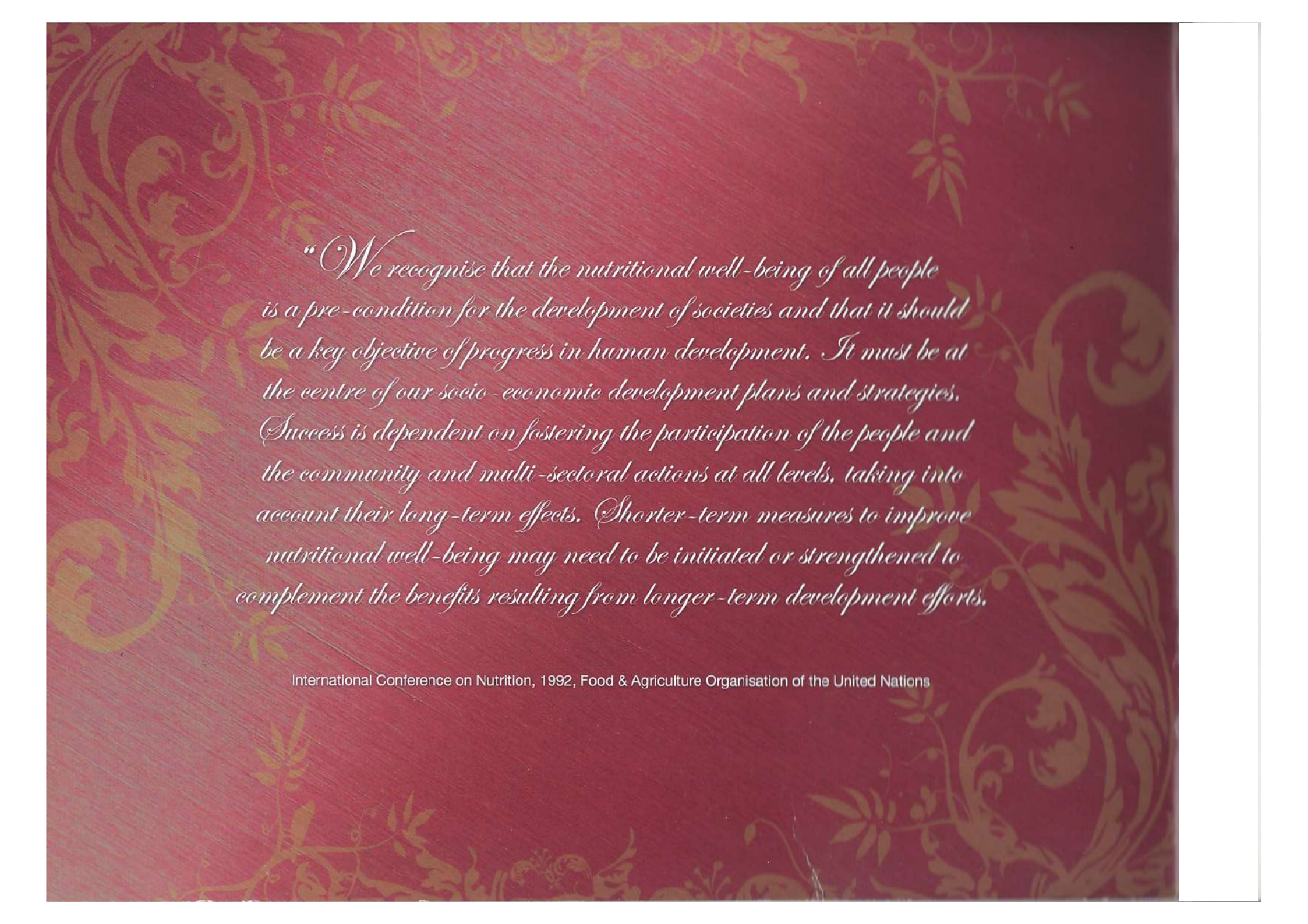




PROMOTING NUTRITION FOR LIFE

An Unwavering Commitment



“We recognise that the nutritional well-being of all people is a pre-condition for the development of societies and that it should be a key objective of progress in human development. It must be at the centre of our socio-economic development plans and strategies. Success is dependent on fostering the participation of the people and the community and multi-sectoral actions at all levels, taking into account their long-term effects. Shorter-term measures to improve nutritional well-being may need to be initiated or strengthened to complement the benefits resulting from longer-term development efforts.”

International Conference on Nutrition, 1992, Food & Agriculture Organisation of the United Nations



The Journey Thus Far

Since its establishment in 1985, Nutrition Society of Malaysia has contributed significantly in defining the understanding and practices of nutrition in this country. Although limited in its resources, NSM has persevered to make a difference.

From its modest beginnings, the Society has now come to be highly regarded as the principal professional body in nutrition. By promoting academic enquiry and scientific exchange, NSM has spurred the growth of local nutrition research while facilitating the sharing of global knowledge. In the realm of public education, NSM has continually reached out to young and old, alike, with valuable guidance to discover the benefits of good nutrition and a healthy lifestyle. A true patriot, the Society has actively contributed in policy development and supported the implementation of action plans in consonance with the Government's vision to shape a healthier nation.

In conjunction with its 25th Anniversary, NSM now invites you to join this journey into the past and share in its unwavering commitment to promoting nutrition for life.

25 years



DR TEE E SIONG
President, 2008-10

25 Years of Change

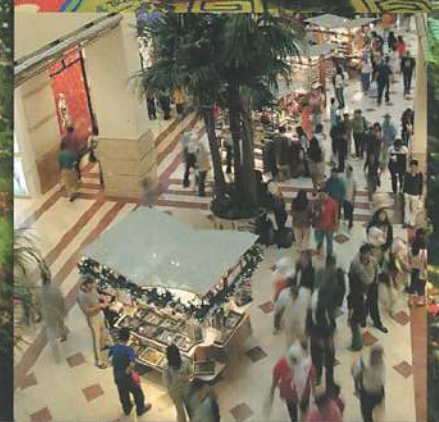
Although starting out as a biochemist, I have never regretted the decision to venture into the field of human nutrition. In the '70s, it was considered a relatively 'new' discipline among allied health sciences. But, to me, it would eventually become a life-long career of constantly being challenged by the desire to continually make life better for others with good nutrition.

I suppose the spark came when I managed to secure a position in the Institute for Medical Research. It was the nerve centre or central repository for the country's research initiatives. From that vantage point, I could see that the country faced significant issues, particularly under-nutrition. Underweight, stunting, iodine deficiency and iron deficiency anaemia were rife.

In the subsequent years that followed, the country started to progress rapidly. This led to a visible shift in the nutritional status and needs of Malaysians. Overweight and obesity started becoming very prevalent and, with this, came the rise of diet-related chronic diseases.

The phenomenon has generated growing public concern over their health and begun motivating more people to start paying attention to their nutritional well-being. In fact, the interest in nutrition has become more sophisticated than ever. Functional foods attract a lot of attention with the prospect of meeting different needs and concerns of specific consumers. They also keenly follow scientific innovations that spawn a relentless tide of new enhanced nutrition products.

Not only about preventing disease, nutrition is now sought as a solution to optimise health and attain wellness. The growing positive regard is something we, in Nutrition Society of Malaysia, should be proud of. After 25 years of promoting nutrition, I believe we have succeeded in having more people recognise it as the cornerstone of personal and national health.





DR CHONG YOON HIN
Founding President, 1985-1993

Birth of the Society

Many would not know the circumstances that had led to the formation of Nutrition Society of Malaysia. I was Head of the Nutrition Division of the Institute for Medical Research in the early 1980s when Malaysia was appointed to host the 6th Asian Congress of Nutrition, which was to take place in September 1991.

This necessitated the formation of an organising body. This requirement led us to moot the establishment of NSM as a professional organisation dedicated to nutrition promotion. Excited, I gathered a small group of nutritionists to discuss the idea. We recognised that the country had very few nutritionists at the time. But, despite our small number, we thought the moment presented an opportunity to change the situation.

We thus formed NSM in 1985 and proceeded to host the 6th ACN that went on with phenomenal success. More significantly, we took pains to identify NSM's key thrusts, thus laying the foundation for decades of meaningful contribution that continues to this day.

I had the honour of serving as Founding President from 1985 to 1993. I note with pride that NSM has grown under the capable stewardship of Dr Tee E Siong and Professor Dr Mohd Ismail Noor. It is my hope that the Society will continue to play a leadership role in championing nutrition in all its spheres of influence.



OBJECTS OF NUTRITION SOCIETY OF MALAYSIA

- To promote, advance and disseminate the scientific knowledge of food and nutrition.
- To protect and promote the interest of nutrition scientists in the country.
- To inform and acquaint the public and the Government with matters related to food and nutrition.
- To facilitate communication and foster friendship between nutrition scientists.
- To undertake activities and functions, in line with the above, for the absolute and strict benefit of duly registered members of the Society.



PROF DR MOHD ISMAIL NOOR
Vice-President, 2008-10

Professional Linkages

Since its inception, Nutrition Society of Malaysia has been involved with several international nutrition organisations (IUNS, FANS, ILSI). These affiliations have emplaced us within a professional network and given us access to information and events that keep us updated on food science and nutrition matters around the globe. On the local front, we actively collaborate with partner organisations (MDA, MASO, MPA, NADI) in activities for improving scientific knowledge as well as community services in the form of road-shows.

Whether at home or abroad, NSM is now gaining due recognition and is increasingly being consulted by public and private organisations for advice on matters pertaining to nutrition. In my mind, this marks the coming of age for the Society and nutrition as a profession.

This is reason enough for us to be proud of being NSM members. And I urge the younger generation of nutritionists to step up and start playing a role in shaping the Society's future.





DR HAZIZI ABU SAAD
Council Member, 2008-10

Where Nutrition Scientists Meet

I have always looked forward to the Annual Scientific Conference of Nutrition Society of Malaysia. As a nutritionist, I consider the event the annual highlight in my calendar.

As a delegate, I have often found the Conference themes very apt and relevant to prevailing trends and issues in Malaysia. Thanks to the comprehensive coverage of the plenary sessions and presentations, the perspective that I gain every year is further expanded by the contributions of foreign speakers.

At the Conference, you get to learn, not only by listening to others but also by sharing what you know. For young nutritionists and students, the opportunity to present their papers and participate in the poster exhibition provides a memorable and constructive experience.

As a matter of historical practice, the NSM Annual General Meetings are timed to coincide with the Conferences. Hearing an account of activities in each year gone by, we get a feeling of accomplishment that sets the tone for NSM Annual Dinner where friendships are renewed as new ones are struck.

Through the Conference (and more occasionally, its Scientific Update Meetings), NSM has benefited many by strengthening their knowledge base and sense of solidarity as participants in the rapidly growing field of nutrition.





PROF DR KHOR GEOK LIN
Chief Editor, 2000-10
Malaysian Journal of Nutrition

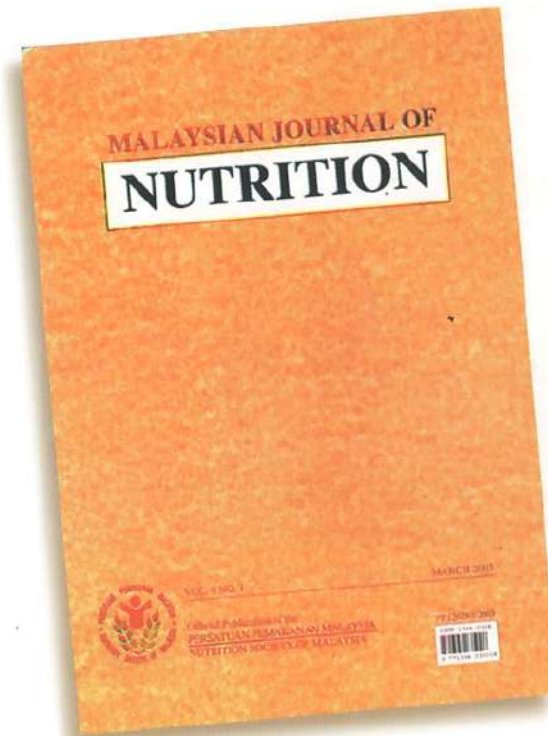
Publishing Research

Nutrition research in Malaysia has shifted dramatically over the years. Once conducted only by the Institute for Medical Research and University Malaya, it is now actively pursued at Universiti Putra Malaysia, Universiti Kebangsaan Malaysia as well as several other public and private universities.

In terms of research scope, that too has changed. Previously, the focus was on characterising the problems, like assessing the prevalence of underweight and stunting in children, or the extent of malnourished and anaemic pregnant women in the country. Today, however, the range of research subjects has expanded so widely that it ranges from nutrigenomics to functional foods and micronutrients.

Amid such a vibrant landscape, I am pleased that Nutrition Society of Malaysia had initiated the Malaysian Journal of Nutrition. 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.

All this reaffirms the standing of MJN as an authoritative scientific resource. So, I would like to encourage more researchers to submit their findings to MJN. First published in 1995, MJN continues to be released in March and September every year. Efforts are being made to continually improve the quality and global dissemination of the publication.



Mal J Nutr 10(2): 125-130, 2004

INVITED ARTICLE

Maternal and Child Nutrition in Timor Leste¹

Carlos Tilman

Director of Health Service Delivery, Ministry of Health, Democratic Republic of Timor Leste

Mal J Nutr 10(2): 131-147, 2004

Body Image Perception, Dietary Practices and Physical Activity of Overweight and Normal Weight Malaysian Female Adolescents

Pon Lai Wan¹, Minalini Kandiah² & Mohd Nasir Mohd Tah²

¹ Malaysian Palm Oil Promotion Council, Wisma Sawit, Kelana Jaya, Selangor, Malaysia

² Department of Nutrition & Health Sciences, Faculty of Medicine & Health Sciences, Universiti

Mal J Nutr 10(2): 159-171, 2004

Effect of Socio-economic and Biological Variables on Birth Weight in Madhya Pradesh, India

Som S¹, Pal M¹, Adak DK², Gharami AK¹, Bharati S¹ & Bharati P¹

¹ Indian Statistical Institute, Lucknow, West Bengal

² Anthropological Survey of India, Field Station, Sagor, Madhya Pradesh

³ Dr. Harisingh Gour University, Sagar, Madhya Pradesh

ABSTRACT

A study on a few selected socio-biological and demographic determinants of birth weight was conducted at a hospital in Sagar town, Madhya Pradesh. Records of 2,680 single live births over a period of one year (1st January to 31st December 2000) were analysed. It was found that male infants were 124 g heavier than female infants. Tabular representation of data showed that maternal age, education, ethnicity, father's income and occupation, infant's sex and parity were strongly associated with birth weight of infants. Regression analysis gave a comprehensive

agement of body weight examined the parent knowledge, weight and normal diet awareness was overweight (OW) and 5th percentile and odds for identifying respectively. Fifty questionnaire on weight management Chart. The and Indians (30%) of them were from ss than RM1,000, than OW subjects status The WMKI is (32%) had a low rium patterns were ectic, but more OW

is 125 per 1,000 live al Mortality (MMR) e births. There is an of teenage pregnan- stergonadic periods. hat 12% of children brantly wasted, 47% t are underweight, are low in Timor n, DCG coverage is 75.58%, measles 51%

2,500 hospital births 7% to be of low birth 2002 survey, 25% of babies were "slow survey found 21% of er than 145cm and to be at significant t had a Body Mass than 18.5, which is nimated that 30% of chronic energy defi- ctive in Timor-Leste ty exclusive. About mothers exclusively is from 0 to 3 months. vernment considers re breastfeeding and emational Code for is as a priority. feeding practices ically less attention isome areas, mothers ce or maize porridge ition in Asian Countries. " In New Delhi, India Sept,

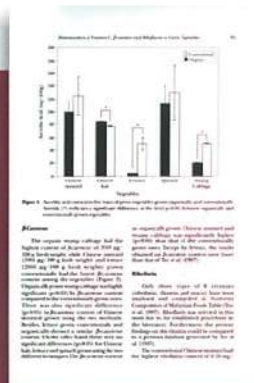


Figure 1: Number of infants per 1,000 live births by birth weight category and sex. The chart shows that there are more low birth weight infants compared to normal weight infants. The number of very low birth weight infants is significantly higher than very high birth weight infants.



DATIN DR SAFIAH MOHD YUSOF
Council Member 2008-10

Partnership in Policy & Action

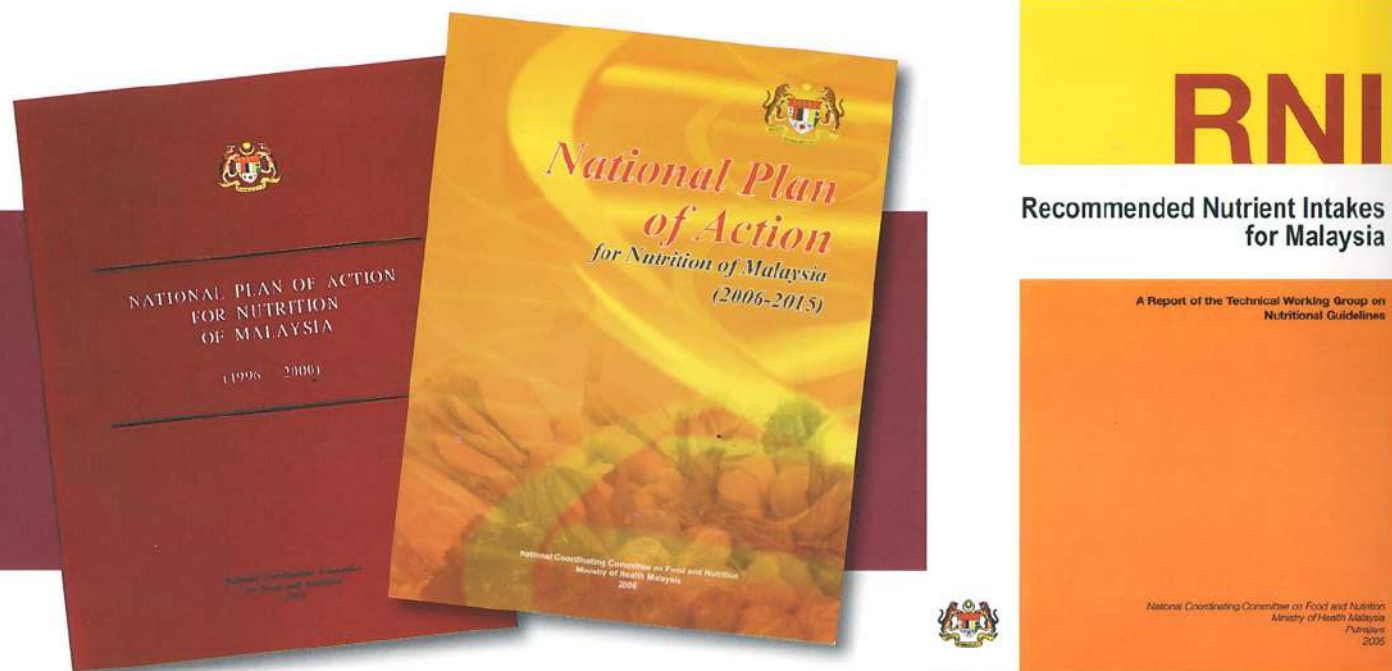
While serving in the Ministry of Health, I had the pleasure of working with representatives from Nutrition Society of Malaysia on several occasions. It was through those instances that I developed a high regard for the Society and how it has consistently gone beyond the extra mile in promoting nutrition.

NSM has always maintained a close working relationship with MOH. As a member of the National Coordinating Committee for Food and Nutrition, the Society contributed actively towards the formulation of the National Nutrition Policy that, in turn, led to the development of various guidelines and activities.

Drawing upon its technical expertise and resources, NSM has also contributed to the formulation of guidelines, including the Malaysian Dietary Guidelines and Malaysian Recommended Nutrient Intakes.

Concerned that guidelines be put into practice, NSM proposed ideas and suggestions to be incorporated into the National Plan of Action for Nutrition Malaysia (NPANM). Subsequently, the Society readily took on the task of mounting numerous programmes and campaigns to meet the goals and targets of the NPANM.

Clearly, shaping a healthier nation is not just the Government's responsibility but one that is shared with all sectors. I am proud of the passion and commitment that has led NSM to tirelessly promote nutrition.





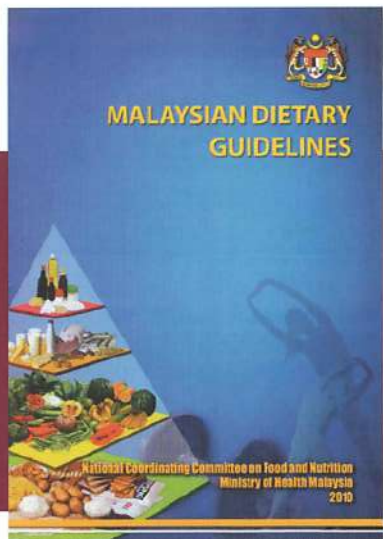
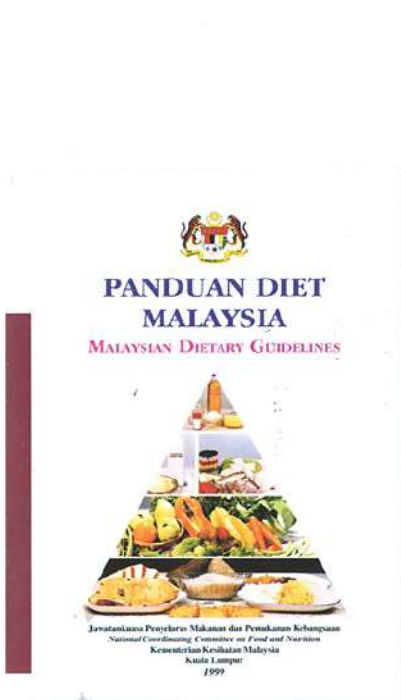
ASSOC PROF DR TONY NG KOCK WAI
Council Member 2008-10

Guidelines for Good Nutrition

As a researcher, I have always been interested in the impact of our eating and lifestyle habits on diet-related chronic diseases. From this standpoint, I laud the Ministry of Health for its initiative to develop the Malaysian Dietary Guidelines in an effort to help provide the public with practical guidance to achieve good nutrition.

To date, there have been two editions of the MDG – the first in 1999 and the second just launched in conjunction with NSM's 25th Anniversary Conference. The task of formulating the Guidelines was entrusted to a Technical Working Group that comprised representatives from the local universities, government agencies and professional bodies. In both editions, several NSM members were able to play a major contributory role. Indeed, Professor Dr Mohd Ismail Noor (NSM Vice-President) was chair of the Technical Working Group.

All in, it took about two years to develop MDG 2010. It was nothing less than a major initiative. But, as far as we in NSM are concerned, it was a crucial undertaking to provide a sound and contemporary basis to guide our efforts in promoting good nutrition for community health and wellness. We will do our best to promote the dissemination of the messages contained in these guidelines through various activities that will be implemented in the next few months.





ASSOC PROF DR POH BEE KOON
Honorary Secretary, 2002-4

Healthy Eating for All

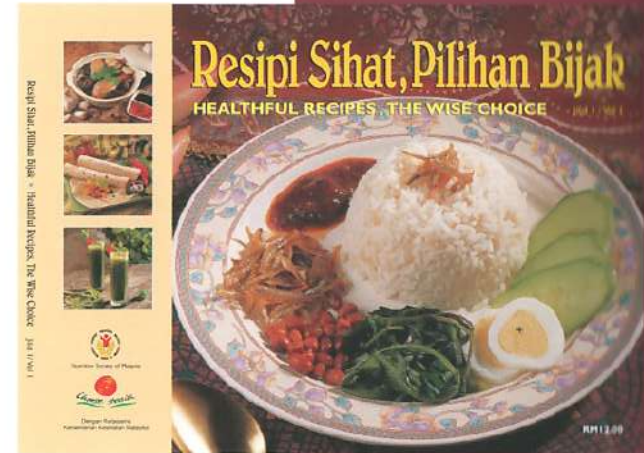
Keenly aware of the nutritional status, eating habits and lifestyle inclinations of Malaysians, Nutrition Society of Malaysia is tireless in sounding the clarion call of healthy eating for all.

Conforming to recommendations of the official Malaysian Dietary Guidelines, NSM regularly mounts community nutrition education programmes and campaigns for the public. They invariably promote the understanding of nutrition basics, coupled with practical tips for making healthy eating a way of life.

Recognising that healthy eating entails with making informed food choices, we also conduct campaigns to improve people's understanding of specific foods and their scientifically validated effects on health.

In the course of participating in several large and small-scale activities, I have had the opportunity to personally interact with members of the public. I was consistently encouraged by their interest to learn more about good nutrition and their desire to empower themselves for health and wellness.

Such enthusiastic response underscores the fact that we in NSM can do much more to care for the nutritional well-being of our fellow Malaysians. Let's touch more lives with the lasting benefit of nutrition education.



**您所喜爱食物的
营养含量**

食物/食物成份	食物/食物成份	每日 标准摄入量
总能量	1700 大卡	2000 大卡
蛋白质	55 公克	65 公克
脂肪	65 公克	65 公克
碳水化合物	300 公克	300 公克
膳食纤维	25 公克	25 公克
钠	1000 毫克	1000 毫克
钾	3500 毫克	3500 毫克
钙	1000 毫克	1000 毫克
铁	10 毫克	10 毫克
维生素 A	500 国际单位	500 国际单位
维生素 B1	1.5 毫克	1.5 毫克
维生素 B2	1.2 毫克	1.2 毫克
维生素 B3	15 毫克	15 毫克
维生素 B6	1.5 毫克	1.5 毫克
维生素 B12	2.5 微克	2.5 微克
维生素 C	75 毫克	75 毫克
维生素 E	15 国际单位	15 国际单位
维生素 K	120 微克	120 微克

*以上所有食物的数据均基于世界卫生组织建议的每日摄入量。不同国家/地区的标准摄入量可能会有所不同。

**开始浏览
nutriWEB**

为马来西亚人所提供的
综合营养资讯网站：
<http://nutriweb.org.my>
并链接至多家有关外译会的
健康资讯。

买外出饮食的健康之道是选择低糖、低脂、低盐的食品，并让食物有足够的蛋白质，以保持健康。

欲获得更多有关健康饮食的资讯，请浏览
nutriWEB 之大众网页，您将获得详细的
资料、贴士、标示以及美味营养食谱。

nutriWEB
是马来西亚营养师协会所首倡及发展的
网页。该网页是马来西亚人为本国人民所
开发，是您与新人的最佳网页。

在外用餐时
提倡健康的饮食之道



ASSOC PROF DR ZAITUN YASSIN
Honorary Treasurer, 2008-10

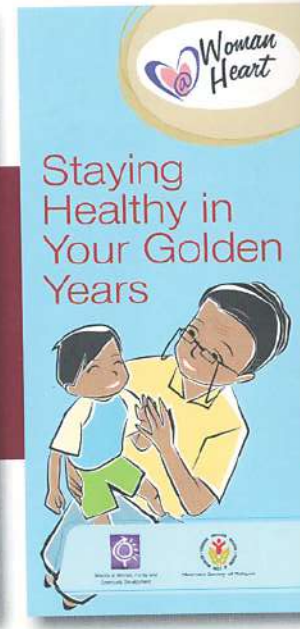
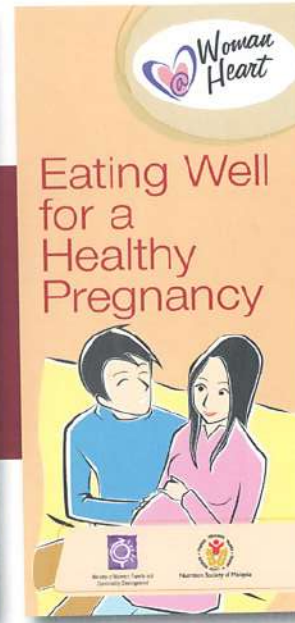
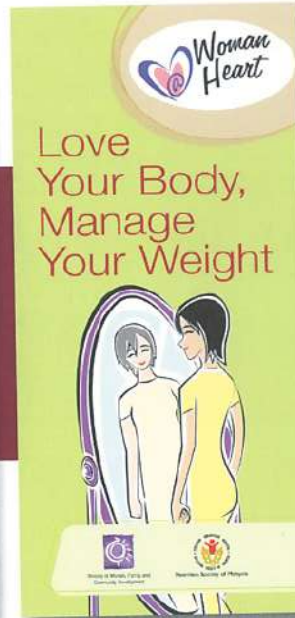
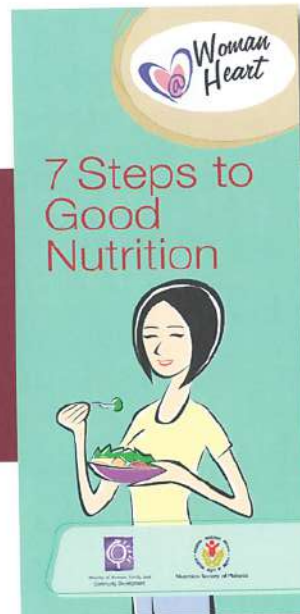
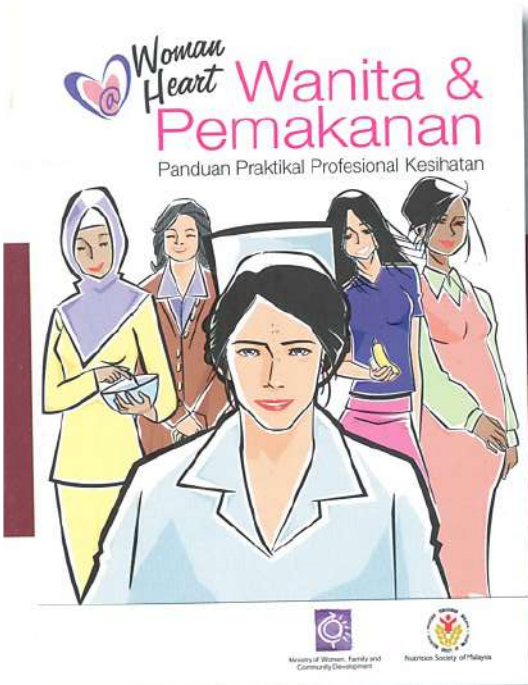
Nutrition for Women

As a woman, mother and nutrition professional, I fully support efforts to improve nutrition for women. After all, their nutritional needs change as they make their way through adolescence, adulthood, motherhood and old age. Let's also be mindful of their vulnerability to certain problems and threats, like iron deficiency anaemia, osteoporosis, overweight and obesity, diabetes, cardiovascular diseases as well as cancers.

In caring for women, Nutrition Society of Malaysia finds every opportunity to encourage optimum nutrition by providing appropriate advice and reliable information. Towards this end, NSM entered into collaboration with the Ministry of Women, Family and Community Development to develop an educational programme, called Women@ Heart.

The programme sought to develop content for training doctors, nurses and other healthcare personnel to become credible advocates and advisors in women's nutrition. They were also equipped with a booklet on "Women and Nutrition: A Practical Guidelines for Health Professionals" and a series of educational leaflets to aid their work.

It was a good start but much more needs to be done to help women care for themselves and, in turn, care for their loved ones.







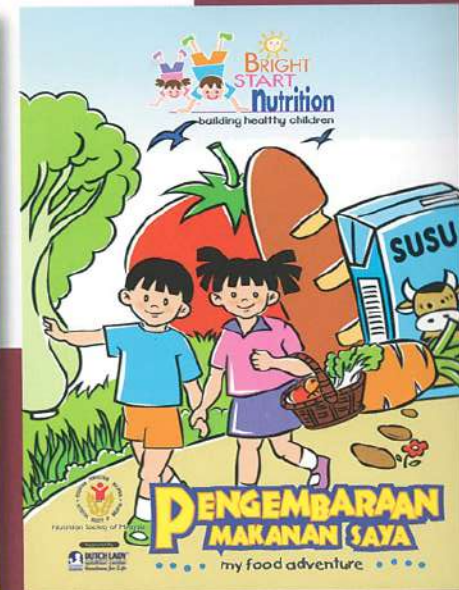
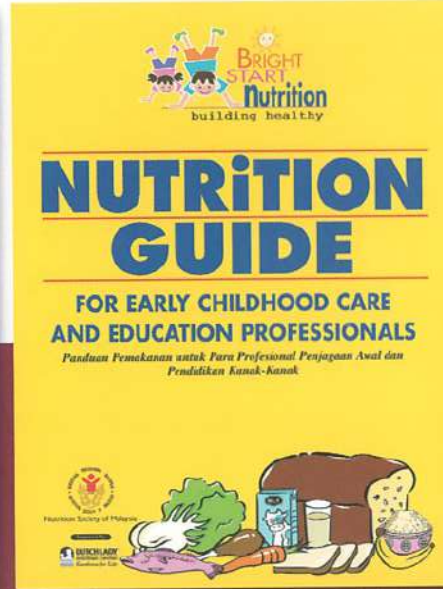
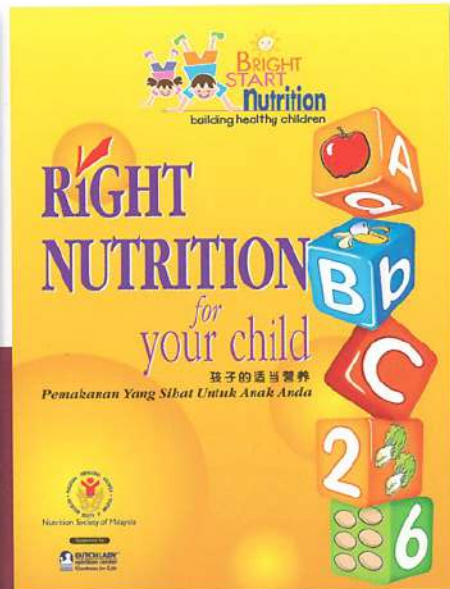
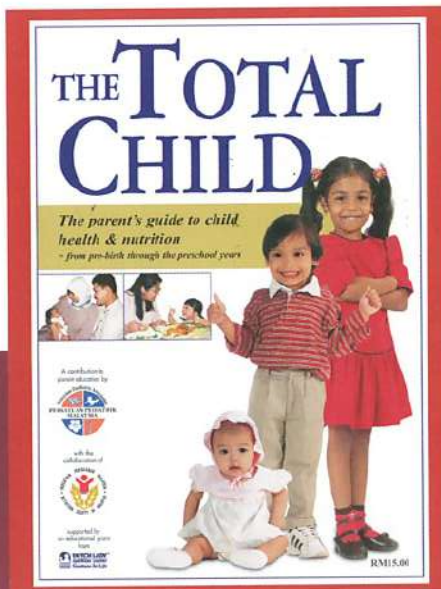
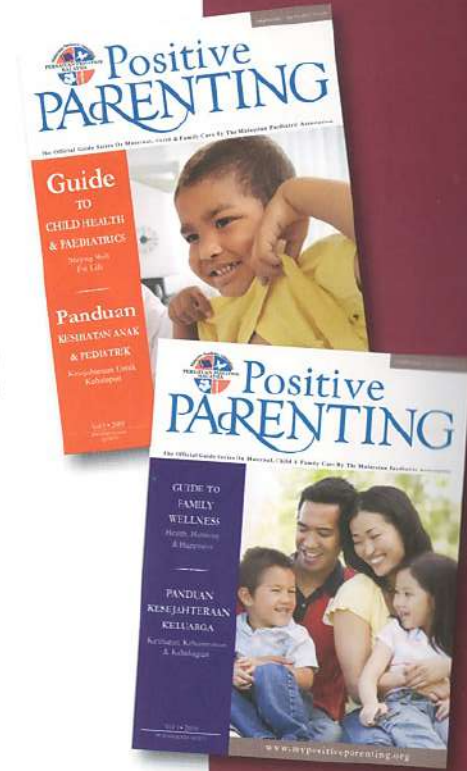
DR MOHD NASIR MOHD TAIB
Council Member, 2008-10

For The Children

Much of my work has centred upon the problem of poor body image and other nutritional problems affecting teenagers. What has become clear to me is that nutritional problems start young but they can be averted if measures are taken early enough.

In this light, I appreciate the tremendous emphasis that NSM has been giving to child nutrition. Since the year 2000, the Society has been pursuing the aim of developing a perpetual resource consisting of authoritative information, advice and tips for mothers, educators and the children themselves.

To date, NSM has successfully produced guides for breastfeeding infants as well as feeding toddlers and pre-schoolers. The Society has also collaborated with Ministry of Health in *Projek Rintis Kantin Sekolah*, a nutrition education initiative for primary school children in selected states. If proven successful, this pilot project will be fully implemented throughout the country. The NSM shall be conducting a large scale nutrition intervention programme for primary school children in the coming months.





MAHENDERAN APPUKUTTY
Honorary Assistant Secretary,
2006-10

War on Chronic Diseases

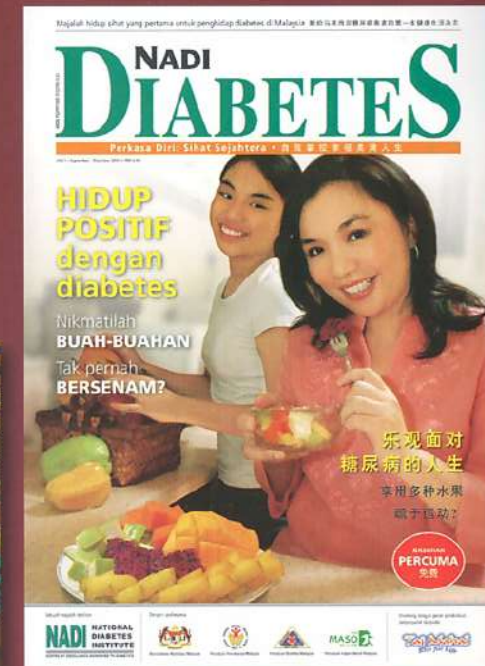
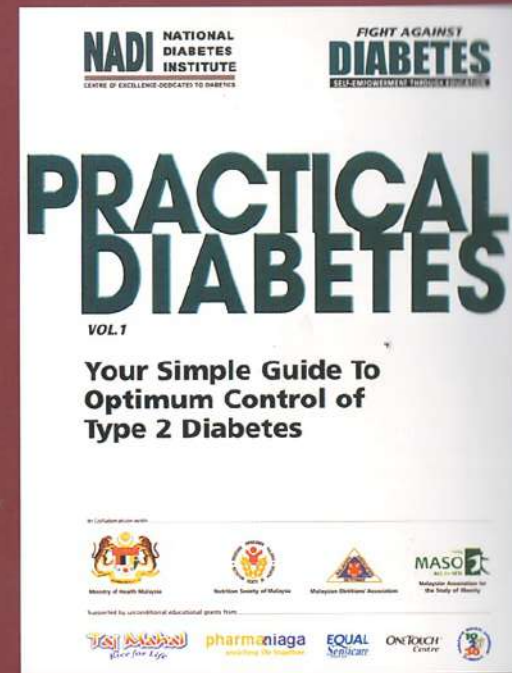
Ever since the '70s, the prevalence of diet-related chronic diseases has been increasing at an alarming rate. As healthcare professionals, we find ourselves contending with unhealthy eating and lifestyle habits that continue to place so many at risk of suffering and even death.

Yet, we in Nutrition Society of Malaysia are steadfast in our resolve to inspire positive change. Like eating a healthy diet, increasing daily physical activity and maintaining healthy body weight – simple measures with a profound impact on health and longevity.

These exhortations are consistently delivered through the NSM Community Screening and Advisory Roadshows. These entail offering free body weight and blood pressure checks as well as blood glucose and cholesterol tests to members of the public. Qualified nutritionists are on hand to interpret the results and provide dietary advice, accordingly. To date, NSM has screened and advised tens of thousands of people.

Yet, NSM welcomes invitations to collaborate with other concerned organisations in waging war on chronic diseases. The Weight Management Information Centre and the National Diabetes Institute (NADI) are notable examples.

While recognising the tremendous challenges involved, I believe that our efforts are making a difference and helping to save the lives of our fellow citizens.







ASSOC PROF DR NORIMAH ABD KARIM
Honorary Secretary, 2008-10

Nutrition Month Malaysia

Nutrition Society of Malaysia proposed the idea of organising Nutrition Month Malaysia in 2002. Since then, the Society has continued to play a leading role in this high-profile annual nutrition promotion programme.

NMM involves the collaboration of Malaysian Dietitians' Association and Malaysian Association for the Study of Obesity, and serves to bring nutrition into the public limelight at least once every year.

Focussing on a different theme since the beginning, NMM is now into its 9th year. From a small start-up, it has flourished over the last three years and become one of the largest nutrition promotion initiatives in the country. This is an achievement made possible only by the funding support of Malaysia Health Promotion Board and the food industry.

It is our hope that, as NMM continues to grow from strength to strength, we will be able to reach out and touch more lives with the promise of health and wellness through the practice of good nutrition.

Makan Sihat, Hidup Aktif
Ikuti pemakanan seimbang dan kepelbagaian makanan
Amalkan gaya hidup yang sihat

Untuk maklumat lanjut mengenai pemakanan, kunjungi <http://www.nutriweb.org.my>

Persekutuan Pemakanan Sihat
Persekutuan Dietitians Malaysia
MASO
Persekutuan Kajian Usahanya

Baca Label Pemakanan
Fahami label pemakanan untuk membuat pilihan yang bijak

Low Salt...
High Fibre...
Low Fat...

Untuk maklumat lanjut mengenai pemakanan, kunjungi <http://www.nutriweb.org.my>

Persekutuan Pemakanan Sihat
Persekutuan Dietitians Malaysia
MASO
Persekutuan Kajian Usahanya

Amalkan Cara Penyediaan Makanan yang Sihat
Guna kreativiti
Ubahsuai resipi supaya lebih sihat
Sediakan makanan dengan mengurangkan lemak

Untuk maklumat lanjut mengenai pemakanan, kunjungi <http://www.nutriweb.org.my>

Persekutuan Pemakanan Sihat
Persekutuan Dietitians Malaysia
MASO
Persekutuan Kajian Usahanya

Pilih Makanan Sihat
Buat pilihan bijak untuk meningkatkan kesihatan dan kesejahteraan

Untuk maklumat lanjut mengenai pemakanan, kunjungi <http://www.nutriweb.org.my>

Persekutuan Pemakanan Sihat
Persekutuan Dietitians Malaysia
MASO
Persekutuan Kajian Usahanya

Nutrition Month Malaysia 08

Eat Right, Enjoy Life!
Makan Sihat, Nikmati Kehidupan!

A Guide & Recipe Book by: Rukh Ponnusami & Kerpiy Senthiran

Nutrition Month Malaysia 09

Easy Nutrition Planner
for Caring Mums

Buku Perancangan Pemakanan Mudah untuk Ibu-ibu Penyayang

A Guide & Recipe Book by: Aislinn O'Connell

Nutrition Month Malaysia

Creative Recipes with bread
Delicious ideas for your kids

Resipi-resipi Kreatif Dengan Roti





Voices for the Future

Young nutrition professionals speak of their hopes and aspirations for NSM



DR YASMIN OOI

"NSM members should do more and play a bigger role in educating the public about nutrition. Currently, the public is often confused by information coming from certain individuals who, in spite of being highly motivated and well-meaning, are themselves misinformed. Happy birthday, NSM and a toast to you for many more years to come!"

"With its growing strength in membership and recognition, I believe that NSM will advance the image and role of nutrition professionals as advocates for nutrition and research in this country. I look forward to the registry of nutritionists; I believe this is a very important step to safeguard the public and ensure true professional practice."



WONG JYH EIIN

"I envision NSM as a resource centre for both professionals and the public to engage in anything relating to food, health and nutrition. I also hope that more young nutritionists will play an active role in NSM. They will not only strengthen the Society's activities in the community but also come to know that they belong here. And feel that they can contribute their knowledge and skills to keep developing this field."

"I hope that NSM will play a leading role, among non-government organisations, in helping to reduce the prevalence of non-communicable diseases in Malaysia. NSM has the credibility, credentials and commitment to work with the policy makers in improving the health and quality of life of everyone in this country. I congratulate NSM for its 25th birthday and anniversary!"



TAN SUE YEE



DR HAMID JAN

The Journey Ahead

For 25 years, we in Nutrition Society of Malaysia have not only witnessed the transformation of our nation, we have also been instrumental in helping to shape a nutrition-conscious public.

I must admit that, oftentimes, we felt like a still small voice in the wilderness. Our efforts to speak to those whom we cared about were initially met with ambivalence. It was hard for us to be heard amid the din of modern diversions and the lure of the unhealthy lifestyle.

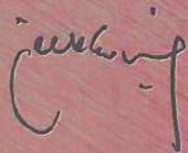
But I am glad that we persevered in our passion to promote good nutrition. We can and should be encouraged by the knowledge that, day by day, more people are becoming more concerned for their nutritional wellbeing. We should keep up the momentum.

However, our work risks being derailed by the growing slew of nutrition misinformation out there. It not only confounds the community, it also puts many in danger. We should continually endeavour to counter those misleading messages with evidence-based recommendations coming from credible nutritionists.

I personally believe that, as more nutritionists get involved in NSM, we will inevitably evolve into an even more dynamic and effective organisation. Unifying nutrition professionals in the bond of solidarity and common purpose. Advocating nutrition for health and wellness with greater fervour among the public. And complementing the government's vision of a healthier nation, with the same determination, dedication and discipline that have and will always define us.

As we advance into the journey ahead, NSM shall abide by its unwavering commitment to promoting nutrition for life. I wish NSM and all who are a part of the Society a happy 25th Anniversary.

Thank you.



DR TEE E SIONG
President, 2008-10



Tributes

NSM Outstanding



Dr Chong Yoon Hin (L001)

- Founder President, Nutrition Society of Malaysia (1985-1993)
- Honorary Member, Nutrition Society of Malaysia (1995)
- Organising Chairman, 6th. Asian Congress of Nutrition, 1991, Kuala Lumpur
- Chairman, Scientific Sub-Committee, 6th. ACN, 1991, Kuala Lumpur
- Special Advisor and Nutrition Consultant, PORIM, 1987-1992
- Awarded Kesatria Mangku Negara (KMN), 1980
- Fellow, Royal Institute of Chemistry, 1969; Fellow, Malaysian Institute of Chemistry, 1974; Fellow, Institute of Biology, London, 1974; Honorary member, Academy of Medicine, Malaysia, 1976, Australian Universities Vice-Chancellors' award, 1982



Professor Dr Mohd Ismail Noor (L002)

- Founding member and Vice President (1985-1993); President (1994-95); Vice-President (1996-2010)
- President, Federation of Asian Nutrition Societies (1994-1995)
- President, Malaysian Association for the Study of Obesity (MASO)-since 1995.
- Council Member, International Union of Nutritional Sciences (IUNS) -1997-2001.
- Founding Editor, Malaysian Journal of Nutrition (1995-1999)
- Chairman, TWG Nutritional Guidelines, Ministry of Health Malaysia since 1996
- Member, WHO Consultation on Obesity, WHO, Geneva, 1997
- Member, FAO/WHO/UNU Expert Consultation on Energy Requirements in Human Nutrition, FAO, Rome, 2001
- United Nations University (UNU) Fellowship, Guatemala (1978), Third World Academy of Sciences (TWAS) Fellowship, Rome (1988)
- Fellow, Nutrition Society of Malaysia (FNSM) -2000; Fellow, Malaysian Oil Scientists' and Technologists' Association (FMOSTA) 2002; Fellow, Malaysian Scientific Association (FMSA) – 2003; Fellow, International Union of Nutritional Sciences (FIUNS) – 2005; Fellow, Academy of Sciences Malaysia (FASc) - 2006



Dr Tee E Siong (L003)

- Founding member of Nutrition Society of Malaysia
- Honorary Secretary, Nutrition Society of Malaysia (1986-94)
- Vice-President, Nutrition Society of Malaysia (1994-95)
- Secretary-General, Federation of Asian Nutrition Societies (1994-1995)
- President, Nutrition Society of Malaysia (1996-2010)
- Fellow, Nutrition Society of Malaysia (FNSM) -2000
- Ahli Mangku Negara (AMN), 1993; Kesatria Mangku Negara (KMN), 1998
- Toray Foundation Science and Technology Award for 2001

Contributions Award



Professor Dr Khor Geok Lin (L006)

- Founding member of Nutrition Society of Malaysia
- Editor, Malaysian Journal of Nutrition since 2000
- Fellow, Nutrition Society of Malaysia (FNSM) -2000
- Chairman, Technical Working Group for Training, Ministry of Health Malaysia since 1996
- Member, UN Systems Standing Committee on Nutrition (SCN), Task Force on Capacity Strengthening in Nutrition in Asia (CASNA) since 2002.
- Member, FAO/UNU World Food Program Technical Advisory Group since 2004
- External Consultant, SEAMEO-TROPED Regional Center for Community Nutrition (RCCN), University of Indonesia since 1998
- Colombo Plan Scholar in McGill University, Fulbright Malaysian Scholar and Takemi Fellow in Harvard School of Public Health, Association of Commonwealth Universities Development Fellow in Monash University, Association of Southeast Asian Institutions for Higher Learning Fellow in Auckland University of Technology, and Asia Pacific Clinical Nutrition Society Award



Associate Professor Dr Zaitun Yassin (L009)

- Founding member of Nutrition Society of Malaysia (1985)
- Honorary Treasurer of Nutrition Society of Malaysia (1994-2010)
- Fellow, Nutrition Society of Malaysia (FNSM) -2000
- Kesatria Mangku Negara (KMN) -2008



Associate Professor Dr Tony Ng Kock Wai (L004)

- Founding member of Nutrition Society of Malaysia (1985)
- Council Member, Nutrition Society of Malaysia (1987-2010)
- Honorary Secretary, Nutrition Society of Malaysia, 1992-2000
- Fellow, Nutrition Society of Malaysia (FNSM) -2000
- Secretary, Research Secretariat, Ministry of Health Malaysia, 2006.
- Ahli Mangku Negara (AMN), 1996.
- Represented Nutritionists in the Ministry of Health in the Drafting of the Allied Health Profession Act 200_, 1998-2009

Honorary Member of the Nutrition Society of Malaysia

Dr Chong Yoon Hin,

Founding President of the NSM, was elected as Honorary Member on March 1995 in accordance with Clause 4(g) of the Rules of the Society for distinguished public service and meritorious contributions to the field of nutrition and to the Society.

Fellows of the Nutrition Society of Malaysia (2000-2009)

The following members of NSM were elected as Fellow Members of NSM in accordance with Clause 4(g) of the Rules of the Society for outstanding professional and meritorious contributions to the field of nutritional sciences. The election of Fellows of the NSM commenced in 2000.

Name of Fellow	Membership No.	Year elected	Name of Fellow	Membership No.	Year elected
Prof Dr Mohd Ismail Noor	L 002	2000	Datin Dr Safiah Mohd Yusof	L 050	2005
Dr Tee E Siong	L 003	2000	Dr Mohd Nasir Mohd Taib	L 308	2005
Dr Tony Ng Kock Wai	L 004	2000	Prof Dr Aminah Abdullah	L 058	2006
Prof Dr Khor Geok Lin	L 006	2000	Assoc Prof Dr Mirnalini Kandiah	L 016	2006
Assoc Prof Dr Zaitun Yassin	L 009	2000	Ms Zainab Tambi	L 024	2006
Mr Azmi Md Yusof	O 051	2002	Assoc Prof Dr Norimah A Karim	L 015	2007
Assoc Prof Dr Fatimah Arshad	L 034	2002	Ms Nawalyah Abdul Ghani	L 065	2007
Assoc Prof Dr Wan Manan Wan Muda	L 132	2002	Ms Taziah Fatimah Ibrahim	O 037	2007
Ms Rokiah Don	L 023	2004	Assoc Prof Dr Poh Bee Koon	L 274	2008
Dr Kalyana Sundram Manikam	L 114	2004	Mr Ng Kim Keat	L 240	2008
Dr Vellayan Subramaniam	L 226	2004	Ms Fatimah Salim	L 033	2008
Dr Zawiah Hashim	L 017	2004			

Members of NSM council, 1986-2010

Name	No. of times in Council	Name	No. of times in Council
Dr Chong Yoon Hin	4	Mr Mahenderan Appukutty	2
Prof Dr Mohd Ismail Noor	12	Dr S Vellayan	2
Dr Tee E Siong	12	Dr Daniel TS Tan	2
Dr Tony Ng Kock Wai	11	Assoc Prof Dr Amin Ismail	2
Assoc Prof Dr Zaitun Yassin	8	Ms Winnie Chee Siew Swee	1
Dr Khor Geok Lin	3	Ms Mimi Hamzah	1
Ms Jayamalar Chelladurai	5	Ms Fatimah Salim	1
Ms Zanariah Jiman	4	Mr Mohamad Nordin Abdul Karim	1
Dr Poh Bee Koon	4	Mr K Sundram	1
Dr Mohd Nasir Mohd Taib	4	Dr Nik Shanita Safii	1
Datin Dr Safiah Mohd Yusof	4	Dr Lim Ju Boo	1
Ms Mary Easaw	3	Dr Hazizi Abu Saad	1
Ms Khatijah Idris	3	Dr Fatimah Arshad	1
Mr Ng Kim Keat	3	Dr Aminah Abdullah	1
Assoc Prof Dr Norimah A Karim	3	Mr Azmi Md Yusof	1 (uncompleted term)
Ms Zainab Tambi	2	Ms Rubiyah Jamil	1 (half term)
Ms Uma Thevendran	2	Ms Rokiah Don	1 (uncompleted term)
Mrs Ng Soong Lek	2		

1st NSM Council (elected 1 March 1986) (1986-1988)

President
Vice-President
Hon. Secretary
Hon. Treasurer
Asst. Hon. Secretary
Council members

Dr Chong Yoon Hin
 Dr Mohd Ismail Noor
 Mr Tee E Siong
 Mrs Ng Soong Lek
 Dr Khor Geok Lin
 Dr Fatimah Arshad
 Ms Zanariah Jiman
 Ms Mimi Hamzah
 Ms Uma Thevendran

Honorary Auditors

Mr Tony Ng Kock Wai
 Mr Lim Ju Boo

2nd NSM Council (elected 19 March 1988) (1988-1990)

President
Vice-President
Hon. Secretary
Hon. Treasurer
Asst. Hon. Secretary
Council members

Dr Chong Yoon Hin
 Dr Mohd Ismail Noor
 Mr Tee E Siong
 Mr Mohamad Nordin Abdul Karim
 Mr Tony Ng Kock Wai
 Dr Aminah Abdullah
 Ms Zanariah Jiman
 Ms Mimi Hamzah
 Ms Uma Thevendran

Honorary Auditors

Dr Daniel TS Tan
 Ms Jayamalar Chelladurai

3rd NSM Council (elected 24 March 1990) (1990-1992)

President
Vice-President
Hon. Secretary
Hon. Treasurer
Asst. Hon. Secretary
Council members

Dr Chong Yoon Hin
 Assoc Prof Dr Mohd Ismail Noor
 Mr Tee E Siong
 Dr Daniel TS Tan
 Ms Safiah Yusof
 Assoc Prof Dr Khor Geok Lin
 Ms Zanariah Jiman
 Dr Tony Ng Kock Wai
 Ms Jayamalar Chelladurai

Honorary Auditors

Mr Mohamad Nordin Abdul Karim
 Dr S Vellayan

4th NSM Council (elected 29 February 1992) (1992-1994)

President
Vice-President
Hon. Secretary
Hon. Treasurer
Asst. Hon. Secretary
Council members

Dr Chong Yoon Hin
 Assoc Prof Dr Mohd Ismail Noor
 Dr Tee E Siong
 Assoc Prof Dr Khor Geok Lin
 Ms Safiah Yusof
 Dr Daniel TS Tan
 Ms Zanariah Jiman
 Dr Tony Ng Kock Wai
 Ms Jayamalar Chelladurai

Honorary Auditors

Dr S Vellayan
 Dr Khor Hun Teik

5th NSM Council (elected 27 March 1994) (1994-1996)

President
Vice-President
Hon. Secretary
Hon. Treasurer
Asst. Hon. Secretary
Council members

Assoc Prof Dr Mohd Ismail Noor
 Dr Tee E Siong
 Dr Tony Ng Kock Wai
 Dr Zaitun Yassin
 Ms Mary Easaw
 Mr Ng Kim Keat
 Mr K Sundram
 Dr S Vellayan
 Ms Jayamalar Chelladurai

Honorary Auditors

Dr Yap Sim Bee
 Ms Angela Bong

6th NSM Council (elected 23 March 1996) (1996-1998)

President
Vice-President
Hon. Secretary
Hon. Treasurer
Asst. Hon. Secretary
Council members

Dr Tee E Siong
 Prof. Dr Mohd Ismail Noor
 Dr Tony Ng Kock Wai
 Assoc. Prof. Dr Zaitun Yassin
 Ms Mary Easaw
 Ms Khatijah Idris
 Dr S Vellayan
 Ms Jayamalar Chelladurai
 Mr Azmi Md Yusof (up to April 1997)
 Ms Rubiyah Jamil (from May 1997)

7th NSM Council (elected 29 March 1998) (1998-2000)

President
Vice-President
Hon. Secretary
Hon. Treasurer
Asst. Hon. Secretary
Council members

Dr Tee E Siong
 Prof. Dr Mohd Ismail Noor
 Dr Tony Ng Kock Wai
 Assoc. Prof. Dr Zaitun Yassin
 Ms Mary Easaw
 Ms Khatijah Idris
 Mr Ng Kim Keat
 Dr Poh Bee Koon
 Ms Jayamalar Chelladurai

10th NSM Council (elected 26 March 2004) (2004-2006)

President
Vice-President
Hon. Secretary
Hon. Treasurer
Asst. Hon. Secretary
Council members

Dr Tee E Siong
 Prof. Dr Mohd Ismail Noor
 Assoc Prof Dr Poh Bee Koon
 Assoc. Prof. Dr Zaitun Yassin
 Dr Amin Ismail
 Dr Tony Ng Kock Wai
 Dr Mohd Nasir Mohd Taib
 Ms Zainab Tambi
 Assoc Prof Dr Norimah A Karim

Honorary Auditors

Dr S Vellayan
 Mr Mahenderan Appukutty

8th NSM Council (elected 25 March 2000) (2000-2002)

President
Vice-President
Hon. Secretary
Hon. Treasurer
Asst. Hon. Secretary
Council members

Dr Tee E Siong
 Prof. Dr Mohd Ismail Noor
 Dr Tony Ng Kock Wai
 Assoc. Prof. Dr Zaitun Yassin
 Dr Poh Bee Koon
 Ms Khatijah Idris
 Mr Ng Kim Keat
 Dr Safiah Md Yusof
 Ms Fatimah Salim

Honorary Auditors

Dr S Vellayan
 Ms Winnie Chee Siew Swee

11th NSM Council (elected 31 March 2006) (2006-2008)

President
Vice-President
Hon. Secretary
Hon. Treasurer
Asst. Hon. Secretary
Council members

Dr Tee E Siong
 Prof. Dr Mohd Ismail Noor
 Dr Nik Shanita Safii
 Assoc. Prof. Dr Zaitun Yassin
 Mr Mahenderan Appukutty
 Dr Tony Ng Kock Wai
 Dr Mohd Nasir Mohd Taib
 Ms Zainab Tambi
 Assoc Prof Dr Norimah A Karim

Honorary Auditors

Dr S Vellayan
 Assoc Prof Dr Amin Ismail

9th NSM Council (elected 23 March 2002) (2002-2004)

President
Vice-President
Hon. Secretary
Hon. Treasurer
Asst. Hon. Secretary
Council members

Dr Tee E Siong
 Prof. Dr Mohd Ismail Noor
 Dr Poh Bee Koon
 Assoc. Prof. Dr Zaitun Yassin
 Dr Amin Ismail
 Dr Tony Ng Kock Wai
 Dr Mohd Nasir Mohd Taib
 Ms Rokiah Don
 Ms Winnie Chee Siew Swee

Honorary Auditors

Mr Ng Kim Keat
 Ms Mary Easaw John

12th NSM Council (elected 28 March 2008) (2008-2010)

President
Vice-President
Hon. Secretary
Hon. Treasurer
Asst. Hon. Secretary
Council members

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 Yusof
 Dr Hazizi Abu Saad

Honorary Auditors

Dr S Vellayan
 Assoc Prof Dr Amin Ismail



Accolades

International Affiliates

"Through the years, we have witnessed the growth and recognition gained by NSM as a leading nutrition professional body in the country and region. Your outreach program to engage the stakeholders in promoting good nutrition, public awareness and education programs for the consumer in Malaysia is commendable."

GEOFFRY L SMITH
President
International Life Sciences Institutes
– South East Asia Region

"Today, nutrition scientists of Malaysia, as in many other countries, perhaps face a double burden of some malnutrition problems and nutrition-related chronic degenerative diseases. These are very big challenges for you to face, and I would sincerely hope that you will be able, somehow, to improve the situation. May I wish the activities of the 25th anniversary of NSM all the success."

PO-CHAO HUANG, M.D., D.M.SC.
President
Federation of Asian Nutrition Societies

"NSM as a successful professional group at country level is also an active adhering body of the International Union of Nutritional Sciences and a member of IUNS Region The Federation of the Asian Nutrition Societies. On behalf of the IUNS Council, I congratulate the Nutrition Society of Malaysia to its 25th Anniversary and wish you all success."

DR IBRAHIM ELMADFA
President
International Union Of Nutritional Sciences



International Life Sciences Institute
International Life Sciences Institute - Southeast Asia Region

MESSAGE

On behalf of the International Life Sciences Institute (ILSI) and ILSI Southeast Asia Region (ILSI SEA Region), we would like to congratulate and offer our warm wishes to the Nutrition Society of Malaysia (NSM) in celebrating its 25th anniversary.

Since its inception in 1993, ILSI Southeast Asia Region has had a long and fruitful collaboration with NSM. The support of NSM in organizing many conferences, symposia and workshops held in



FANS FEDERATION OF ASIAN
NUTRITION SOCIETIES

Message from Federation of Asian Nutrition Societies

Congratulations to the 25th anniversary of Nutrition Society of Malaysia. I am sure that all of your society members are proud of the achievements accomplished by NSM. Your society members have been quite active. You publish the Malaysian Journal of Nutrition Society regularly, holding annual scientific conferences with important themes successfully, and organized Nutrition Month Malaysia with related professional societies. Internationally you organized and held successfully the 6th Asian Congress of Nutrition in 1991. All of these are important for upgrading nutrition knowledge of both the professionals and the general public of Malaysia.

Today, nutrition scientists of Malaysia, as in many other countries, perhaps face a double burden of some malnutrition problems and nutrition-related chronic degenerative diseases. These are very big challenges for you to face, and I would sincerely hope that you will be able, somehow, to improve the situation.



INTERNATIONAL UNION OF NUTRITIONAL SCIENCES

President: Dr. Ibrahim Elmadfa
University of Vienna
Althanstrasse 14 (Pharmaziezentrum)
A-1090 Vienna
Austria
Tel: 43-1-4277-54901 Fax: 43-1-4277-9549
E-mail: ibrahim.elmadfa@univie.ac.at

To the President of the Nutrition Society of Malaysia

Professor Dr Tee E Siong

Division of Human Nutrition, Institute for Medical Research
Jalan Pahang
50588 Kuala Lumpur, Malaysia

Vienna, March 8th 2010

Dear colleagues of the Presidium and members of NSM,

to celebrate the 25th Anniversary means to be proud of the outcome of 25 years of active work in the field of Nutrition and Food Sciences. Many renowned scientists are

Organisational Collaborators

"The National Population and Family Development Board (NPFDB) recognises the importance of practising good eating habits and healthy lifestyle among family members towards achieving family well being. This complements the efforts of other implementing agencies, NGOs and the private sector in educating the public on good nutrition. Thus, initiatives taken by NSM to promote nutrition knowledge and healthy eating in a responsible manner among the public as well as information on advances in nutrition science for professionals and food producers and operators are applaudable."

DATO' AMINAH ABDUL RAHMAN

Director General

National Population and Family Development Board, Ministry of Women, Family and Community Development

"MDA has always given its fullest support to NSM, and we will continue to do so. It's time to take another leap forward together. We sincerely believe that the society will advance in leaps and bounds in the coming years, continuing to work towards the greater good for the people of Malaysia!"

TAN YOKE HWA

President

Malaysian Dietitians' Association

"On a personal note, Dr. Chong, Dr. Tee and I, go back a long way since 1985, as pioneers of NSM. Since the establishment of MASO in 1994, the two organizations have worked closely on issues of mutual interest. It is my sincere hope that nutritionists be given due recognition as professionals under the proposed Allied Health Professional Acts."

PROF DR MOHD ISMAIL NOOR

FACS, FIUNS, FMSA, FMOSTA, FNSM

President

Malaysian Association For The Study Of Obesity



LPPKN
KETUA PENGARAH
LEMBAGA PENDUDUK DAN PEMBANGUNAN KELUARGA NEGARA
(National Population and Family Development Board)
Kementerian Pembangunan Wanita, Keluarga dan Masyarakat
(Ministry of Women, Family and Community Development)
Bangunan LPPKN, 28, Jalan Haja Laut, Peti Surat 10416, 50712 Kuala Lumpur, Malaysia
Tel: 603 2093 1772/17 603 2093 7555 (Samb. 216) Faks: 603 2092 1357

Rtg. Tuak
(1000-00)
Rtg. Puan
(100-00)
Tarikh
(Date) 16 March 2010

MESSAGE FROM DIRECTOR GENERAL OF NATIONAL POPULATION AND FAMILY DEVELOPMENT BOARD, MALAYSIA

Congratulations to the Nutrition Society of Malaysia (NSM) on its 25th Anniversary and achievements in creating awareness and promoting healthy nutrition to the community, in support of the Government's efforts to combat the increase in diet-related chronic diseases in the country.



PERSATUAN DIETITIAN MALAYSIA (MALAYSIAN DIETITIANS' ASSOCIATION)

9th MDA Council:
President : Ms. Tan Yoke Hwa
Vice President : Ms. Sharon F.H. Wong
Hon. Secretary : Mr. Joseph Lee Sidel, Sidiq
Hon. Treasurer : Ms. Tang Yai Yew
Asst. Hon. Secretary : Ms. Indu Balaraman
Council Members:
Dr. Zahara bt. Abd. Saniat
Dr. Harshadani Sood bt. Mohd. Yusof
Ms. Wong Sze Fui
Ms. Rohah bt. Ismail

March 16, 2010

Dr Tee E Siong, MNM
President
NUTRITION SOCIETY OF MALAYSIA

Dear Dr Tee,

Happy 25th!

First of all, I would like to thank NSM for graciously providing this opportunity to be a part of its wonderful celebration.

Since the society was formed, NSM has very much elevated the standard of food & nutrition in Malaysia, providing platform after platform for nutritionists and dietitians to advance. To name a few, the hugely successful 3rd Asian Congress of Dietetics 2002, in which we collaborated with NSM, provided a stepping-stone for many in the field of nutrition. In the same year, we saw the launch of Nutrition Month Malaysia, another great initiative by NSM to bring nutrition to life. I would like to sincerely congratulate the president of NSM, Dr Tee, who has been leading the initiative, which we notice is growing year by year!

MDA has always given its fullest support to NSM and we will continue to do so. It's time to take another leap forward



MALAYSIAN ASSOCIATION FOR THE STUDY OF OBESITY PERSATUAN KAJIAN OBESITI MALAYSIA

MASO 10th Council
(2009-2011)

President:
*Prof. Dr. Mohd. Ismail Noor
Vice President:
*Assoc. Prof. Dr. Scariah A. Karim
Hon. Secretary:
*Assoc. Prof. Dr. Suh. Bin. Khamis
Hon. Treasurer:
*Dr. Hassan Abu Ghad
Hon. Asst. Secretary:
*Ms. Wong Jih Ean

Council Members:
*Dr. Zeeiah Habbani
*Dr. Ng Li Lin
*Dr. Harid Jan bin Jan Muhammad
*Dr. Mahendran Appiah
*Dr. Roshah Ibrahim

ALLIATIONS



March 16, 2010

Dr Tee E Siong, MNM
President
NUTRITION SOCIETY MALAYSIA

Dear Dr Tee,

CONGRATULATORY NOTE FROM MASO

It has been nothing less than a glorious 25 years for NSM, and the nation has benefited plenty from its endeavours. I wish to pay a special tribute to the President, Dr Tee E Siong, who has steadily steered the Society, over the last 15 years, to achieve a status that we nutritionists can be proud of. As the president of MASO, I am pleased and privileged to be presented with the opportunity to be a part of the NSM's Silver Jubilee celebration.

On a personal note, Dr. Chong, Dr. Tee and I, go back a long way since 1985, as pioneers of NSM. Since the establishment of MASO in 1994, the two organizations have worked closely on issues of mutual interest. It is my sincere hope that nutritionists be given due recognition as professionals under the proposed Allied Health Professional Acts.

On behalf of MASO, I would like to congratulate NSM on its 25th Anniversary and we look forward to many more collaborations with NSM in the future.

"The Malaysian Paediatric Association has long established good working relationship with your esteemed organisation. Over this period of time, we have benefited enormously from the expertise of members from your organisation, evidenced by numerous supports that we had received in various programs that we had been involved with."

PROF ZABIDI HUSSIN FRCPCH

President
Malaysian Paediatric Association

"NSM has been an excellent collaborative partner of the Positive Parenting programme and we truly appreciate your support in various Positive Parenting projects and activities. It is with NSM's support that Positive Parenting is able to provide a comprehensive and holistic education programme for Malaysian parents and their children. We look forward to further collaboration with you in the coming years to educate the public with authoritative and accurate information that will improve their quality of life."


DATUK DR ZULKILFLI ISMAIL

Chairman
Positive Parenting Management
Committee Past President,
Malaysian Paediatric Association

"The Nutrition Society of Malaysia has long been a partner in most of the work that NADI does. We both hold the same sentiment that prevention is better than cure. We strive very hard to educate the public through the many publications and roadshows that we have endured together."

EMERITUS PROF. DATO' MUSTAFFA EMBONG

Executive Director
National Diabetes Institute



PERSATUAN PEDIATRIK MALAYSIA
MALAYSIAN PAEDIATRIK ASSOCIATION


8th March 2010

Dr Tee E Siang
President
Nutrition Society of Malaysia
C/o 46, Jalan SS22/32
47400 Petaling Jaya
Selangor Darul Ehsan

25TH ANNIVERSARY OF THE NUTRITION SOCIETY OF MALAYSIA

I, on behalf of the Malaysian Paediatric Association, take this opportunity to congratulate you and your society on your 25th Anniversary.

The Malaysian Paediatric Association has long established good working relationship with your esteemed organization. Over this period of time, we have benefited enormously from the expertise of members from your organization, evidenced by numerous supports that we had received in various programs that we had been involved with.




POSITIVE PARENTING MANAGEMENT COMMITTEE

Chairman
Datuk Dr Zulkifli Ismail

Members
Datuk Dr Mans Mohd Noraini
Honorary President, Consultant
Paediatrician of Neonatology,
Malaysian Paediatric Association
Assoc Prof Dr Nurainah A Karim
Honorary Services, Nutritionist,
Nutrition Society of Malaysia
Dr Yin Tek Ho
FAC, Paediatric Consultant Paediatric
Malaysian Mental Health Association
Assoc Prof Dr Tan Ai Eeng
Honorary Director of Epidemiology,
Obstetrics and Gynaecological Society
of Malaysia
Pn Norhidayah Abdillah
President,
Association of Registered Dietitians
Positiva Malaysia
Dr Anji Doshi-Gandhi
Nepali Director General (Public),
National Population and Family
Development Board Malaysia

Programme Partners



Dr Tee E Siang
President
Nutrition Society of Malaysia

Dear Dr Tee,

Re: Congratulations


On behalf of the Malaysian Paediatric Association's Positive Parenting Programme, I would like to extend my sincere congratulations to Nutrition Society of Malaysia on 25 years of successful community education and programme implementation in the field of nutrition, especially childhood nutrition.

For the past 25 years, Nutrition Society of Malaysia has kept to its objective of promoting healthy nutrition in the community. Your efforts in educational activities such as Nutrition Month Malaysia has indeed done much to raise awareness on the importance of nutrition among the Malaysian public, making NSM the leading advocate of good nutrition in Malaysia. I do believe that NSM, along with its expert community of nutritionists, has done much to reduce the rates of diet-related chronic diseases in the country.


Additionally, NSM has been an excellent collaborative partner of the Positive Parenting programme and we truly appreciate your support in various Positive Parenting projects and activities. It is with NSM's support that Positive Parenting is able to provide a comprehensive and holistic education programme for Malaysian parents and their children. We look forward to further collaboration with you in the coming years to educate the public with authoritative and accurate information that will improve their quality of life.

Once again, congratulations on an amazing 25 years of excellent public nutrition education, and wishing Nutrition Society of Malaysia many more silver jubilees to celebrate.

Yours sincerely,



DATUK DR ZULKILFLI ISMAIL



NADI NATIONAL DIABETES INSTITUTE
INSTITUT DIABETES NEGARA

Tel: 603-7051071/7051077
Fax: 603-7051071
Email: angzy@nadi.gov.my
<http://www.nadidietes.com.my>

No. 1, Jalan SS 3/50, 47300 Petaling Jaya, Selangor, MALAYSIA

March 8, 2010

PATRON
Tun D. Mahide Mohamad

BOARD OF TRUSTEES
President
Dr Tee E Siang
Nutrition Society of Malaysia
Division of Human Nutrition
Institute for Medical Research
Jalan Pahang, 50586
KUALA LUMPUR

Chairman
Tan Sri Dato' Dr Abu Bakar Saibani

Permanent Members
Tan Sri Dato' Dr Abu Bakar Saibani
Emeritus Prof. Dato' Mustafa Embong
Emeritus Prof. Dato' Khalid Kadir
Prof Dato' Anwar Zaki Md Zain

Representation
Dato' Dr. Huan Shu MM (Malaya) (MAM)
Dr. C. R. Lohman (MEDI)
Prof. Brian Stanford (PEDI)

Dear Dr Tee,

25TH ANNIVERSARY OF NUTRITION SOCIETY OF MALAYSIA


Heartiest congratulations on your 25th anniversary!

The Nutrition Society of Malaysia has long been a partner in most of the work that NADI does. We both hold the same sentiment that prevention is better than cure. We strive very hard to educate the public through the many publications and roadshows that we have endured together.

I wish nothing less than many more glorious years to come.

With best wishes,

Yours sincerely,
NATIONAL DIABETES INSTITUTE





Your Partner In Nutrition

Abbott nutrition partners with you to maintain the greatest standards of health for you and your family.



TURNING SCIENCE INTO CARING

Caring is what we do in Abbott. For over 100 years, we have been driven by a constant goal – to advance medical science to help people live healthier lives. It's part of our heritage. And, it continues to drive our work.

Today, 85,000 Abbott employees around the world share the passion for Turning Science Into Caring. It's a commitment to focus on what matters most – life and the potential it holds when we are feeling our best.

In Malaysia, we have been thoughtfully serving Malaysians with nutrition, diagnostics, medical devices and pharmaceutical therapy products. But our commitment to care goes beyond new technologies and extends into the area of professional and community education.

Towards this end, we count it our privilege to support the Nutrition Society of Malaysia in its various programmes and initiatives to promote optimum nutrition as a part of positive parenting and good adult self-care.

Abbott Nutrition Malaysia, a leader in pediatric and adult nutrition, offers a wide range of science-based nutrition products including famous brands like Gain Plus EYE-Q™, Gain Kid EYE-Q™, Pediasure® Complete, Isomil® Plus Eye-Q™, Ensure®, Glucerna® SR, ProSure®, and numerous other medical nutrition products.

Smart Nutrition Programme

Initiated by



Nutrition Society of Malaysia

In collaboration with



Supported by an unconditional educational grant from



DANONE DUMEX

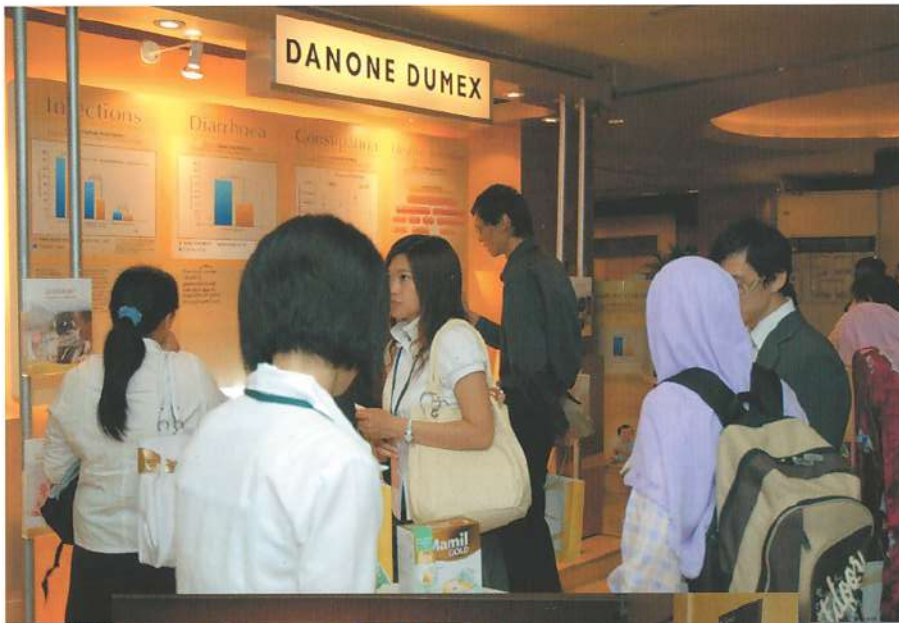
NURTURING GENERATIONS

For more than 50 years, Malaysian parents have trusted in our proven experience and expertise in child nutrition. Through our strong commitment to research and development, we strive to provide optimum nutrition for the growing up years, while also ensuring a strong foundation for future health as well.

Children are our priority and their interests remain at the heart of all our product innovations and activities. These are fueled by a passion to develop, acquire and share nutrition knowledge in various forums for professional and lay audiences.

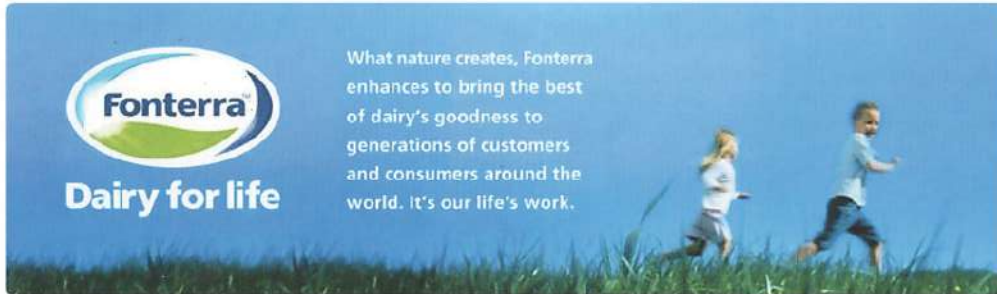
Towards this end, we laud the Nutrition Society of Malaysia for its consistent efforts to promote the awareness, understanding and practice of nutrition knowledge. And for giving us the opportunity to support the endeavour.

We congratulate you for 25 years of promoting nutrition for life.



Danone Dumex was the first to introduce the concept of precision nutrition, back in 1991, with our 1Plus, 3Plus and 6Plus formula. This was followed by the introduction of other 'firsts', including the now popular 'pouch packaging', chocolate and honey-flavoured growing-up milk, DHA-enhanced GUM and GUM with fine cereals. Our most recent breakthrough involved innovations for better digestion and absorption of nutrients. A good digestive system is the foundation for happy growth.





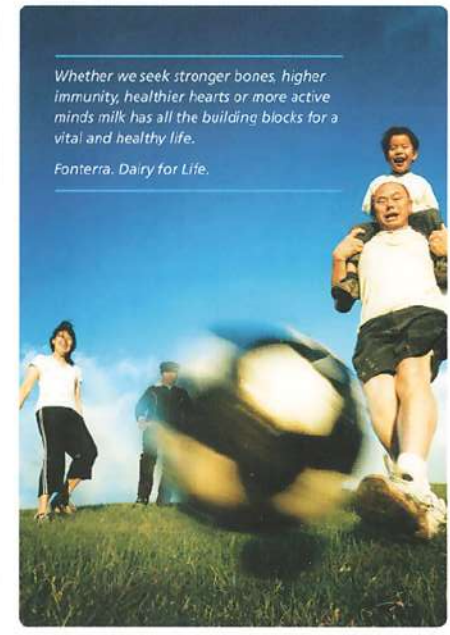
PASSION FOR DAIRY

Fonterra is the world's leading exporter of dairy products. We are responsible for more than a third of international dairy trade. Built on a rich heritage of quality dairy products, our products are enjoyed by consumers in Malaysia and over 140 other countries.

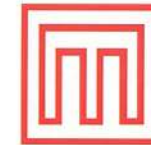
We have always marveled at the simple nutrition of dairy and how it provides the building blocks for a healthy life. As such, we work closely with some of the world's leading institutes to help unlock the benefits of milk and develop products that target specific health concerns.

We also share our experience and expertise in milk with nutrition professionals through avenues, such as the NSM Annual Scientific Conferences. These are complemented by our consumer education activities to continually advocate the nutrition of milk for people at every stage of life.

Fonterra Brands is the consumer products division of Fonterra. We produce, distribute, market and sell some of the best known and most loved dairy brands in the world. Our brands in Malaysia include ANMUM, FERNLEAF, ANLENE, Solivite, Calciyum, Anchor Butter and Chesdale.



Vitagen[®] healthy tummies



MALAYSIA MILK SDN BHD

FOR GOOD DIGESTIVE HEALTH

As the company behind leading brands like VITAGEN[®] and MARIGOLD[®], our vision is to continuously meet consumers' expectations for quality, safety and nutritional value.

We embrace our responsibility to help enhance consumers' health. As such, we are supporting Nutrition Society of Malaysia's efforts to help foster the spirit of scientific progress among nutrition professionals as well as to educate the public, particularly in the area of digestive health.

We congratulate Nutrition Society of Malaysia on its 25th anniversary. Thank you for letting us be a part of it.

Caring for a Healthy Digestive System

The digestive system is a complex system of organs that work together to break down food into nutrients that your body can use. It starts in the mouth and ends in the anus. The digestive system is made up of the mouth, salivary glands, esophagus, stomach, small intestine, large intestine, and rectum.

Healthy Digestive System For Good Health!

- Absorbing essential nutrients from food.
- Acting as the body's first line of defense.

Healthy All the Way

The Mouth: The first step in digestion is the mouth. Salivary glands produce saliva, which contains the enzyme amylase that begins the breakdown of carbohydrates. The tongue also plays a role in digestion by mixing food with saliva and pushing it into the esophagus.

The Stomach: The stomach is a muscular organ that churns food into a thick, soupy mixture called chyme. The stomach lining produces hydrochloric acid, which kills bacteria and helps break down food.

The Small Intestine: The small intestine is where most of the digestion and absorption of nutrients takes place. It is divided into three parts: the duodenum, jejunum, and ileum.

The Large Intestine: The large intestine is where water and electrolytes are absorbed from the remaining indigestible food matter. It also produces and stores feces.

Billions of Good Bacteria for a Healthy Gut

Vitagen[®] The True Cultured Milk Drink

Bakteria Baik untuk Kesehatan Sistem Penghadaman

Saluran pencernaan manusia merupakan salah satu sistem yang sangat penting dalam tubuh. Sistem ini berfungsi untuk memecah makanan menjadi nutrisi yang dapat diserap oleh tubuh. Kesehatan sistem pencernaan sangat penting untuk menjaga kesehatan secara keseluruhan.

Apakah Anda Memiliki Kesehatan Sistem Pencernaan yang Baik?

- Menyerap nutrisi penting dari makanan.
- Bertindak sebagai garis pertahanan pertama tubuh.

Pengal Utama Bakteri Baik

Saluran pencernaan manusia memiliki jutaan jenis bakteri yang membantu dalam proses pencernaan. Bakteri-bakteri ini membantu memecah makanan menjadi nutrisi yang dapat diserap oleh tubuh. Selain itu, bakteri-bakteri ini juga bertindak sebagai garis pertahanan pertama tubuh terhadap infeksi.

Manfaat Utama Bakteri Baik

- Menyerap nutrisi penting dari makanan.
- Bertindak sebagai garis pertahanan pertama tubuh.

Tambah Bakteri Baik dengan Vitagen

Manfaat utama dari mengonsumsi Vitagen adalah untuk meningkatkan kesehatan sistem pencernaan secara keseluruhan. Produk ini mengandung miliaran bakteri baik yang membantu memecah makanan menjadi nutrisi yang dapat diserap oleh tubuh. Selain itu, bakteri-bakteri ini juga bertindak sebagai garis pertahanan pertama tubuh terhadap infeksi.

Hari Kesehatan Penghadaman Sedunia

Manfaat utama dari mengonsumsi Vitagen adalah untuk meningkatkan kesehatan sistem pencernaan secara keseluruhan. Produk ini mengandung miliaran bakteri baik yang membantu memecah makanan menjadi nutrisi yang dapat diserap oleh tubuh. Selain itu, bakteri-bakteri ini juga bertindak sebagai garis pertahanan pertama tubuh terhadap infeksi.

良菌对健康肠道的助益

人体的消化系统是一个非常复杂的系统，它负责将食物分解成营养物质，供身体吸收。消化系统的健康状况直接影响着我们的整体健康。

数以亿计的良菌 滋养消化系统

我们的肠道中存在着数以亿计的细菌，这些细菌在消化过程中起着至关重要的作用。它们帮助我们分解食物，吸收营养，并保护我们的肠道免受有害细菌的侵袭。

增加有益细菌，改善您的消化

通过摄入含有益生菌的 Vitagen，您可以增加肠道中的有益细菌数量，从而改善您的消化功能。这有助于您更好地吸收营养，保持肠道的健康。

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BILLIONS OF GOOD BACTERIA A DAY, KEEP THE DOCTOR AWAY.

We all know how harmful bacteria can be to our bodies, but did you know there are also good bacteria that help our bodies fight infection and aid digestion?

Our bodies need a good equilibrium of both harmful bacteria and "good bacteria" to maintain a balanced lifestyle. An example of such "good bacteria" found in probiotics includes, aids in stimulation of healthy immune system and supporting the digestion process.

Good digestion is vital to our body's health as it breaks down the food we eat and allows the vital nutrients we need to be absorbed into our body through our intestinal walls. It also prevents gastrointestinal problems such as gas, bloating, indigestion, gastric ulcers, constipation, irritable bowel syndrome, etc. Problems such as these occur when the levels of bad bacteria exceed the good bacteria. So how do we combat these bad bacteria? Well, a delicious bottle of VITAGEN!

A single bottle of VITAGEN[®] per pack contains billions of good bacteria. So drinking VITAGEN[®] per pack makes sure you get your daily quota of good bacteria after every day. This helps your body maintain digestion and keeps you healthy. Every bottle of VITAGEN[®] is packed with the healthy goodness of real fruit such as apples, grapes, oranges, and lemons, and is the perfect refreshment for a balanced lifestyle.

Increase good bacteria and improve your digestion with VITAGEN[®] today. Now available in 3 delicious variants including VITAGEN[®] Less Sugar. For less than 22¢ per cup and a high in dietary fibre as well as the latest innovation, new VITAGEN[®] with added Collagen!

VITAGEN DIGESTION FACT
Digestive antibodies in the stomach and before food reaches the stomach. This is done through our sensory glands, which produce a reflex that breaks down carbohydrates.

HEALTHY RECIPES WITH VITAGEN

Fresh Fruits Trifle

1. Layer VITAGEN[®] in a glass.
2. Add fresh fruits, jelly and custard over it. Cut into 4.
3. Sprinkle with fresh fruits, jelly and custard over it. Cut into 4.

Note: Use only one serving of VITAGEN[®] per day. - unsweetened. (Not for infants, children, elderly and sick).

Prep time: 20 minutes. Cooking time: 20 minutes. Serves: 3

Vitagen[®] The True Cultured Milk Drink

VITAGEN[®] is the 1st cultured milk drink in Malaysia remains the market leader to this day. The product contains billions of probiotic cultures, namely Lactobacillus acidophilus and Lactobacillus casei, imported from the world-renowned biotechnology laboratory of Chr Hansen in Denmark. Our product range includes VITAGEN[®] Regular, VITAGEN[®] Less Sugar, and our latest product innovation, VITAGEN[®] Collagen Less Sugar.





Our MISSION

is to create nutritional brands and products trusted to give infants and children the best start in life.

Our VISION

is to be the world's premier pediatric nutrition company.

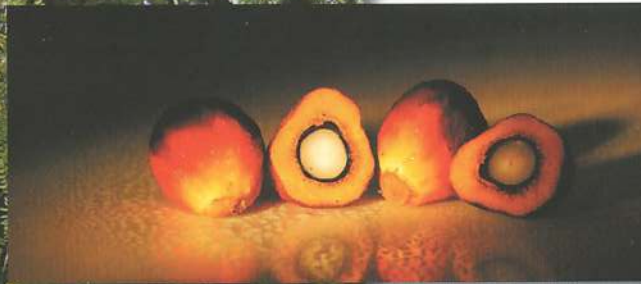
SHARING THE SCIENCE OF PEDIATRIC NUTRITION

In line with our vision of being the world's premier pediatric nutrition company, Mead Johnson Nutrition has consistently played an active role in supporting NSM's Annual Scientific Conferences over the years.

Our company has not only served as a major sponsor and avid trade exhibitor, we have also facilitated scientific presentations by renowned guest speakers in the spirit of sharing the latest advances in the area of children's nutrition.

The contributions of Mead Johnson Nutrition reflect our passion in furthering the quest for science-based nutrition through the exchange of knowledge, insights, discoveries and experiences among professionals.

We look forward to the continue sharing the science of pediatric nutrition in partnership with Nutrition Society of Malaysia.



PROMOTING MALAYSIAN PALM OIL

Malaysian Palm Oil Council has, since our establishment in 1989, steadfastly endeavoured to enhance the image of palm oil and create better acceptance of the product by raising awareness of its many technological, nutritional and economic advantages as well as environmental sustainability.

Over the years, we have collaborated with several health-related organisations, including the Nutrition Society of Malaysia, to help realise our aspirations. In 2006, we organised a symposium titled, Issues of Fats and Oils in Human Nutrition, in conjunction with the NSM Annual Scientific Conference.

Our palm oil promotion efforts also involve educating Malaysians from all walks of life on the role of oils and fats, particularly palm oil, in human nutrition. We strive to help Malaysians make better choices to achieve a balanced and healthier lifestyle.

Objectives of MPOC

- To enhance trade opportunities in the market place by identifying and meeting the latest opportunities in the market.
- To encourage product diversification by using Malaysian palm oil as the key ingredient, thus gaining a prominent role in new and reformulated products.
- To improve understanding of palm oil, enhancing its application and elucidating its numerous strengths and benefits.
- To uphold the good name of Malaysian palm oil by closing the gap between the issues of perception, allegations and the realities of palm oil.
- To safeguard Malaysian palm oil as the most dominant vegetable oil in terms of market coverage, nutritional benefits, environmental sustainability and commercial success.



NESTLÉ'S JOURNEY TOWARDS NUTRITION, HEALTH & WELLNESS

As part of our journey towards Nutrition, Health and Wellness, Nestlé, through its vision of Nourishing Malaysia, continues to invest in R&D, innovate new products and improve existing ones to ensure they are more nutritious and healthier by reducing salt, sugar, and fat content. This complements the Government's efforts via the 10-Year National Plan of Action for Nutrition to create a healthier and more informed Malaysian society.

Nestlé's partnership with the Nutrition Society of Malaysia, has resulted in various initiatives to educate both children and adults on the benefits of good nutrition and physical activity towards our journey to shape a healthier nation. Nutrition is a key focus area for Nestlé as part of our Creating Shared Value commitment.

In our journey towards Nutrition, Health and Wellness, Nestlé reaches out to the community in a multitude of ways. From helping to nourish the most vulnerable in society to investments in R&D to continuously meet the nutritional needs of our consumers – Nestlé is firmly on track towards Nourishing Malaysia.

Today, as Nestlé continues to grow with the nation, it actively seeks avenues in which it can promote healthy lifestyles and wellness in Malaysia as part of its promise of bringing Good Food, Good Life.

Since its inception in 1866, Nestlé has made every effort to combine nutrition and taste; resulting in an extensive range of products for its consumers. Nestlé is driven by its commitment to offer consumers around the world products that are relevant, safe, nutritious, tasty, convenient, and of the highest quality.





PEPSICO
INTERNATIONAL

LEADING HEALTHIER LIVES

We believe it is our responsibility to address diet and nutrition concerns around the globe, including obesity and diet-related chronic diseases. As such, we strive to support our consumers by providing foods and beverages that enhance their health and lives. We also try to empower them, through community health education, in making informed diet and lifestyle choices.

Our commitment to our consumers is exemplified by our recent collaboration with Nutrition Society of Malaysia in the Take-5-A-Day campaign to promote higher daily intake of fruits and vegetables. We believe that this and the many other initiatives we have mounted (especially in the promotion of heart health) are helping consumers lead healthier lives.



NSM's Take-5-A-Day Campaign was supported by Tropicana® 100% Fruit Juice. Tropicana began in 1947 and is now a first-class brand synonymous with 'pure premium'. It continues to select the finest fruit, create original products, pioneer innovative processes, and explore new markets for the world's best juice and juice beverages.

Load Up on Fruits & Vegetables!

“You’ve heard it a million times: Eat your fruits and vegetables. But how many? And how often? The answer is: More often and more variety. The National Cancer Institute (NCI) says that eating a diet rich in fruits and vegetables can help reduce the risk of many chronic diseases, including heart disease, cancer, and diabetes. The NCI also says that eating a diet rich in fruits and vegetables can help you live longer and healthier.”

WHAT TO EAT FOR

- Eat a variety of fruits and vegetables every day.
- Aim for at least 5 servings of fruits and vegetables a day.
- Choose a variety of colors and types of fruits and vegetables.
- Drink plenty of water.

Get Your 5-A-Day Today!

“The 5-A-Day campaign is a national effort to encourage Americans to eat at least five servings of fruits and vegetables every day. The campaign is based on the Dietary Guidelines for Americans, which recommend eating a diet rich in fruits and vegetables. The 5-A-Day campaign is a simple way to remember to eat a healthy diet.”

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Getting to the Goodness of Fruits & Vegetables!

“Fruits and vegetables are packed with nutrients that can help you live longer and healthier. They are also delicious and easy to eat. The National Cancer Institute (NCI) says that eating a diet rich in fruits and vegetables can help reduce the risk of many chronic diseases, including heart disease, cancer, and diabetes. The NCI also says that eating a diet rich in fruits and vegetables can help you live longer and healthier.”

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Colours of the Rainbow for Your Health

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Getting 100% Goodness from Your Fruits & Vegetables

“100% Goodness from Your Fruits & Vegetables is a campaign to encourage Americans to eat a diet rich in fruits and vegetables. The campaign is based on the Dietary Guidelines for Americans, which recommend eating a diet rich in fruits and vegetables. The 100% Goodness campaign is a simple way to remember to eat a healthy diet.”

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Make it 5-A-Day to Keep Diseases at Bay

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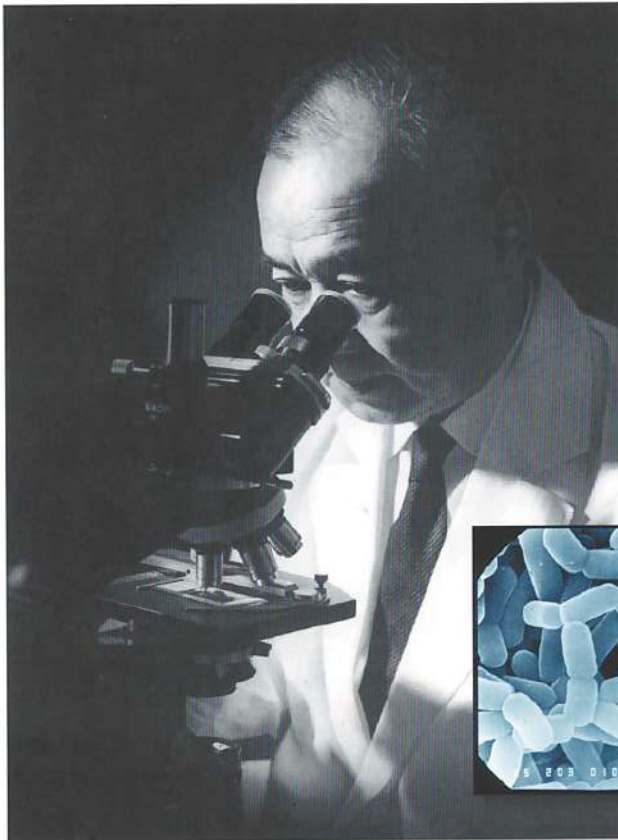
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Yakult



CHAMPIONING THE BENEFITS OF PROBIOTICS

Since beginning operations in Malaysia in 2004, Yakult has consistently supported the NSM Annual Scientific Conference each year as a means of communicating the scientific and health properties of Yakult probiotics to nutritionist, dietitians and other health professionals. We disseminate published clinical data and videos documenting the use of our probiotics in preventive medicine and in treatment and therapy for certain conditions.

We were among the pioneer sponsors of Nutrition Month Malaysia when the campaign was first opened to industry collaboration. We continue to participate actively each year to create further awareness regarding the health benefits of probiotics, in line with our philosophy of 'building a healthy society'.

Yakult (Malaysia) Sdn Bhd looks forward to many years of cooperation and collaboration with the Nutrition Society of Malaysia and wishes NSM a Happy 25th Anniversary.

Yakult is a world pioneer in the field of probiotics. Since its discovery in 1935 by Dr Minoru Shirota, a Japanese doctor, Yakult has spread around the world and is today loved by 28 million people from 32 countries and regions. Our probiotic cultured milk drink products contain over 30 billion of the live Shirota strain probiotics in each bottle and are recognised as 'Foods for Specified Health Usages' (FOSHU) by the Ministry of Health in Japan.

Bacteria: The Good, The Bad and The Ugly

Your Child's Intestines: home to billions of bacteria
 You may think that the only function of your child's large intestine is to store and excrete waste. But did you know that its millions are also teeming with other "bacteria"?
 Your child's intestine are home to billions of bacteria - about 400 to 500 different species. The primary colony is called "normal flora", which is inhabited by good bacteria (e.g. Lactobacillus, Bifidobacterium) and bad bacteria (e.g. Streptococcus).

Keep Your Child's Bacterial Balance Healthy

Failure to set your child's good health starts from a healthy probiotics in their intestines.

Good bacteria help to break down food and absorb nutrients efficiently. Good bacteria also work together with your child's immune system to crowd out the bad bacterial bacteria that cause diseases. The wrong bacteria help reduce the level of certain vitamins and calcium.

A healthy bacterial balance means that the good bacteria are in control and are able to counteract the bad bacteria that can cause digestive problems in your child. Many babies usually have flat, firm, but hard stools. The milk only has been metabolized by healthy bacterial companions in the intestines. The challenge now is to maintain their healthy composition, which is essential to help your child stay healthy.

Factors that may disrupt your child's intestinal flora include any or combination of the following: consumption of certain medications and antibiotics; when your child's intestinal flora is unbalanced, it is all a matter of which bacteria from the digestive system and how they are metabolized. Therefore, maintaining a healthy bacterial balance is essential to your child's health.

Probiotics Help Keep the Balance

Probiotics are defined as live microorganisms which, when administered in adequate amounts, confer a health benefit on the host. They help maintain a healthy bacterial balance by increasing the number of good bacteria in your child's intestine.

Probiotics are also a source of the beneficial microorganisms which, when administered in adequate amounts, confer a health benefit on the host. They help maintain a healthy bacterial balance by increasing the number of good bacteria in your child's intestine. The most common forms of probiotics are products that contain live and dry bacteria such as cultured milk.

Maintaining a Healthy Bacterial Balance

The best way to "keep" good bacteria is to use fresh foods in your child's diet. As each day plays an important role in maintaining the bacterial composition in your child's intestine, you should make sure to avoid the antibiotics, get the right hand, and have your child eat good food. It's important to "keep" the good bacteria.

Set a varied and well-balanced diet everyday
 Babies have had a big impact on nutrition. Because of a lack of variety in the diet, it is difficult to get the right balance. Therefore, make sure your child has a variety of fruits, vegetables, grains and protein. These foods make the good bacteria to multiply and increase in number.

Watch Out for Food Preservation
 Bad bacteria such as food and bacteria usually enter your child's body through unsterilized food or contaminated bottles. This bacteria attack can lead to the gaps between the intestines, causing diarrhea. To make sure your child's body has good bacteria, you should use fresh food. Avoid using the antibiotics and other medicines. Food, after using the antibiotics and other medicines, should be given to your child as well as avoid giving them that food.

Replenish after Taking Antibiotics
 Antibiotics can also cause a decrease in the immune system. However, antibiotics are not good for the gut. They kill the good bacteria. You need to keep good bacteria in the gut after taking the antibiotics. Consumption of probiotics, going to the doctor's office.

Lead up to Good Bacteria

Good bacteria are found in many foods, including yogurt, cheese, and other dairy products. However, not all dairy products contain good bacteria. You need to choose the right products. The most common forms of probiotics are products that contain live and dry bacteria such as cultured milk.

This site of research is supported by the Nutrition Society of Malaysia and the Ministry of Health. The research is supported by the Nutrition Society of Malaysia and the Ministry of Health. The research is supported by the Nutrition Society of Malaysia and the Ministry of Health.



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Acknowledgements

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Abbott Nutrition Malaysia
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Malaysian Palm Oil Council
Malaysia Milk Sdn Bhd
Mead Johnson Nutrition (M) Sdn Bhd
Nestlé Malaysia Berhad
Pepsico (M) Sdn Bhd
Yakult (M) Sdn Bhd

Members of NSM
Ministry of Health, Malaysia
National Population and Family Development Board (LPPKN)
Malaysian Association For The Study Of Obesity
Malaysian Dietitians' Association
Malaysian Paediatric Association
National Diabetes Institute
Positive Parenting Management
Malaysian Health Promotion Board
Federation of Asian Nutrition Societies
International Life Sciences Institutes
International Union Of Nutritional Sciences

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The journey continues...

*Nutrition Society of Malaysia thanks the many organisations and individuals
to whom we owe our gratitude for their partnership and support in the journey thus far.*



www.nutriweb.org.my