Bahasa Malaysia, English and Chinese press articles on child nutrition, radio and television interviews, and state-level nutrition promotion activities.

The activities of NMM 2009 are in line with the objective of the programme to promote greater awareness and practice of healthy eating in support of the Government's efforts to build healthy families as the cornerstone for a healthy nation.

The Nutrition Month Malaysia programme is a collaborative effort between fellow professional bodies, namely, NSM, Malaysian Dietitians Association, and Malaysian Association for the Study of Obesity, with the support of Family Health Development Division of the Ministry of Health. First launched in 2002, the programme is now in its eighth year.

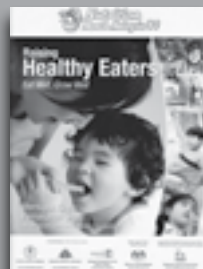






**Creative Recipes with Bread**

A recipe book with easy-to-do bread recipes suitable for children, which can be used by parents to get children involved in preparing food at home. There are also simple nutritional facts and tips about bread.



**Raising Healthy Eaters – A Guidebook**

This book contains expert advice and information to help parents address their concerns when it comes to feeding children well. The book covers nutrition basics, meal planning, solutions for common feeding problems, food safety issues, answers to frequently asked questions and growth charts for children.



**Easy Nutrition Planner for Caring Mums**

The smart mum's guide to good nutrition aims to help parents easily prepare healthier meals for children. The planner contains menu plans, shopping guides, cooking tips and recipes – all practical guidance that will make a difference at home.



**Nurturing Healthy Eating Habits**

A DVD in Bahasa Malaysia that contains simple nutrition messages that kindergarten teachers can impart to toddlers and pre-schoolers. The DVD contains worksheets that teachers can use as activities following the DVD lessons.



## Healthier tomorrow, begins today!

From the focus on pre-schoolers and toddlers in 2009, Nutrition Month Malaysia moved on to primary school children in 2010.

The primary school-age is when children become more independent, active and exposed to new food choices outside of the home. These years present a small window of opportunity for parents to start instilling lifelong healthy eating habits in their young children.

The highlight of NMM 2010 was the carnival themed ‘‘Healthy Children, Healthier Nation – Start Young’’ in Mid Valley Megamall. The carnival was launched by the Chairman of Nutrition Month Malaysia, Dr Tee E Siong, along with the President of Malaysian Association of the Study of Obesity (MASO), Professor Dr Mohd Ismail Noor and the Honorary Assistant Secretary of Malaysian Dietitians’ Association, Ms Indra Balaratnam.



The carnival showcased family activities, including free screenings for Body Mass Index (BMI), blood pressure, blood cholesterol, blood glucose and body fat. Parents also had the opportunity to gain expert advice and insights on healthy eating and living from nutritionists and dietitians. Apart from that, families and children were taught nutrition basics in a fun interactive way through games and activities at the NutriActive Corner.



As part of NMM 2010’s focus on primary school children, a NutriFun School Roadshow was conducted in 95 schools in Klang Valley from April to June 2010. During these roadshows, simple nutrition messages were imparted to children through distribution of the ‘Kembara Alam Sam’ comic book, other kids’ educational collaterals, and story-telling sessions. A scrapbook contest, ‘Buku Skrap Sihatku’, was also held to encourage children to describe their meals and daily activities over a one-week period.

Pre-schoolers were not forgotten in NMM 2010, as 100 sessions of a kindergarten roadshow around Klang Valley took place in continuation of last year’s activities. Through these roadshows, the ‘Nurturing Healthy Eating Habits’ DVD and worksheets were disseminated to the children.

Following in past years’ tradition, educational press articles and advertorials were also published from April to July, covering a range of topics from nutrition for primary school children to healthy digestive systems, probiotics, making meals fun and many more.





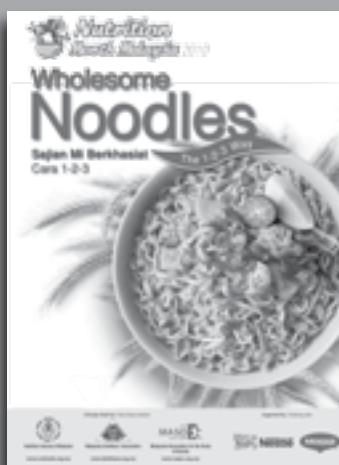
### Smart Nutrition for Growing, Active Kids – Guidebook

A 'sequel' to 2009's guidebook, 'Smart Nutrition for Growing, Active Kids' provides more information and tips about nutrition, meal planning, healthy cooking and healthy eating to help parents inculcate good habits in their children. This book is tailored to the developmental stage and activities of primary school children.



### Kembara Alam Sam – Children's comic book

A children's comic book in Bahasa Malaysia, Kembara Alam Sam follows the adventures of Sam and Lina who get 'trapped' in mysterious lands and have to solve puzzles to find their way home. Through these puzzles and adventures, they learn about the food pyramid, healthy eating habits and the importance of being active.



### Wholesome Noodles: The 1-2-3 Way

This recipe book capitalises on Malaysians' love for instant noodles, a convenient meal that comes in handy with people's hectic lifestyles today. This book provides basic nutritional information about instant noodles and the recipes will help the readers turn this instant food product into healthy, wholesome meals that provide a variety of nutrients.

## Young Women@Heart

The Women@Heart programme, a collaboration between NSM and the Ministry of Women, Family and Community Development, was re-energised in 2010. The third phase of the programme is targeted at female adolescents and youths, aptly titled "Young Women@Heart".

A seminar was held on 17 January 2010 in Universiti Putra Malaysia to reach out to young female students from UPM and Universiti Tenaga Nasional (UNITEN).

300 students from non-health-related faculties of the universities attended the seminar, eager to learn more about their health and nutrition. The participants had their Body Mass Index measured, had their blood screened for glucose and cholesterol, and tested their bone density.

The seminar featured three speakers: Assoc Prof Dr Mirnalini Kandiah, who spoke on prevention of cancer; Dr Wong Teck Wee, who gave a talk about stress management; and Assoc Prof Norimah Karim, whose presentation was about body image and health.



## Got milk?

Is it a bus? Is it a milk truck? It's both!

In 2009, NSM collaborated with Dutch Lady Malaysia to launch the NutriBus™, a mobile educational vehicle that is part of a community project to create awareness about good nutrition through the promotion of milk.

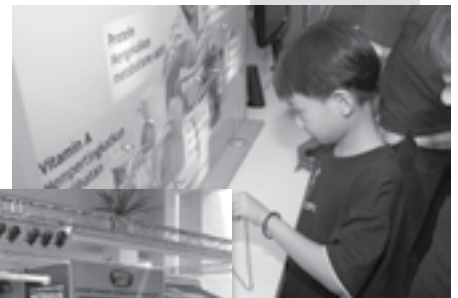
NutriBus™ was launched on 31 May 2009, in conjunction with World Milk Day. Following the fun-filled launch, the bus went around peninsula Malaysia for 10 months, visiting 120 sub-urban and sub-rural locations.

During these roadshows, the bus is transformed into a fun, interactive learning centre for children and adults. Members of the public can learn about their BMI, get free nutrition advice from qualified nutritionists, as well as play games to gain information about nutrition and win prizes.

To complement the NutriBus™ roadshow, NSM and Dutch Lady are also conducting a study to gain insights into the mindset and practices of caregivers of children aged between 4-6 years old towards nutrition and health eating habits.

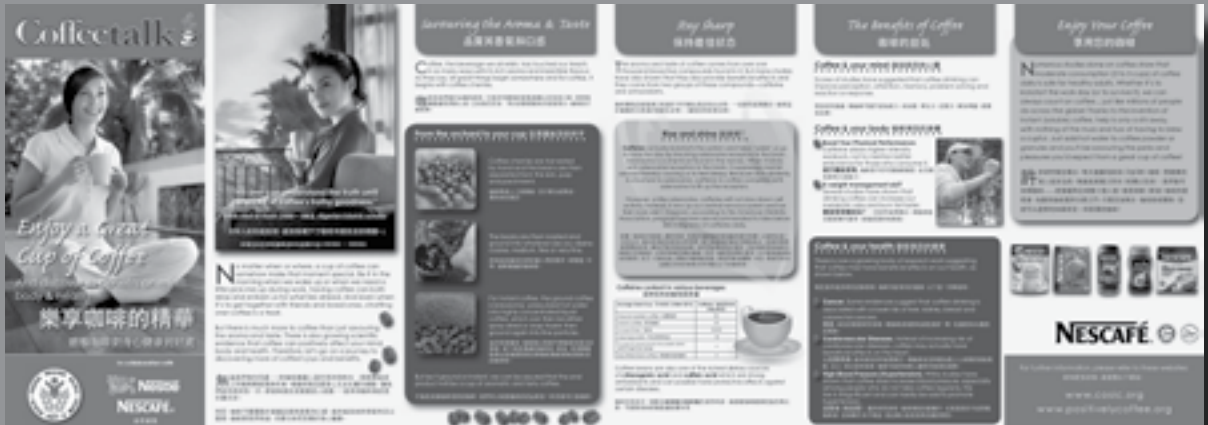
The data are collected during the NutriBus™ roadshow from members of the public who fit the criteria, using questionnaires developed by the NSM expert panel. The study will continue throughout 2010.

The expert panel of this study is led by Dr. Mohd Nasir Mohd Taib (UPM), Assoc Prof Dr Norimah A. Karim (UKM) and Dr. Hazizi Abu Saad (UPM), and supported by two research assistants.





# Let's talk about coffee



Coffee is a much-loved beverage among Malaysians, but there are many misconceptions about its nutritional qualities.

To address these conflicting beliefs about coffee, NSM collaborated with Nestle Products Sdn Bhd on the 'Coffee Talk' campaign to inform the public about current scientific positions on coffee, and to highlight its potentially beneficial effects on health as well as on cognitive and physical performance.

A series of four press advertorials in three languages (English, Bahasa Malaysia and Chinese) was published in major newspapers, and a tri-lingual leaflet was produced. These press advertorials and leaflet explored the characteristics of coffee, its effect on physical and cognitive performance, as well as the current scientific positions on the relationship between coffee and common chronic diseases.

NSM hopes to reassure the public that moderate amounts of coffee can be enjoyed as part of a healthy lifestyle that includes regular physical activity and sensible eating habits.



## Malaysian Dietary Guidelines

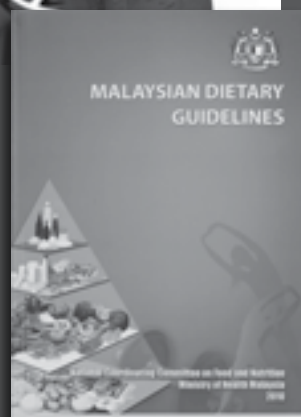
In March 2010, the Ministry of Health launched the revised Malaysian Dietary Guidelines (MDG), which was developed with input from several NSM council members.

This revised version improves on the first edition, which was produced in 1999. In the last decade, however, changes in dietary patterns and lifestyles of Malaysians, coupled with the increasing prevalence of diet-related chronic diseases and new developments in nutrition science, prompted a review and update of the guidelines.

The revised MDG is primarily aimed at healthcare providers to assist them in educating the public and promoting healthy eating towards achieving the National Plan of Action for Nutrition of Malaysia.

Prof Dr Mohd Ismail Noor chaired the Technical Working Group on Nutritional Guidelines, and the NSM members involved in the TWG were Dr Tee E Siong, Assoc Prof Dr Tony Ng, Dr Mohd Nasir Mohd Taib, Assoc Prof Dr Norimah A, Karim and Assoc Prof Datin Dr Safiah Mohd Yusof.

The MDG was launched at NSM's 25th Scientific conference, to capitalise on the presence of a large number of nutritionists from around the country.



## Healthier Choice Logo programme

The Ministry of Health initiated 'Healthier Choice' logo programme in 2006, in which the NSM is involved. However, the programme has been put on hold for further review by the Ministry.

## School Canteen programme

The School Canteen programme is a Ministry of Health programme in collaboration with the Ministry of Education, NSM, Malaysian Association for the Study of Obesity and several universities.

In 2008, pilot projects were launched in schools in Penang, Malacca and Putrajaya. Following the completion of data collection and analysis, a final report is being prepared.

Dr Mohd Nasir Mohd Taib represents NSM in the Technical Working Group.

## Allied Health Profession Bill 200\_

The proposed Allied Health Professional (AHP) Bill is to ensure that Nutrition Science is practised by appropriately qualified professionals. Only graduates from university programmes that provide adequate training to enable them to carry out the required roles shall be recognised for registration as a Nutritionist under the proposed AHP.

NSM was requested by the Ministry of Health Malaysia to recommend university degrees that can be recognised for registration (i.e. the registrable qualifications) as a Nutritionist under the proposed AHP Bill.

Under the committee set up by the NSM Council, several meetings have been held to look at the nutrition curriculum of the various IPTA offering BSc in nutrition and related disciplines. The committee has reviewed the requirements and training needed for graduates, and has submitted these recommendations to the drafting group of the Bill. NSM is represented in this drafting group by Mr Mahenderan Appukutty, who took over from Assoc Prof Dr Tony Ng from September 2009.

Visit [www.nutriweb.org.my](http://www.nutriweb.org.my) to read the details of how NSM arrived at the recommended registrable degrees.

## Ministry of Health sub-committees

NSM members continued to participate in various sub-committees under the Ministry of Health. Prof Dr Mohd Ismail Noor represents NSM in the Technical Advisory Committee on Food Regulations, which considers recommendations from the various Expert Groups of the MoH and approves regulations based on these recommendations.

Assoc Prof Dr Amin Ismail represents NSM in the Codex National Sub-Committee on Nutrition and Foods for Special Dietary Uses. This sub-committee discusses agenda items and prepares national position papers for meetings of the Codex Committee on Nutrition and Foods for Special Dietary Uses.

Assoc Prof Dr Amin also attended the 'Mesyuarat ke-8 Majlis Keselamatan Makanan dan Pemakanan Kebangsaan (MKMPK)' at the Ministry of Health on 19 November 2009, during which several proposed papers related to food safety and nutrition were discussed.

## Nutrition Promotion Technical Working Group

The Technical Working Group on Nutrition Promotion is one of the working groups under the main body of the National Coordinating Committee on Food and Nutrition (NCCFN), and is chaired by Pn Rokiah Don, Ministry of Health. The main aim of this TWG is to integrate efforts and work collectively with government, NGOs and the private sector in promoting healthy eating among the public.

NSM is represented by Dr Hazizi Abu Saad, then-NSM Council member.

## Diary of Conferences and Seminars

### 2010

#### 15th World Congress of Food Science and Technology

22-26 August, Cape Town, South Africa  
Website: <http://www.iufost2010.org.za/>

#### XV International Congress of Clinical Nutrition

19-22 September, Sokhna Resort, Egypt  
Contact: [egcairouw@yahoo.com](mailto:egcairouw@yahoo.com)

#### ILSI Seminar and Workshop on Nutrition Labelling, Claims and Communication Strategies for the Consumers

20-21 September, Kuala Lumpur, Malaysia  
Contact: [ilsisea@singnet.com.sg](mailto:ilsisea@singnet.com.sg) or  
[nutrihealth.tes@myjaring.net](mailto:nutrihealth.tes@myjaring.net)

#### 14th Commonwealth International Sport Science Congress

27 to 30 September 2010, Faridabad (NCR Delhi), Delhi (NCR), India  
Website: <http://www.cissc2010.org/>

#### 1st Regional Health Sciences and Nursing Conference

12 to 14 October 2010, Shah Alam, Selangor, Malaysia  
Website: <http://fsk.uitm.edu.my/rhsnc/>

#### Universiti Sultan Zainal Abidin Conference on Wellness

23 to 25 October 2010, Kuala Terengganu, Terengganu, Malaysia  
Website: <http://www.unisza.edu.my/ucw2010/>

#### Diabetes Asia 2010 Conference & Workshop

6-10 October, Kuching, Sarawak, Malaysia  
Website: <http://www.dac2010.com/> or  
<http://www.nadidiabetes.com.my/>

#### ILSI Symposium on Nutrition & Cognition

19-21 October, Kuala Lumpur, Malaysia  
Contact: [nutritioncognition@ilsisea.org.sg](mailto:nutritioncognition@ilsisea.org.sg) or  
[nutrihealth.tes@myjaring.net](mailto:nutrihealth.tes@myjaring.net)

#### AICR 2010 Annual Research Conference: Food, Nutrition, Physical Activity and Cancer

October 21 & 22, Washington, DC  
Website: <http://www.aicr.org/site/PageServer>

#### American Dietetic Association Food and Nutrition Conference and Expo

6-9 November, Boston, USA  
Website: <http://www.eatright.org/>

#### 5th Asian Congress of Dietetics

10-12 November, Bangkok, Thailand  
Website: <http://www.acd2010.org/welcome.html>

#### 3rd Annual International Conference: Physical Education Sport and Health

19 to 20 November 2010, Pitesti Romania, Arges, Romania  
Website: <http://efsupit.ro/>

#### 14th Asia Oceania Congress of Endocrinology

2-5 December, Kuala Lumpur, Malaysia  
Website: <http://www.aoce2010.com/>

### 2011

#### 2nd Regional Conference on Nutrition in Obstetrics & Gynaecology

4-6 March, Kuala Lumpur, Malaysia  
Website: <http://www.ogsm.org.my/>

#### 26th Scientific Conference of the Nutrition Society of Malaysia

24-25 March, Kuala Lumpur, Malaysia  
Contact: [president@nutriweb.org.my](mailto:president@nutriweb.org.my)

#### 7th Asia-Pacific Conference on Clinical Nutrition

5-9 June, Bangkok, Thailand  
Website: <http://www2.kenes.com/apccn/Pages/Home.aspx>

#### XI Asian Congress of Nutrition 2011

13-16 July, Singapore  
Contact: [acn2011@ams.edu.sg](mailto:acn2011@ams.edu.sg)

#### ICNFS 2011 : International Conference on Nutrition and Food Sciences

August 24-26, Tokyo, Japan  
Website: <http://waset.org/conferences/2011/japan/icnfs/>

#### 11th FENS European Nutrition Conference

26-29 October, Madrid, Spain  
Website: <http://www.fensweb.eu/>

#### 21st Asia Pacific Cancer Conference 2011 (APCC)

10-12 November, Kuala Lumpur, Malaysia  
Website: <http://www.apcc2011.com/>