



The official opening of the 9th Asia Pacific Conference on Clinical Nutrition (APCCN); graced by Datuk Dr Lokman Hakim Sulaiman, Deputy Director General of Health, Ministry of Health Malaysia (second from right). With him are (right to left): Professor Mark Wahlqvist, Dr Tee E Siong and Professor Khor Geok Lin.

## 9th Asia Pacific Conference on Clinical Nutrition

26-29 January 2015, Kuala Lumpur



In 2013, the Nutrition Society of Malaysia was entrusted by the Asia Pacific Clinical Nutrition Society (APCNS) to organise the 9th Asia Pacific Conference on Clinical Nutrition, the biennial largest clinical nutrition scientific meeting in the region. Following an intense 2 years of preparation, with the support of the International Advisors and the Local Organising and Scientific Committees, the NSM hosted the 9th APCCN from 26-29 January 2015 in Kuala Lumpur with an exciting programme featuring updates on all fields of clinical nutrition.

Dr Tee E Siong, President of NSM was Chair of the Organising Committee while Prof Emeritus Khor Geok Lin chaired the Scientific Committee. The theme of the 9th APCCN was: Prevention and management of diseases through the life cycle: the role of nutrition and physical activity.

# Contents

9th APCCN	1
A word from the President	2
30th Annual Scientific Conference	3
Scientific Meetings	7
Collaborations	8
Nutrition Month Malaysia	10
Special Feature	12
Scientific Updates	14
International Networks	16
Community Activities	17
Publications	22
Calendar of Events	24

The contents of Berita NSM shall not be quoted without prior written permission from the Nutrition Society of Malaysia.

Findings and opinions expressed by the contributors in the Berita do not necessarily reflect the views of the Nutrition Society of Malaysia. The Publications Committee is not responsible for any errors contained therein.

Correspondence/contributions for the Berita should be sent to:

Chairman,  
Publications Committee,  
Nutrition Society of Malaysia,  
c/o Division of Human Nutrition,  
Institute for Medical Research,  
50588 Kuala Lumpur.

Fax: 03 - 77287426

Email: [president@nutriweb.org.my](mailto:president@nutriweb.org.my)  
[secretary@nutriweb.org.my](mailto:secretary@nutriweb.org.my)

## A word from the President

### NSM is 30 years young!



Yet another milestone for Nutrition Society of Malaysia in 2015 – the celebration of our 30th year since our inception!

NSM marked this anniversary in a big way, hosting the 9th Asia-Pacific Conference on Clinical Nutrition in January 2015. This was a challenge that the NSM took up without hesitation, with the guidance and assistance of Asia Pacific Clinical Nutrition Society (APCNS) and the Malaysian Convention and Exhibition Bureau (MyCEB).

With this conference, we managed to place NSM on the map of clinical nutrition activities in the region. We received very positive feedback from delegates regarding the conference, the programme, the logistics and the warm reception from the Malaysians.

I express my deepest gratitude to the organising and scientific committees, particularly my colleagues in the 15th Council of the NSM for their unwavering support. We were united in our agreement to bid for the conference and we were united in our efforts in organising the conference over the two-year period.

Nutrition work has now spread to many more public and private universities, and we have built up expertise and experience in several fields of nutrition, including in public health nutrition.

However, NSM's involvement in the 9th APCCN has highlighted the fact that there has to be much more research

and other activities in clinical nutrition in the country. More nutritionists must be encouraged to work in clinical nutrition, while more clinicians should be encouraged to work in the area of nutrition.

There must be champions of clinical nutrition in the country, and I hope that NSM members will be inspired by the success of the 9th APCCN to take up this challenge.

NSM also continued its brisk agenda of activities, particularly in the scientific exchange of knowledge and community nutrition promotion. We held our 30th annual scientific conference and organised, in collaboration with various organisations, scientific updates.

NSM was also tireless in its community programmes, including Nutrition Month Malaysia, the publication of a new recipe book for children and the Uni-Chef competition, just to mention a few. You can read about these programmes and more in the following pages.

I wish my fellow members a happy 30th anniversary and look forward to seeing NSM achieve much more in the coming years!

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

#### NSM Publications Committee

Chairman: Dr Tee E Siong    Members: Prof Dr Norimah A Karim  
Dr Mahenderan Appukutty

Published by: Nutrition Society of Malaysia  
c/o Division of Human Nutrition,  
Institute for Medical Research,  
50588 Kuala Lumpur.

Printed by: Percetakan Skyline Sdn Bhd  
35 & 37, Jalan 12/32B, TSI Business Industrial Park,  
Batu 6 ½ Off Jalan Kepong, 52000 Kuala Lumpur.

Design & layout: Darius Chan ([darius@darius.my](mailto:darius@darius.my))

Dr Tee E Siong (left) with Emeritus Prof Dr Mohd Ismail Noor (left) presenting a token of appreciation to YBhg Datuk Dr Lokman Hakim bin Sulaiman (middle).



## NSM holds its 30th Scientific Conference 2-3 June 2015, Kuala Lumpur

The year 2015 marked another milestone and exciting year for NSM as the society turned 30!

NSM marked its 30th anniversary at its annual scientific conference, themed “Optimal Nutrition for Future Generations”. The conference provided a platform to share research and intervention activities that contribute towards promoting optimal nutrition for future generations. Recognising that undernutrition still exists among some segments of Malaysians, while other groups are faced with the NCDs associated with overnutrition, no stone must be left unturned to look for ways and means to promote future generations of healthier Malaysians.

For the first time during the annual conference, a new session, namely the “Meet-the-Experts” session, was added to the conference agenda. This session provided a platform for young and upcoming nutritionists to ask questions and seek answers to any queries they had about nutrition science and the profession. The panel members were selected from different backgrounds:

public health, academia and the food industry. The panel also touched generally on the Allied Health Profession Bill in order to share their experience in the various fields or settings.

The conference was declared open by YBhg Datuk Dr Lokman Hakim bin Sulaiman, Deputy Director-General of Health (Public Health), Ministry of Health Malaysia. During the official opening ceremony, Datuk Lokman also launched the latest in NSM’s series of recipe books, the “Junior Chef Cookbook” with the 1st Volume entitled “Let’s Play Healthy Cooking”.

The conference was attended by about 300 participants and featured 28 oral presentations by local and international speakers, including the Young Investigators Symposium. More than 130 scientific posters were displayed, covering a wide variety of research topics.

Invited speakers’ presentation slides, as well as the conference abstracts and programme book are available at [www.nsmconference2015.org.my](http://www.nsmconference2015.org.my)

# NSM Postgraduate and Undergraduate Prizes 2015



Winners of Undergraduate Prizes



Winners of Postgraduate Prizes

## Undergraduate Prizes

1. **Wong Yaw Loong**  
"Development and acceptability evaluation of an education module on physical activity for overweight and obese adolescents."  
(Faculty of Health Sciences, UKM)
2. **Rabiatul Adawiah Mamat**  
"Assessment and acceptance of printed nutrition education materials among adults." (Faculty of Health Sciences, UKM)
3. **Teng Chian Yi**  
"Disordered eating and non-disordered eating among male adolescents: comparison of psychological factors, dietary practices and physical activity." (Faculty of Medicine & Health Sciences, UPM)
4. **Ow Yang Yeok Lee**  
"Factors associated with infant growth status at three months old in Seremban, Negeri Sembilan."  
(Faculty of Medicine & Health Sciences, UPM)
5. **Low Pei Kit**  
"Maternal Nutrient Intakes And Awareness On The Importance Of Folic Acid Consumption During Pregnancy In Kota Bharu, Kelantan."  
(School of Health Sciences, USM)
6. **Chong Evien**  
"Teachers' Knowledge, Perception and Acceptance of School Supplementary Feeding Programme or Rancangan Makanan Tambahan (RMT) in Kota Bharu, Kelantan." (School of Health Sciences, USM)

## Postgraduate Prizes

1. **Dr Mohd Redzwan Sabran (PhD thesis)**  
"Aflatoxin Biomarkers in Human Biological Samples and their Potential Reduction By Probiotic Lactobacillus Casei Shirota Strain." (Faculty of Medicine & Health Sciences, UPM)
2. **Dr Mohd Razif Shahril (PhD thesis)**  
"Development, Reliability and Validity of a Dietary Screening Index for Breast Cancer Risk Assessment (MyDIETRISK-BCa)." (School of Nutrition and Dietetics, Faculty of Health Sciences, UniSZA)
3. **Fara Wahida Rezali (MSc thesis)**  
"Personal, Behavioral and Socio-Environmental Factors Associated with Diet Quality Among In-School Adolescents in Kuala Lumpur." (Faculty of Medicine & Health Sciences, UPM)
4. **Fatimah Othman (MSc thesis)**  
"Oxidative Stress: Oxidative DNA Damage, Total Antioxidant Capacity and Selenium Status in Type 2 Diabetes Mellitus Patients and Healthy Subjects." (School of Health Sciences, USM)

## Poster Prizes

### First prize – Nor Izzati Anuar

“Development of a mobile game application (NutriNinjaTM) to promote physical activity and healthy eating knowledge among adolescents” (Faculty of Health Sciences, UKM)

### Second prize – Chai Wen Shin

“Do fruit and vegetable consumption differ in their associated factors?” (Faculty of Medicine & Health Sciences, UPM)

### Third prize – Ow Ji Tsong

“Encapsulation of Lactobacillus acidophilus in tropical fruit juices” (School of Biosciences, Taylor’s University)

### Consolation prize – Lim Chun Wei

“Bioaccessibility of chlorogenic acid (5-caffeoylquinic acid) in selected instant white coffee” (Faculty of Medicine & Health Sciences, UPM)

### Consolation prize – Nur Afiqah Mohd Yusof

“Physical activity status and its associated factors among Malaysian children with epilepsy” (Faculty of Health Sciences, UKM)

### Consolation prize – Nurul Nadia Ahmad

“Quantification of sugar profiles in popular instant premix powder drinks marketed in Malaysia” (School of Health Sciences, USM)

### Consolation prize – Yap Yi Teing

“Effect of cooking on total polyphenol content and antioxidant capacities of mix spices cooking pastes in Malaysia” (Faculty of Health Sciences, UKM)

### Consolation prize – Lim Mei Fen

“Antioxidant capacity, total phenolic content and total flavonoid content of Pluchea indica and its application in biscuits” (Faculty of Medicine & Health Sciences, UPM)

### Consolation prize – Cheong Jia Chic

“Prevalence of constipation among children 1 to 3 years attending child care centers in Selangor and its associated factors (Faculty of Medicine & Health Sciences, UPM)

## Young Researcher’s Symposium Prizes

### First prize – Siti Sabariah Buhari

The H.E.B.A.T! Program: A randomized control trial intervention to combat childhood obesity in Negeri Sembilan, Malaysia (Faculty of Health Sciences, UKM)

### Second prize – Chong Lin Siew

“Prevalence of disordered eating and its associated factors among primary school children in Selangor, Malaysia” (Faculty of Medicine & Health Sciences, UPM)

### Third prize – Wen Yin Siew

“A beneficial influence of omega-3 fatty acid on DXA-derived indices of bone health in healthy postmenopausal Chinese women in Kelantan” (School of Health Sciences, USM)

### Consolation prizes – Nur Nabilla A Rahim

“Factors associated with body weight status among welfare home children in Selangor, Malaysia” (Faculty of Medicine & Health Sciences, UPM)

### Consolation prizes – Lau Xiao Chuan

“Effects of an intensive physical activity education on knowledge, attitude and practices of physical activity in overweight/obese adolescents: A pilot study of C.E.R.G.A.S intervention programme” (Faculty of Health Sciences, UKM)



Winners of Young Researcher’s Prizes



Winners of Poster Prizes

## NSM Publication Prize 2015

Sponsored by Corporate Member of NSM - Fonterra Sdn Bhd (C 1879) for:

### Maternal

**Assoc Prof Dr Hamid Jan Jan Mohamed [L 0776]**  
School of Health Sciences, Universiti Sains Malaysia, Health Campus

For his publication entitled "Maternal Serum and Breast Milk Vitamin D levels: Findings form the Universiti Sains Malaysia Pregnancy Cohort Study" *PLoS ONE* 9(7): e100705. doi:10.1371/journal.pone.0100705

### Dairy

**Prof Dr Khor Geok Lin [L 0006]**  
School of Health Sciences, International Medical University

For her publication entitled "Milk Drinking Patterns among Malaysian Urban Children of Different Household Income Status" *J Nutr Health Sci* 1(4): 405. doi: 10.15744/2393-9060.1.401

### Bone Health

**Chong Kar Hau [L 2015]**  
Nutrition Programme, School of Healthcare Sciences, Faculty of Health Sciences, Universiti Kebangsaan Malaysia

For his publication entitled "Radial Quantitative Ultrasound and Dual Energy X-Ray Absorptiometry: Intermethod Agreement for Bone Status Assessment in Children" *BioMed Research International*, vol. 2015, Article ID 232876, 7 pages, 2015. doi:10.1155/2015/232876

## Election of Datuk Dr Lokman Hakim Sulaiman as Honorary Member

Over the years, the Nutrition Society of Malaysia has witnessed a great number of valiant efforts to enhance the nutritional status among the community. To commend the efforts of these champions, the NSM presents them with honorary membership, which recognises those who have performed distinguished public service, or made meritorious contributions to the field of nutrition, allied professions, or to the Society.

On the occasion of its 30th anniversary, the NSM was pleased to elect Yang Berbahagia Datuk Dr Lokman Hakim Sulaiman, Deputy Director General of Health (Public Health) as an Honorary Member of the Society.

This honour was given in recognition of Datuk Lokman's distinguished service to public health through the Ministry of Health, as well as for his significant contributions to the field of Nutrition, in general, and the NSM, in particular.

## Showcasing 30 years of NSM

Over the last three decades, NSM has organised and participated in a great number of scientific and community activities to promote nutrition in the country.

To commemorate NSM's 30th anniversary, a series of 12 pictorial panels were presented at the 30th scientific conference to showcase NSM's journey and achievements. The panels trace NSM's beginnings, highlight its key milestones and provide a snapshot of its recent programmes.



## 12th Asian Congress of Nutrition

14–18 May 2015, Yokohama, Japan

The double burden of under- and over-nutrition is a serious public health concern today, despite the advances made in nutrition research, education and communication.

The Federation of Asian Nutrition Societies (FANS) continued its mission to promote good nutrition with the 12th Asian Congress of Nutrition, organised by the Japan Society of Nutrition and Food Science (JSNFS) and the Science Council of Japan (SCJ).

Themed 'Nutrition and Food for Longevity: For the Well-Being of All', the 12th ACN could not have been held in a more appropriate country than Japan, which is known for its healthy diet and long life expectancy. However, Japan is also suffering from the same nutrition-related issues that other countries are going through, and the 12th ACN provided a platform for the exchange of knowledge and collaboration between countries.

The full scientific programme featured five plenary lectures, 13 educational lectures, 48 symposia, country and regional reports by FANS members, educational tours as well as oral and poster sessions with nearly 1,500 presentations.

Several members of NSM participated in the ACN and made oral or poster presentations. The President Dr Tee E Siong and Vice-President Emeritus



Professor Dr Mohd Ismail Noor were invited to present the following educational lectures in the Congress, 'Food-Based Dietary Guidelines of Southeast Asia: An Analysis of Key Messages' and 'Obesity Epidemic in Asia: Issues and Challenges' respectively.

Dr Tee also presented a FANS Country Report on 'Nutrition in Malaysia – Issues and Interventions' in which he also highlighted the nutrition promotion programmes of the Nutrition Society of Malaysia.

The 2015 FANS Executive Council Meeting and the FANS General Assembly were also held in conjunction with the 12th ACN, on 14 and 15 May, respectively. Dr Tee and Prof Ismail, as Council Member and Honorary Council Member, respectively, attended both meetings.

## 13th Asian Congress of Nutrition

4–9 August 2019 – Bali, Indonesia

Join the 13th ACN, themed "Nutrition and Food Innovation for Sustained Well-Being"! The conference will explore innovation and leadership in nutrition, while promoting scientific interchange among food, nutrition and health researchers and professionals in Asia and internationally.

For more information, visit <http://acn2019.org/>

## World Salt Awareness Week 2015 and Malaysian Salt Reduction Policy 2015-2020

NSM is represented by Dr Roseline Yap in the committees for the planning of World Salt Awareness Week (WSAW) 2015 in Malaysia and the development of the Malaysian Salt Reduction Policy 2015-2020.

The proposed activities in conjunction with the WSAW include the launch of WSAW in Malaysia and press conference by the Minister of Health, seminars for the media, promotional activities in the form of TV and radio interviews, educational articles in newspapers and magazines, and awareness activities in schools using the 'Doktor Muda' platform.

The document on the Malaysian Salt Reduction Policy 2015-2020, which is being prepared by the NCD Division of MOH, is still a work in progress. Once the draft is completed, it will be distributed to the committee members, including NSM and other stakeholders, for feedback.

## National Plan of Action for Nutrition III (2016-2025)

Pn. Rokiah Don, the Director of Nutrition Division, MOH, chairs this Task Force.

Dr Tee represents NSM while several other Council Members also participated, representing their respective universities. The first Workshop was held from 6-7 September 2014, in Hotel Grand Blue Wave, Shah Alam to review the

achievements of NPANM II (2006-2015). A second workshop was held from 27 February – 1 March 2015 to discuss the “way forward” for NPANM III (2016-2025). Several more workshops shall be organized later in 2015 in order to complete the preparation of the new NPANM before end of the year.

## Allied Health Professions (AHP) Bill

Discussions on the Allied Health Professions (AHP) Bill continued in the year 2014. There are 11 members in this working group and NSM is represented by the President Dr Tee E Siong. The main terms of reference are to assist in the registration and implementation of the AHP regulations that will be gazetted when the Act is passed in Parliament.

The WG has 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 (CPD) of nutritionists is also being prepared. The Committee is also now reviewing the nutrition programmes offered in public and private universities in country.

The CPD points for nutritionists, either in the government or private sector, need to follow the CPD guidelines that have been established by the Division of Allied Health, MOH. The Allied Health Professions (AHP) Bill is still at the legal office for review before being presented to Cabinet. The TWG is currently looking at Nutrition programme curricula from all Institutes of Higher Learning, with the objective of producing a “standard” curriculum to be used as guidance for Institutions offering BSc Nutrition degrees.

## Obesity Task Force

This Taskforce is chaired by Datuk Lokman Hakim, Deputy Director General of Health Malaysia (Public Health). Dr Tee represents NSM while Emeritus Prof Ismail and Prof. Norimah represent MASO and TWG Research, NCCFN, respectively. The Task Force has met twice, with the objective of identifying the “root causes” of obesity in Malaysia and mapping out policy options to combat the problem.



# Eat Right, Move More: Prevent Diabetes from Young!



**N**utrition Society of Malaysia continued its tradition of organising the annual Nutrition Month Malaysia (NMM) celebration, in collaboration with Malaysian Dietitian's Association (MDA), and Malaysian Association for the Study of Obesity (MASO) and with the support of the Ministry of Health.

The year 2015 marked the 14th consecutive year of NMM, with the theme “Eat Right, Move More: Prevent Diabetes from Young”.

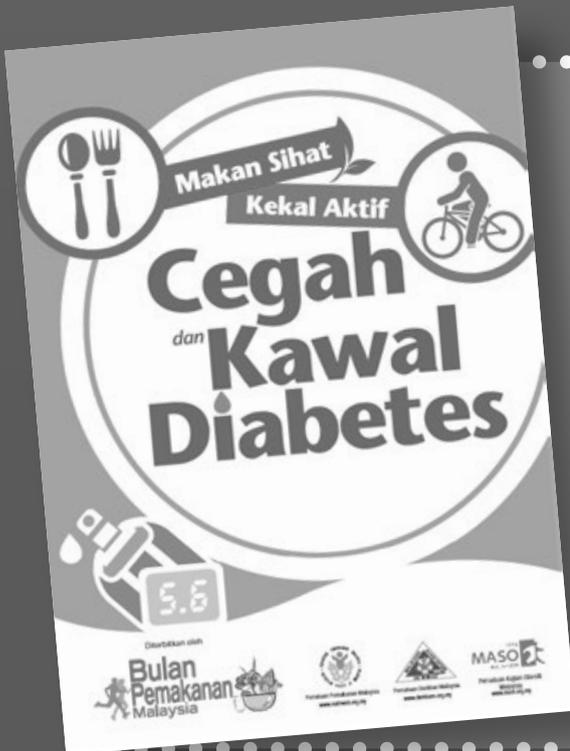
It was launched by Yang Berhormat Datuk Seri Dr Hilmi bin Haji Yahaya , Deputy Health Minister at Paradigm Mall, Kelana Jaya on 29 March 2015. The NMM programme strives to create greater awareness of diabetes and highlight the importance of good nutrition and active lifestyle in every family unit towards diabetes prevention.





## NMM 2015 Activities

NMM 2015 featured a two-day carnival that showcased free nutrition screenings (BMI, blood pressure, blood cholesterol, blood glucose and body fat) and provided free dietary advice by trained professionals as well as many other fun activities and games organised by the sponsors.



## Guide book

A new NMM guide book entitled “Eat Right, Move More: Prevent & Manage Diabetes” was given free to the public. The guide book focuses on diabetes prevention and management, targeting families, high risk individuals and people with diabetes.

## Media and communications

For the whole month, a series of educational articles on diabetes awareness, nutrition and healthy lifestyle were published in the major newspapers and health magazines (Star, Rapi, I Sihat, Long Life, Health Today, Parenthood).



## 9th APCCN: Exploring the role of nutrition in disease prevention and management

In 2013, the Nutrition Society of Malaysia was entrusted by the Asia Pacific Clinical Nutrition Society (APCNS) to organise the 9th Asia Pacific Conference on Clinical Nutrition, the biennial largest clinical nutrition scientific meeting in the region. Following an intense 2 years of preparation, with the support of the International Advisors and the Local Organising and Scientific Committees, the NSM hosted the 9th APCCN from 26-29 January 2015 in Kuala Lumpur with an

exciting programme featuring updates on all fields of clinical nutrition.

Dr Tee E Siong, President of NSM was Chair of the Organising Committee while Prof Emeritus Khor Geok Lin chaired the Scientific Committee of the 9th APCCN. A well- rounded scientific programme was prepared, exploring the role of nutrition and physical activity in the prevention and management of diseases through the life cycle.

Delegates were spoilt for choice, with five plenary lectures by distinguished nutrition scientists, two oration lectures by the recipients of the APCNS award, 20 concurrent symposia sessions and five lunch symposia sessions (supported by sponsors), featuring 54 speakers from 18 countries. There were 25 free paper presentation sessions and 200 poster presentations.



The young investigator awards competition was keenly contested by young nutrition scientists from different parts of the Asia Pacific region. The significant number of young nutritionists participating in the conference augurs well for the future advancement of clinical nutrition in the region.

With attendance by 720 delegates from 39 countries, the 9th APCCN was a rousing success and managed to place NSM on the map of clinical nutrition activities in the region.



The conference would not have been possible without the support of many key parties and individuals, namely the speakers, participants, members of the organising and scientific committees, the Ministry of Health, the corporate sponsors, the Malaysian Convention and Exhibition Bureau (MyCEB) and Console Communications Sdn Bhd.

The symposia sessions covered a wide range of topics in food and nutrition, ranging from diabetes and cancer to sarcopenia; and from functional foods like whole grains, probiotics and prebiotics to cognitive function and nutrition in pregnancy.

To mark its appreciation for the effort put in by the organising and scientific committees, NSM presented mementoes to the committee members during the dinner at the 30th annual scientific conference on 2 June 2015.



## 3rd Regional Conference: Nutrition In Obstetrics & Gynaecology

*22-24 August 2014*

The Obstetrical & Gynaecological Society of Malaysia (OGSM), Nutrition Society of Malaysia, National Midwives Society Malaysia and Malaysian Dietitians' Association (MDA) co-organised this conference, which was held at Hotel Istana, Kuala Lumpur.

This two-and-a-half-day conference started with a half-day interactive workshop which focused on practical nutrition in obstetrics followed by 2 days of concurrent symposia on current topics such as polycystic ovaries, obesity, cancer treatment, pregnancy and nutrition menopause, and special conditions in pregnancy.

NSM was actively involved in the organisation of the conference, and also contributed to the scientific

programme. Dr. Roseline Yap was a member of the organising committee and also served as the workshop facilitator along with Dr Tan Sue Yee; the latter also presented a paper on the topic, 'Update on Essential Nutrients'. Prof Dr Norimah A Karim and Assoc Prof Datin Dr Safiah Md Yusof were among the speakers during the symposia sessions on the topic, 'Healthy Diet for Cancer Prevention', while Prof Mirnalini Kandiah presented on 'Vegetarians & Pregnancy'.

The conference was attended by a total of 300 participants in which the majority were nutritionists in addition to other healthcare professionals (dietitians, nurses, doctors, etc).

## ILSI Malaysia Country Committee Seminar - Food Innovation/Renovation for Healthier Food Choices: Approaches for Effective Implementation

*4 November 2014*

The Nutrition Society of Malaysia collaborated with the International Life Sciences Institute (ILSI) Malaysia Country Committee to organise a seminar exploring the role that food innovation and renovation can play in providing healthier processed food choices to consumers.

A key background paper by Dr Tee E Siong, representing ILSI SEA region, was on promoting healthy diets, focusing on the role of food innovation and consumer education. Ms Rokiah Don, from the Ministry of Health Malaysia, presented a paper on the government perspective and expectations of food innovation and renovation.

Other papers, presented by representatives from the industry, NSM and Nanyang Technological University (NTU), Singapore, were related to industry efforts to innovate/renovate processed foods to provide healthier alternatives to the public, and the achievements and challenges.

The focus of the seminar was also on consumer perception and acceptance of healthier food choices. A panel discussion at the end of the seminar discussed at length collaborative approaches that can be undertaken to enable effective food innovation/renovation and consumer education.

The seminar was attended by 140 participants from various organisations including research institutions, academia, government agencies and several food companies. Participants included nutritionists, dietitians, food scientists and technologists.

A summary of the seminar and the presentations are available at:

[http://www.ilsi.org/SEA\\_Region/Pages/ViewEventDetails.aspx?WebId=4D540914-EEB6-40E4-89EB-0B73BA3D76C1&ListId=478BE3CB-581B-4BA2-A280-8E00CCB26F9C&ItemID=95](http://www.ilsi.org/SEA_Region/Pages/ViewEventDetails.aspx?WebId=4D540914-EEB6-40E4-89EB-0B73BA3D76C1&ListId=478BE3CB-581B-4BA2-A280-8E00CCB26F9C&ItemID=95)

# Scientific Update Series on Sugar Substitutes

15 April 2015, Kuala Lumpur



Dr Magnuson Bernadene, University of Toronto(left), Ms L. Mageswary L. Lachmanan, Dietitian, Hospital Selayang (middle), Dr Tee E Siong, President, Nutrition Society of Malaysia (right)

## Objectives of the seminar:

- Provide an understanding of the different types of sugar substitutes and their use in a range of food and beverages.
- List global scientific and regulatory approvals for a range of sugar substitutes.
- Discuss safety assessment protocols for sugar substitutes for all age groups
- Discuss the role of sugar substitutes in calorie control, weight management and diabetes; and address alleged concerns linked with sugar substitutes.

The Nutrition Society of Malaysia organised its second scientific update for 2015, a seminar titled “Scientific Update Series on Sugar Substitutes: Understanding the Basics, Global Regulatory Approvals, Safety Assessment Protocols & Benefits”. The seminar was supported by Pepsico Services Asia Ltd.

The half-day seminar was held on 15 April 2015 at A Loft Hotel, Kuala Lumpur. The seminar started with a session on “Introduction to Sugar Substitutes and Its Use in Food & Beverages” by Dr Tee E Siong, President of NSM.

The session was then followed by a presentation from Dr Bernadene Magnuson from University of Toronto. Dr Magnuson presented the overview of the global regulatory approvals and the safety assessment for different sugar substitutes.

Ms L Mageswary Lachmanan, dietitian from Hospital Selayang, provided an overview of the benefits and concerns linked with sugar substitutes. Each of the presentations ended with a Q&A session.

The seminar was attended by 250 participants. Seminar participants were mainly nutritionists, dietitians, doctors, food scientists, policy makers and programme managers from government departments and agencies, academia, research organisations, professional bodies and food industry.

## SEA-PHN Network: 2nd AGM

The 2nd SEA-PHN Network annual meeting was successfully held in Jakarta, Indonesia on 4 June 2015. The annual meeting was attended by the 5 member societies/ associations and representatives from 4 associate members (comprising of 4 corporate companies) as well as nutrition officials from the departments of health in Southeast Asian countries.

During the meeting, council members and associate members shared a brief update on activities from their respective association or country in the past year. Attendees also reviewed the minutes of the inaugural annual meeting and the annual report of the network. Other than that, attendees discussed on the upcoming activities/programmes that the Network should carry out.

### 1. Compilation of Food-Based Dietary Guidelines (FBDG)

A draft manuscript of the Food-Based Dietary Guidelines (FBDG) compilation was also presented and reviewed during the annual meeting. It was proposed that the manuscript be published as a supplement in the Malaysian Journal of Nutrition.

### 2. Collaborative Child Nutrition Project 2016

It was proposed and agreed that a collaborative Child Nutrition Project shall be carried out among school children. The network agreed in principle for the nutrition intervention programme to be conducted throughout the region.

### 3. 1st Southeast Asia Public Health Nutrition Conference 2017

The meeting agreed that the 1st Southeast Asia Public Health Nutrition conference shall be held in 2017, in conjunction with the 32nd Scientific Conference of NSM, under the auspices of the SEA-PHN Network.

It was a successful annual meeting with the support from all council members and associate members for this network. The Network will continue its aim to maintain an interactive network among public health nutritionists in the Southeast Asia Region.

Members of NSM are encouraged to utilise the information made available on the website: <http://sea-phn.org/>. Users need to do a one-time registration in order to utilise the resources uploaded.



Group photo with all attendees of the 2nd AGM, Crowne Plaza Jakarta, 6th June, 2015.

# Nurturing Nutrition-Savvy Chefs



The creative cooking talents of Malaysian university students were showcased at the finale of the Uni-Chef competition, Malaysia's very own version of the successful reality cooking show Masterchef.

Uni-Chef was a healthy recipe and cooking competition organised by NSM in collaboration with video recipe portal Try Masak and Taylor's University, sponsored by LPG Division of Petronas Dagangan Berhad. The first ever healthy eating competition in the country conducted by leading nutrition experts, this unique competition combined the elements of nutritional value and culinary arts, as well as online and offline engagement.

On 6 December 2014, 10 top entries from four universities participated in the final round of the competition. The top 10, comprising 17 students (solo or in pairs) were chosen from the first round of online recipe submission, as well as the second round of online voting.

Themed 'Healthy Recipes for Primary School Children', the competition attracted strong participation from university students from all over Malaysia. In round 1, a total of 265 recipes were received from 23 universities and colleges. An expert panel from NSM selected 40 of these recipes to enter into round 2, which garnered 28,000 online votes.

The finale saw fierce competition among the top 10 finalists, who prepared their dishes in a live "cooking battle" at Taylor's University. Their recipes combined culinary skills, the principles of good nutrition and creative presentation. The top prize of RM5,000, a medal and a certificate went to Nur Sarah Abdul Rahim and Azeera Hashim of University Teknologi Mara (UiTM), for their concoction of roasted vegetable pasta served with almond crusted chicken fingers.

Taking first runner-up position were Taylor's University, while third place was won by UiTM as well.

The judges were Chef Wan, Nik Faizanira bt Nik Affandi (General Manager of LPG Division of Petronas Dagangan Berhad) and Dr Zawiah Hashim (NSM). The finale was officiated by the Deputy Education Minister P. Kamalanathan, who gave away the prizes to the winners.

# MyNutriBaby – The First Malaysian Online Guide to Infant Nutrition

In the effort to continue promoting good infant and young child nutrition, as well as to reach out to more modern parents, the MyNutriBaby (MNB) website now serves as an online guide to infant nutrition ([www.mynutribaby.org.my](http://www.mynutribaby.org.my)).

The guide is tailored to new mothers and covers 3 main topics: breastfeeding, complementary feeding and table foods. It is also supported by videos, downloadable aids and recipes. Articles on the site are available in both English and Bahasa Malaysia.

In addition, the MNB Facebook page is regularly updated with interesting posts on infant and child nutrition as well as feeding for mothers.

The online guide is also promoted through digital advertising, traditional media, leaflet drops at gynaecology and paediatric clinics, hospital initiatives and nurse talks. More educational materials and activities have been lined up for the future.



## 2014 Breastfeeding Month Campaign

MyNutriBaby launched an awareness campaign, comprising an educational video and contest to support breastfeeding mothers. It reached more than half a million people.



# Soya4Kids – An educational campaign for parents



In 2014, NSM collaborated with Abbott Nutrition International in a campaign to educate parents about the goodness of soya foods for children and how to nourish children who cannot take cow's milk. As part of this campaign, a series of advertorials were published in newspapers and parenting magazines.

polyunsaturated fatty acid, potassium, calcium, folate and isoflavones in promoting growth and development of children as well as its life-long benefits to health. This was followed by a second series of advertorials that focused on soya as an alternative for children who cannot take cow's milk. Also featured were smart eating tips to incorporate soya foods in children's diet.

The first series of advertorials highlighted the nutritional benefits of soya such as complete protein,

An educational poster was also produced and distributed to 120 clinics around Klang Valley.

## Healthy Kids Programme in Malaysia – Phase II Promoting healthy eating among primary school children

The Healthy Kids Programme in Malaysia, a collaborative education programme between the Nutrition Society of Malaysia (NSM) and Nestlé Malaysia was launched in August 2010 with the objective to improve nutrition knowledge and promote a healthy lifestyle among school-going children in the country. This programme is timely in view of the significant prevalence of nutrition-related problems, such as nutrient deficiencies and obesity, among Malaysian school children.

The programme consists of two phases. Phase I of HKP (research component) was a three-year longitudinal intervention study that commenced early 2011 and concluded in December 2013. It was aimed to develop and evaluate the effectiveness of a nutrition education package in improving nutrition knowledge, attitude and practice among selected primary school students in Klang Valley. The positive results obtained from the research component have clearly proven the effectiveness of the nutrition educational package.

Therefore, in line with the programme's long-term goal of rolling out the programme to benefit more students in the country, NSM and Nestlé extended the programme into its second phase (Phase II) utilising the modules developed during Phase I.

Phase II of the Programme is a three-year programme that commenced early 2014 and is expected to conclude in 2016. It involves the collaboration of the Ministry of Education by rolling out the three levels of modules to 77 selected primary boarding schools in Sarawak and Sabah. To enable effective implementation of the Phase II HKP programme, teachers from the 77 selected primary boarding schools who were expected to implement the nutrition modules in their respective boarding schools were trained on the use of the modules through annual Train-the-Trainer (TOT) Workshops. The first year (2014) of rolling out the HKP Level 1 module successfully reached approximately 5,000 primary school children in Sarawak and Sabah.



Implementation of Level 1 module by teacher in boarding school.



Students were learning HKP Level 1 module in school.



TOT Workshop 2015: Q&A session with the programme panel (from left to right) Dr Zawiah, Ms Michelle Woon (Nestlé Malaysia), Mr Cyril Christopher Singham (Ministry of Education), Prof Dr Norimah A Karim and Dr Chin Yit Siew.



TOT Workshop 2015: Participants were listening to the trainers.

## Mi-CARE CPD Nurses' Training Workshop

Specialising in aspects pertaining to maternal and infant care, Mi-CARE Nurse Training Workshop has emerged to become Malaysia's largest and most authoritative CPD Nurses Programme. Mi-CARE is jointly-spearheaded by the Nutrition Society of Malaysia, Malaysian Paediatric Association (MPA), Obstetrical & Gynaecological Society Malaysia (OGSM) and National Midwifery Association Malaysia.

Launched in early 2012, Mi-CARE is a nationwide, two-day programme, encapsulating various modules with latest updates and information in the field of paediatric nutrition, vaccinations & paediatric healthcare, child development, obstetrics and gynaecology, and infant care and hygiene. These modules are delivered by the nation's leading medical and healthcare professionals. Modules are highly-interactive, utilising various methods of learning such as role play sessions, clicker systems and group projects.

To date, Mi-CARE has successfully implemented over 40 workshops throughout Malaysia, training over 6,500 nurses. With such forthcoming response, Mi-CARE incorporated a Phase II segment in 2013, targeted at specific areas of medical/nutritional specialisation within the areas of pregnancy, maternal wellness and infant care. Mi-CARE has also ventured into East Malaysia and other often neglected states in the North and also, the East Coast.

Mi-CARE hopes to raise the bar in nursing education, to complement the nation's bid to achieve MDG 4 & 5. This initiative has created a domino effect in healthcare, providing Malaysians a new generation of O&G and paediatric nurses with updated knowledge and expertise in addressing the many anxious concerns posed by their respective patients.

NSM is proud to be part of this noble initiative, and looks forward to the plans for expanding the programme.

## Positive Parenting: 15 Years of Success

The Positive Parenting (PP) programme celebrates 15 years of success this year and the NSM is extremely proud to be collaborating closely with the Malaysian Paediatric Association along with various other professional bodies in the field of child health, development and nutrition, teen issues as well as family wellness.

Being an active expert partner of Positive Parenting since its inception, NSM with support from several key members, has been disseminating nutritional and dietary-related knowledge on various platforms for the whole family. The PP programme has adopted multi-faceted channels – including educational articles in major English, Malay and Chinese print dailies, the quarterly Positive Parenting Guide, parenting seminars, website and social media.

This year, PP programme collaborated with Borders Malaysia and had its first Meet-The-Experts (MTE) session at the Borders book store in the Gardens, Midvalley, and the following MTE session in the Curve, Mutiara Damansara.

The PP programme also established its partnership with Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN) for its pledge "Disconnect Digitally, Reconnect Emotionally" by conducting on-ground pledge at their Nur Sejahtera clinics besides contributing articles for their E-parenting portal on a fortnightly basis.

Official website: <http://mypositiveparenting.org>

# First Cookbook for Children Launched!



NSM launched its first cookbook for children titled “Junior Chef Cookbook Vol. 1: Let’s Play Healthy Cooking” at the recent NSM 30th Scientific Conference held at Renaissance Hotel, Kuala Lumpur.



The cookbook, which is targeted for young children between the ages of 5 and 10 years (and their parents), was officially launched by Yang Berbahagia Datuk Dr Lokman Hakim bin Sulaiman, Deputy Director-General of Health (Public Health), Ministry of Health.

### How to Eat Healthily?

Follow the food pyramid to guide you. It's simple!

**Did You Know?**  
There is no good or bad food. No single food can give you all the nutrients your body needs. Some foods you need more and some you need less. That is why you need to eat according to the pyramid.

**FATS, OIL, SUGAR AND SALT**  
Eat least

**MILK AND DAIRY PRODUCTS GROUP**  
Eat moderately

**VEGETABLES GROUP**  
Eat plenty

**FRUITS, OILY SEEDS AND NUTS GROUP**  
Eat moderately

**GRAINS, GRAIN PRODUCTS AND TUBERS GROUP**  
Eat most

### Chef's Cooking Tools

These are some basic cooking tools that all chefs use. If you're not familiar with these items, get an adult to show you.

**Oven**  
You can use this for grilling foods, heating cooked/roasted and freezing a chicken. Ask your mom how to use it.

**Pot**  
You need this to boil soups or cook anything that has gravy.

**Stove**  
It provides you with heat from fire to cook something.

**Pan**  
Used for frying, searing and so on. It's especially good for frying eggs or cooking pancakes.

**Knife**  
You'll need it for cutting. There are many types of knives used for different purposes. To avoid hurting yourself, have an adult do the cutting while you observe. Once you're old enough, you can do it yourself.

**Chopping Board**  
All chefs need this board to do their cutting and preparation. You wouldn't want to spoil your mom's kitchen top.

### Basic Preparation Methods

Let's learn some basic preparation methods you will need to use when preparing some of the ingredients before you cook them.

**Beating**  
Whisking something like an egg creates a foam and a froth or makes it generally stir it until it is evenly mixed.

**Blending**  
You will need to blend using a blender. Mix all the foods inside and blend until evenly mixed.

**Chopping**  
Cutting food into small pieces using a knife and chopping board.

**Crashing**  
Crushing can be done by placing food into a thick plastic bag and crushing them using a rolling pin.



This cookbook is the first cookbook for kids by local nutritionists and dietitians. It features 35 fun and easy-to-prepare recipes for children to explore on their own or under adult supervision. To make it simple for the children, the recipes are categorised according to food groups as per the Malaysian Food Pyramid.

Each recipe has major nutrient content analysis and comes with additional healthy eating tips. The cookbook also features principles of healthy eating and cooking methods as well as practical step-by-step methods of food preparation.

NSM encourages parents to find time to cook together with their children and, at the same time, teach them the basics of healthy eating. Children who play a part in preparing their own meals with the help of their parents not only eat better, but healthier too.

The “Junior Chef Cookbook Vol 1: Let’s Play Healthy Cooking” can be viewed online at NSM’s website <http://www.nutriweb.org.my/>. For members who wish to get a copy of the cookbook, it can be purchased by emailing [president@nutriweb.org.my](mailto:president@nutriweb.org.my). The cookbook is priced at RM16.00 and a lower price will be given for NSM members who purchase in bulk.

## Diary of Conferences and Seminars

### 2015

#### MASO 2015 Scientific Conference on Obesity

28 – 29 October, 2015, Seri Pacific Hotel, Kuala Lumpur  
<http://www.maso.org.my/>

#### 9th World Congress of Developmental Origins of Health and Disease (DOHAD)

8 – 11 November 2015, Cape Town, South Africa  
<http://www.dohad2015.org/>

#### World Diabetes Congress 2015

30 November – 4 December 2015, Vancouver, Canada  
<http://www.idf.org/worlddiabetescongress/>

#### International Conference on Nutrition

5 – 6 November 2015, Cape Town, South Africa  
<https://www.waset.org/conference/2015/11/cape-town/ICN>

#### The 6th Annual International Symposium on Wellness, Healthy Lifestyle and Nutrition

25 – 26 November 2015, Kelantan, Malaysia  
<http://wellness2015.kk.usm.my>

#### International Conference on Behavioral Nutrition and Physical Activity

10 – 11 December 2015, Sydney, Australia  
<https://www.waset.org/conference/2015/12/sydney/ICBNPA>

#### International Conference on Food, Nutrition and Diagnostics

17 – 18 December 2015, Bangkok, Thailand  
<https://www.waset.org/conference/2015/12/bangkok/ICFND>

### 2016

#### 18th International Conference on Nutraceuticals and Functional Foods

26 – 27 January 2016, Jeddah, Saudi Arabia  
<https://www.waset.org/conference/2016/01/jeddah/ICNFF>

#### International Conference on Food Security and Nutrition

8 – 9 February 2016, Mumbai, India  
<https://www.waset.org/conference/2016/02/mumbai/ICFSN>

#### International Conference on Nutritional and Nutraceutical Sciences

3 – 4 March 2016, Singapore  
<https://www.waset.org/conference/2016/03/singapore/ICNNS>

#### 4th International Conference on Prehypertension, Hypertension and Cardio Metabolic Syndrome (PreHT, HT & CMS 2016)

3 – 6 March 2016, Venice, Italy  
<http://2016.prehypertension.org>

#### International Conference on Global Food Security

7 – 8 March 2016, Miami, FL  
<http://waset.org/conference/2016/03/miami/ICGFS>

#### World Congress on Public Health & Nutrition

10 – 12 March 2016, Madrid, Spain  
<http://publichealth.global-summit.com/>

#### 3rd International Conference on Nutrition and Growth (N&G 2016)

17 – 19 March 2016, Vienna, Austria  
<http://nutrition-growth.kenes.com/>

#### 13th Annual Nutrition & Health Conference

21 – 23 March 2016, Denver, Colorado  
<http://www.nutritionandhealthconf.org/>

#### 5th Annual Middle East Congress on Clinical Nutrition

22 – 24 March 2016, Cairo, Egypt  
<http://nutrition-me.org/>

#### 3rd International Conference on Food Security and Nutrition

23 – 24 March 2016, Amsterdam, Netherlands  
<http://www.icfsn.org/>

#### XIII International Conference on Obesity

1 – 4 May 2016, Vancouver, Canada  
<http://www.obesitynetwork.ca/de.aspx?id=591>

#### 10th Congress of the International Society of Nutrigenetics/Nutrigenomics

22 – 26 May 2016, Tel Aviv, Israel  
<http://www.ortra.com/events/isnn2016/Home.aspx>

#### 31st Annual Scientific Conference of Nutrition Society of Malaysia

31 May – 1 June 2016, Kuala Lumpur, Malaysia  
<http://www.nutriweb.org.my>

#### 23rd European Congress on Obesity

1 – 4 June 2016, Gothenburg, Sweden  
<http://eco2016.easo.org>

#### Appearance Matters 7

28 – 30 June 2016, Royal College of Surgeons, London  
<http://www1.uwe.ac.uk/hls/research/appearanceresearch/events/appearencematters.aspx>

#### 9th World Congress on Active Ageing 2016

28 June – 1 July 2016, Melbourne, Australia  
<http://www.wcaa2016.com.au>

#### 5th International Conference on Clinical Nutrition

11 – 13 July 2016, Brisbane, Australia  
<http://clinicalnutrition.conferenceseries.com/>

#### 6th International Conference and Exhibition on Diet and Nutrition

18 – 20 August 2016, London, UK  
<http://nutritionalconference.com/#conference2016>

#### 18th International Conference on Human Nutrition and Food Sciences

15 – 16 September 2016, Rome Italy  
<https://www.waset.org/conference/2016/09/rome/ICHNFS>

#### 6th Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity

24 – 26 October 2016, Ottawa, Ontario, Canada  
<http://interprofessional.ubc.ca/Obesity2016/>