

NSM Nutrition Roadshows 2.0

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



Now, you can find a series of

online activities

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



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



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NSM Roadshows 2.0: Nutrition Promotion Programme

Annual Report for Year 2024





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Objectives of NSM Nutrition Roadshows 2.0

Management Team and Working Groups

Social Media: Total Likes and Followers

Social Media activities

Community Outreach Roadshows





Objectives:

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





NSM NUTRITION ROADSHOWS 2.0

NSM NUTRITION ROADSHOWS 2.0 MANAGEMENT TEAM 2024



DR ROSELINE YAP WAI KUAN

TEAM LEADER

DR NURLIYANA ABDUL RAZAK

TEAM MEMBER



DR SITI RAIHANAH SHAFIE

TEAM MEMBER



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NSM NUTRITION ROADSHOWS 2.0 WORKING GROUP MEMBERS 2024



Working Group 1 Nutrition Education Materials



Dr Nuriyana Abdul Razak
TEAM LEADER



Dr Ng Choon Ming



Janice Tay Ee Fang



Mok Kai Ting



Working Group 2 Healthy Recipes



Dr Siti Raihanah Shafie
TEAM LEADER



Thirukkanesh Sanvashivam



Kee Xiao Hui



Working Group 3 Events & Interactive Activities



Dr Roseline Yap
TEAM LEADER



Chung Ya Ching



Rosma Ilyana Zakira Che Ladin



Tee Jia Ying



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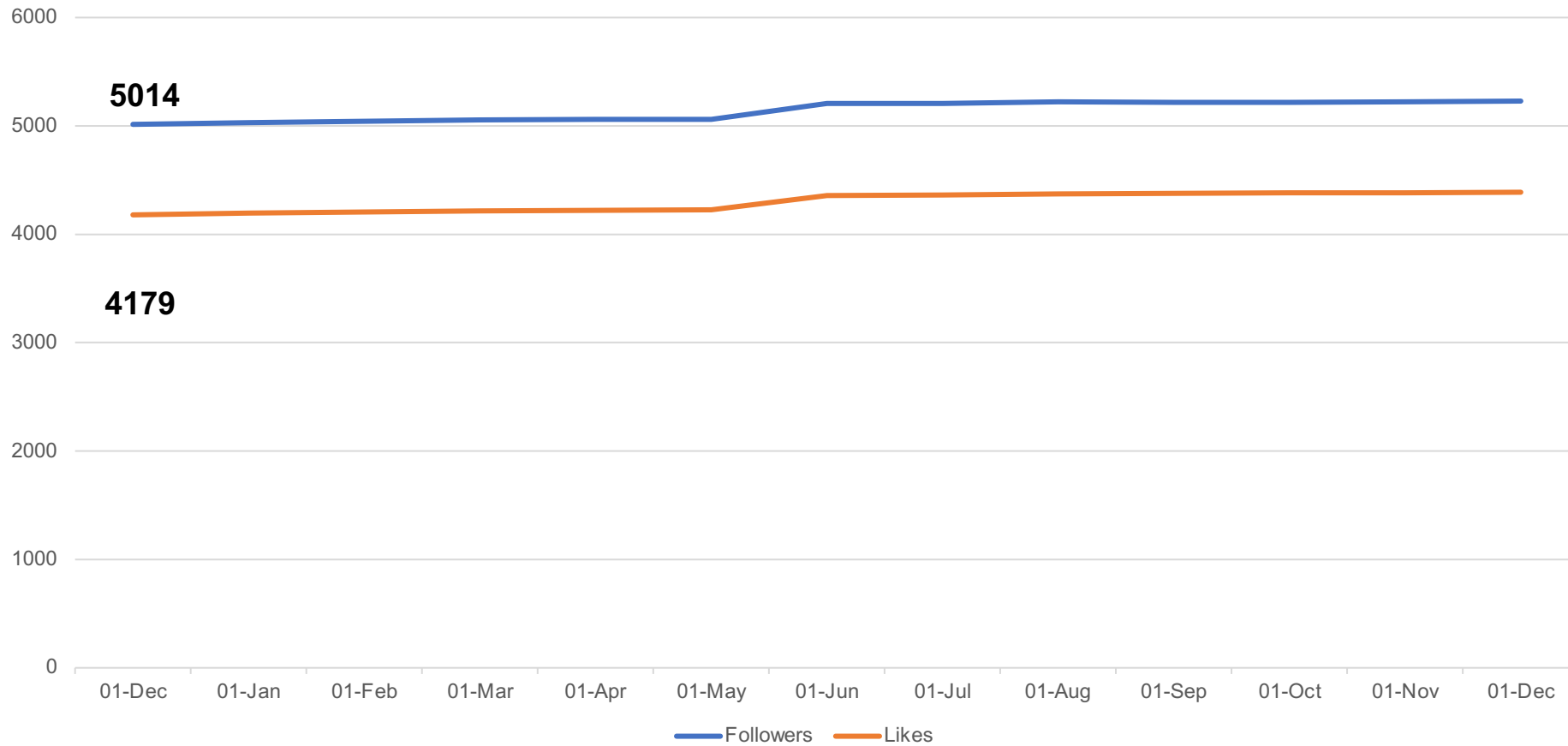
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Number of Likes and Followers: **Facebook**



New followers in 2024 = 215 (Increase by 4.3%)

New Likes in 2024 = 209 (Increase by 5.0%)

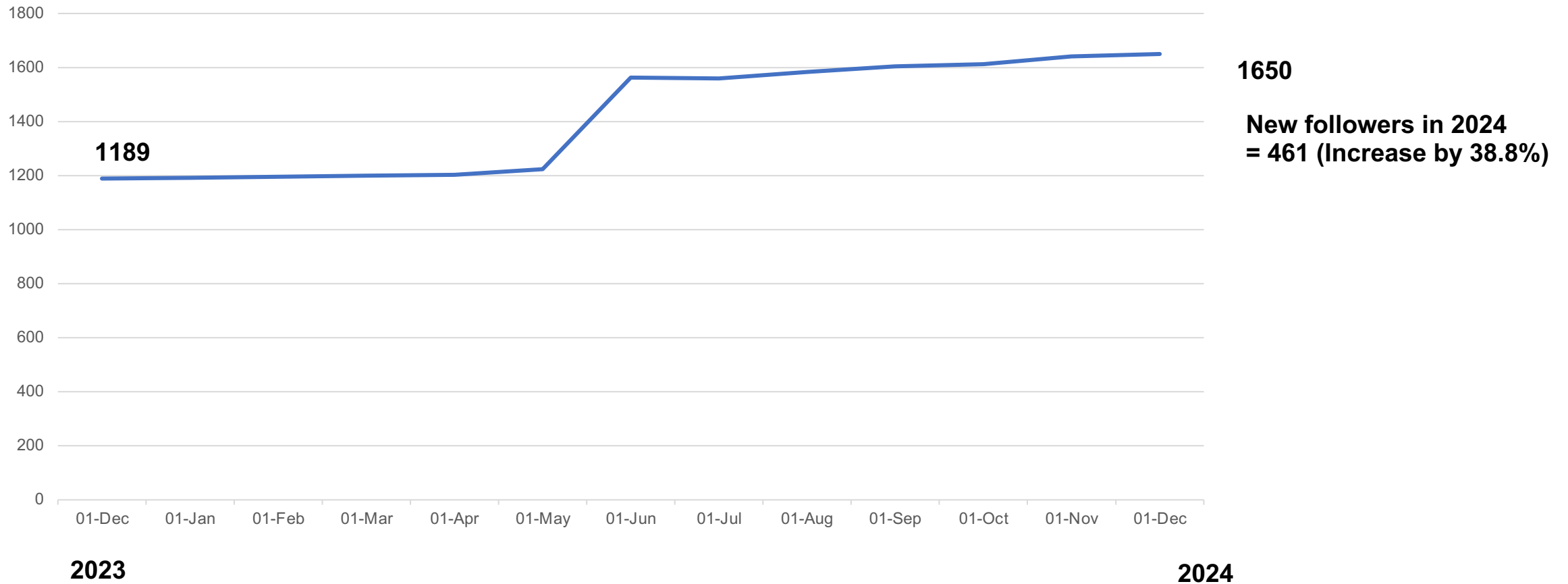
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2024



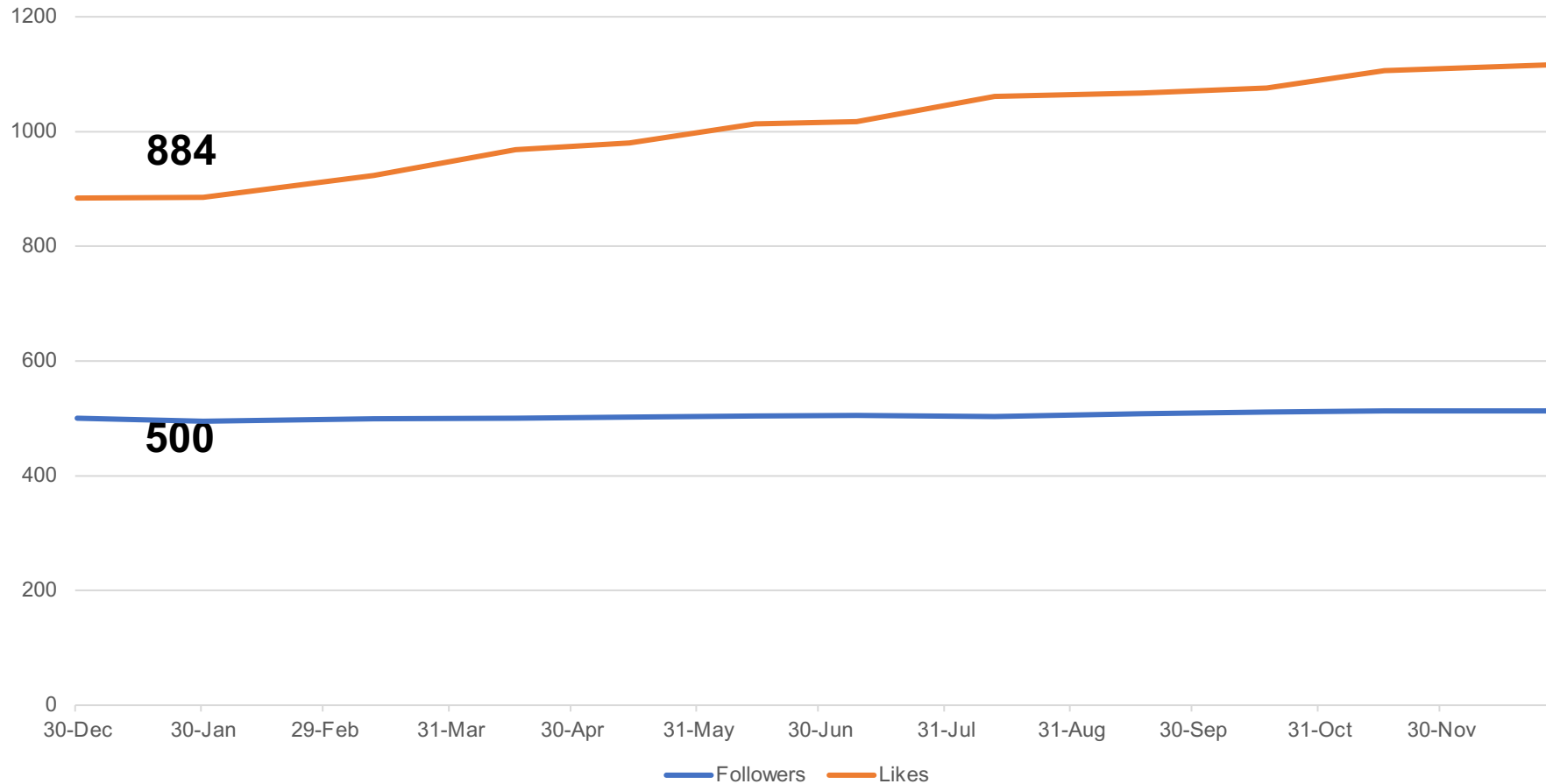


Followers: Instagram





Number of Likes and Followers: TikTok



1117

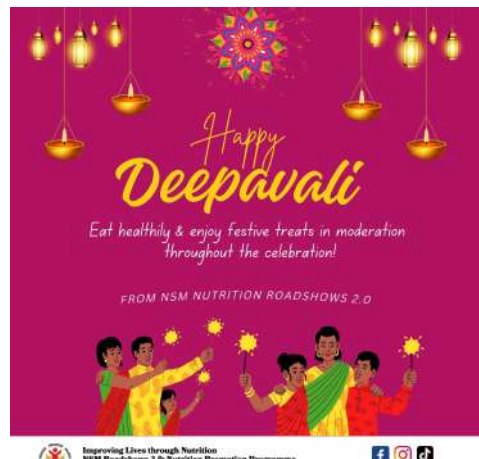
**New Likes in 2024
= 233 (Increase by 26.4%)**

513

**New followers in 2024
= 13 (Increase by 2.6%)**



Festive/Greeting Cards with Nutrition Message



Nutrition Educational Posters for Festivals

CELEBRATE A HEALTHY CHINESE NEW YEAR

As we gather to celebrate CNY with family and friends, we may **overindulge** in traditional foods that are **low in dietary fibre**

It is unavoidable at times, so let's **Check out** Some simple tips to include dietary fibre during this festive season!

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DIETARY FIBRE HELPS TO IMPROVE DIGESTION

HERE ARE 3 TIPS:

DIY A FIBRE-FUL YEE SANG
Yee Sang is a colourful, vibrant salad that symbolises an abundance of wealth and long life. Make a healthier Yee Sang with colourful fruit and vegetable such as purple cabbage, carrot, cucumber, green apple and more! You may also add small amounts of nuts and seeds for a delightful crunch!

CHOOSE HEALTHIER CNY SNACKS
This CNY, serve your guests with healthier cookies made from whole grains, which are higher in dietary fibre. Need more ideas? Check out our latest recipe to make some wholegrain apricot biscuits!

CONSUME FRUIT DAILY
Mandarin oranges are enjoyed as a refreshing snack during CNY. They are a good source of vitamin C and dietary fibre. Remember to also include fruits of other colours on a daily basis!

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Ensure Proper Hydration during Ramadan

For Sahur (pre-dawn meal)

- Drink 2 glasses of plain water
- Eat more fruit and vegetable
- Limit foods high in salt/sodium
- Reduce intake of sugar-sweetened beverages (SSBs)

For Iftar (breaking fast)

- Start with sips of plain water
- Consume warm soup to replenish fluids
- Limit spicy foods which may increase thirst
- Drink 4 glasses of plain water

For Moreh

- Remember to drink at least 2 glasses of plain water
- Bring a water bottle as a self-reminder

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一起来过个更健康的农历新年

当我们与家人和朋友聚在一起庆祝农历新年时，一般都会享用许多传统美食和菜肴。但是，这些食物的膳食纤维含量往往较低。

在新年期间，这是难以避免的。让我们一起来看看新年期间如何简单地在我们的饮食中加入**膳食纤维**吧!

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膳食纤维能帮助促进肠胃消化系统

3个小贴士:

制作纤维满满的鱼生
鱼生是一道色彩斑斓、充满活力的沙拉，象征着财富和长寿的丰裕。建议使用各种颜色的水果和蔬菜，如紫甘蓝、胡萝卜、黄瓜、青苹果等来制作更健康的鱼生！您还可以添加少量坚果来增添口感！

选择更健康的新年零食
在这个新年，您可以尝试使用全谷物来制作更健康的新年饼干来款待您的客人，因为全谷物含有更丰富的膳食纤维。欢迎查看我们的最新食谱 - 全麦饼干，一起来动手制作吧!

记得每天吃水果
橘子（柑）也是一种清爽、酸甜可口的新年食品。它们含有丰富的维生素C和膳食纤维。大家也要记得每天也要摄取其他颜色的水果哩!

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Kekal Terhidrat Semasa Bulan Ramadan

Sahur

- Minum 2 gelas air kosong
- Makan lebih buah-buahan dan sayur-sayuran
- Kurangkan makanan tinggi garam/natrium
- Kurangkan pengambilan minuman bergula

Iftar

- Bermula dengan minum air kosong sedikit
- Ambil sup saam untuk meningkatkan pengambilan air
- Kurangkan makanan pedas kerana boleh meningkatkan rasa dahaga
- Minum 4 gelas air kosong

Sewaktu Moreh

- Minum sekurang-kurangnya 2 gelas air kosong
- Bawa botol air sebagai peringatan

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Nutrition Educational Posters

Healthy Nutrition Goal:
Practise Quarter-Quarter-Half

Fill quarter with a mix of plant & animal protein

Fill half with vegetable & fruit

Fill quarter with carbohydrate foods, preferably whole grains

Remember to drink water

Plate size: Adult (9 inches); Children (7 inches)

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Matlamat Pemakanan Sihat:
Amalkan Suku-Suku Separuh

Isikan suku dengan protein sumber tumbuhan & haiwan

Isikan separuh dengan sayur & buah

Isikan suku dengan karbohidrat, sebaiknya bijirin penuh

Ingatlah untuk minum air

Saiz pinggan: Dewasa (9 inci); Kanak-kanak (7 inci)

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PRACTISE Quarter-Quarter-Half (QQH)

QQH promotes **balanced nutrition, portion control & food varieties** in our daily meals

1/2 VEGETABLES & FRUITS

- Rich in vitamins, minerals, dietary fibre & phytonutrients
- Reduce risk of chronic diseases
- Promote healthier digestion

1/4 MEAT, POULTRY, FISH, EGGS, LEGUMES, NUTS & SEEDS

- Essential for muscle building & growth
- Crucial in repairing body tissues

1/4 RICE, CEREALS, GRAINS, WHOLE GRAINS & TUBERS

- Staple source in daily meals
- Provide energy to carry out daily activities

BOOST IMMUNITY

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AMALKAN Suku-Suku-Separuh

Suku-Suku-Separuh menggalakkan pemakanan seimbang, kawalan porsi & kepelbagaian jenis makanan dalam hidangan harian

1/2 SAYUR-SAYURAN & BUAH-BUAHAN

- Kaya dengan vitamin, mineral, serat & fitonutrien
- Mengurangkan risiko penyakit kronik
- Menggalakkan sistem penghadaman yang sihat

1/4 DAGING, AYAM, IKAN, TELUR, KEKACANG & BIJIAN

- Penting dalam membina otot & tumbesaran
- Diperlukan untuk membaiki tisu badan

1/4 BERAS, BIJIRIN, BIJIRIN PENUH & UBI-UBIAN

- Sumber makanan ruji harian
- Memberi tenaga untuk menjalankan aktiviti harian

BOOST IMMUNITY

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FILL 1/2 PLATE WITH VEGETABLE AND FRUIT

Add **colours** to the plate with **VARIETY** of vegetable and fruit into every meal

Rich in dietary fibre, vitamins, minerals & phytonutrients

Natural source of antioxidants

Improves digestion

Natural sweetness & low in calories

LOW-CAL

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ISIKAN 1/2 PINGGAN DENGAN SAYUR DAN BUAH

Tambah **warna** dalam hidangan dengan **PELBAGAI** sayur dan buah

Kaya dengan serat, vitamin, mineral & fitonutrien

Sumber semulajadi antioksidan

Meningkatkan penghadaman

Pemanis semulajadi & rendah kalori

LOW-CAL

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EAT HALF OF YOUR DAILY GRAINS INTAKE AS WHOLE GRAINS

Why? Here are the **health benefits**

Whole grains are high in **dietary fibre** and help:

- Make you feel full longer
- Improve digestion
- Stabilise your blood sugar level
- Promote a healthy balance of good gut bacteria
- Lower blood cholesterol and contribute to overall heart health

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MAKAN BIJIRIN PENUH SEBANYAK SETENGAH DARIPADA PENGAMBILAN BIJIRIN ANDA

Mengapa? Berikut adalah **manfaat kesihatan**

Bijirin penuh tinggi kandungan **serat** dapat membantu:

- Berasa kenyang lebih lama
- Meningkatkan pencernaan
- Menstabilkan tahap gula dalam darah
- Mengalakkan keseimbangan bakteria usus yang sihat
- Menurunkan kadar kolesterol darah & menyumbang kepada kesihatan jantung yang menyeluruh

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Nutrition Educational Posters



BENEFITS OF PLANT PROTEIN FOODS

- Contains essential amino acids, dietary fibre and phytonutrients
- Cholesterol free & low in fat
- Low in calories
- Lower risk of chronic diseases
- Promotes sustainable diets

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WHY IS EXERCISE IMPORTANT?

- Improves muscle strength and boost endurance
- Reduces risk of non-communicable diseases (NCDs)
- Improves sleep quality
- Helps with weight management
- Supports bone health
- Reduces risk of cognitive decline
- Helps to boost mood, concentration and alertness

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World Food Day

*"Right to foods:
For a better life and a better future"*

Join an online forum entitled "Food Systems Innovations In Asia Pacific" to explore the innovative global food solutions:

16 OCTOBER 2024 (Wednesday)
1 PM - 3 PM (GMT+8)

REGISTER NOW

SAVE THE DATE

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KEBAIKAN MAKANAN BERASASKAN PROTEIN TUMBUHAN

- Mengandungi asid amino penting, serat pemakanan, & fitonutrien
- Bebas kolesterol & rendah lemak
- Rendah kalori
- Merendahkan risiko penyakit kronik
- Menggalakkan pemakanan lestari

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KENAPA SENAMAN PENTING?

- Meningkatkan kekuatan otot dan daya tahan
- Mengurangkan risiko penyakit tidak berjangkit (NCD)
- Meningkatkan kualiti tidur
- Membantu pengurusan berat badan
- Menyokong kesihatan tulang
- Mengurangkan risiko penurunan kognitif
- Meningkatkan mood, tumpuan dan kewaspadaan

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Key Actions for a Sustainable & Healthy Lifestyle:

16 Oct 2024
World Food Day

- Practise the "Quarter-Quarter-Half" meal portioning method
- Consume vegetable and fruit daily
- Reduce food waste: Plan meals to avoid excess food

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Healthy Recipe cards with Nutrition Tips

Wholegrain Apricot Biscuits

50 minutes | 60 biscuits

Nutrient content for each serving (3-4 biscuits): 202 calories, 24 g carbohydrate, 3 g protein, 11 g fat

Ingredients

- 175g (1 1/2 cups) wheat flour
- 60g (1/2 cup) oats flour
- 60g (2 cups) wholegrain cornflakes, finely ground
- 60g (2 cups) whole wheat grains (e.g. mixed grains or muesli), finely ground
- 150g (1 cup) dried apricot, chopped
- 150g (3/4 cup) butter or margarine
- 100g (1/2 cup) castor sugar
- 5g (1 teaspoon) baking powder
- 5ml (1 teaspoon) vanilla essence
- 1 egg

Instructions

- Preheat oven to 180°C (350°F).
- Mix flour, oats, cornflakes, and whole wheat grains in a bowl.
- Add butter, sugar, and vanilla essence. Mix well.
- Add baking powder and egg. Mix until a dough forms.
- Roll into small balls and flatten slightly.
- Bake for 15-20 minutes.

Ayam Golek Sri Terengganu

3 Hidangan | 2 jam

Kandungan Nutrien Setiap Hidangan: Kalori: 274 kcal, Karbohidrat: 23.5g, Protein: 27.25g

Bahan-bahan

- 250g (1 biji) ayam ayam, dibuang kulit
- 100g (1 biji) bawang merah
- 100g (1 biji) bawang putih
- 50g (1 biji) bawang hitam
- 50g (1 biji) bawang kuning
- 50g (1 biji) bawang merah
- 50g (1 biji) bawang putih
- 50g (1 biji) bawang hitam
- 50g (1 biji) bawang kuning
- 50g (1 biji) bawang merah
- 50g (1 biji) bawang putih
- 50g (1 biji) bawang hitam
- 50g (1 biji) bawang kuning

Instructions

1. Ayam dibersihkan dan dipotong dengan garau dan 2 sudu makan garam.
2. Kuali ayam di dalam loyang sehingga masak.
3. Jika masak, ayam boleh juga dipanggang.
4. Campurkan bawang merah, bawang putih, bawang hitam, bawang kuning, bawang merah, bawang putih, bawang hitam, bawang kuning.
5. Masukkan ke dalam mangkuk dan campurkan dengan ayam.
6. Bolehlah dihidangkan, kemudian boleh dimakan.
7. Tunggulah buah-buahan masak.

Prawn Umai

5 Servings | 30 minutes

Nutrient Content Per Serving: Calorie 144 kcal, Carbohydrate 1.5g, Protein 27.8g, Fat 5.8g

Ingredients

- 600g prawn
- 50g (1/4 cup) red chili
- 50g (1/4 cup) shallots
- 10g (1/2 tsp) garlic bulbs
- 20g (1/2 cup) pieces of shallots
- 20g ginger
- 100g (1/2 cup) lime
- 5g (1 tsp) salt
- Lettuce or cucumber

Instructions

1. Clean the prawns and thinly slice the prawns. Use fresh prawns if possible.
2. Mix the sliced prawns with pounded ingredients and thinly slice.
3. Add salt and mix well. Garnish with lettuce or cucumber before serving.

Tip

Prawns can be replaced with fish, squid or shrimps. Enjoy this dish with rice following the quarter-quarter half plate concept.

Did you know?

Umai is taken with ambuyat, which is processed from sago flour. Or from the northern Sarawak area is the asam kelubi. This fruit is semi-tourist. Asam kelubi can be substituted with belimbing buluh.

Oat Masala Vadai

Prep Time: 1.5 hours | Cook Time: 125 mins | Makes: 20 pcs

Nutrient Content Per Piece: Calorie: 129 kcal | Carbohydrate: 10 g | Protein: 3 g | Fat: 8 g

Ingredients

- 200 g (1 1/2 cups) yellow lentils, dhal
- 30 g (5 whole) chopped red chilies
- 50 g (1/2 cup) chopped red onion
- 50 g (1/2 cup) chopped garlic
- 10 g chopped coriander leaves
- 20 g (4 tsp) chili flakes
- 20 g (1/2 cup) curry powder
- 15 g (1/2 cup) fennel seed
- 8 g (1/2 cup) curry
- 100g curry leaves
- 90 g (1 cup) quick cook oat
- Salt and pepper to taste

Instructions

1. Wash the lentils until water runs clear. Then, soak them in good amount of water for 2 hours.
2. Once soft, drain the lentils in a colander and blend the lentils into a rough mixture.
3. Put the mixture into a mixing bowl and add in other ingredients including the oat. Mix well and season with salt and pepper to taste.
4. Take a handful of mixture and shape it into a small ball and flatten it a bit. Repeat for the remaining mixture. Add a small amount of water if needed to help shape the mixture.
5. Heat a deep pan with oil and fry the vadai at medium heat until it is golden brown and crispy on the outside. Do not flip it too fast as the vadai may break.

Masala Vadai Oat

Masa penyediaan: 1.5 jam | Masa Memasak: 125 minit | Jumlah hidangan: 20 keping

Kandungan Nutrien Per Keping: Kalori: 129 kcal | Karbohidrat: 10 g | Protein: 3 g | Lemak: 8 g

Bahan-bahan

- 200 g (1 1/2 cawan) kacang dhal kuning
- 30 g (5 biji) biji merah, dicincang
- 50 g (1/2 biji) bawang merah, dicincang
- 50 g (1/2 biji) jintan putih, dicincang
- 10 g daun ketumbar, dicincang
- 20 g (4 sudu kecil) serbuk cili
- 20 g (1 sudu besen) serbuk kari
- 15 g (7 1/2 sudu kecil) biji adas manis
- 8 g (1/2 sudu kecil) jintan manis
- 10 helai daun kari
- 90 g (1 cawan) oat segera
- Garam dan lada sulah secukupnya

Instructions

1. Basuh kacang dhal sehingga air menjadi jernih, kemudian rendam dalam air secukupnya selama 2 jam.
2. Tiskan kacang dhal yang telah lembut menggunakan penapis dan kisar sehingga menjadi campuran yang agak kasar.
3. Masukkan campuran ke dalam mangkuk, tambahkan semua bahan lain termasuk oat. Gaul rata dan perasakan dengan garam dan lada sulah.
4. Ambil segenggam campuran, bentuk menjadi bola kecil, dan lekapan sedikit. Ulang langkah ini untuk baki campuran. Tambah sedikit air jika diperlukan untuk memudahkan pembentukan.
5. Panaskan minyak dalam kuali yang dalam dan goreng vadai pada api sederhana hingga keemasan dan rangup di luar. Jangan terbalikkan terlalu cepat untuk elakkan vadai pecah.

Easy Chicken Meatballs

Servings: 5 | Nutrient Content Per Serving: Calorie: 209 kcal, Carbohydrate: 8.9 g, Protein: 20.5 g, Fat: 10.2 g

Ingredients

- 500g chicken breast
- 25g (1/4 cup) breadcrumbs
- 3g (1 teaspoon) dried Italian herbs
- 21g (1 tablespoon) honey
- 5ml (1 teaspoon) vegetable oil
- 53g (1 whole) egg
- A pinch of salt and pepper

Instructions

1. Mince the chicken by using a food processor.
2. Lightly grease the baking tray with vegetable oil.
3. Combine the chicken, egg, breadcrumbs, Italian herbs, honey, salt and pepper in a bowl.
4. Mix the ingredients well.
5. Take 1 tablespoon of the mixture and roll into a ball.
6. Shape the ball by packing firmly in your hand.
7. Repeat step 4 and 5 until the mixture has finished.
8. Place meatballs on the greased baking tray without touching each other.
9. Roast the meatballs in a preheated oven at 230°C for about 20 minutes or until cooked.
10. Serve on a plate.

Bebola Ayam Ringkas

Jumlah Hidangan: 5 | Kandungan Nutrien Per Hidangan: Kalori: 209 kcal, Karbohidrat: 8.9 g, Protein: 20.5 g, Lemak: 10.2 g

Bahan-bahan

- 500g dada ayam
- 25g (1/4 cawan) serbuk roti
- 3g (1 sudu teh) herba Itali kering
- 21g (1 sudu besar) madu
- 5ml (1 sudu teh) minyak sayur
- 53g (1 biji) telur
- Sedikit garam dan lada hitam

Instructions

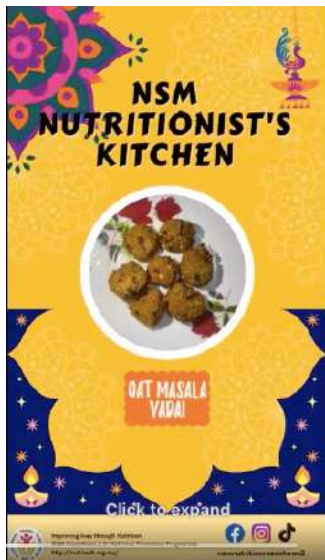
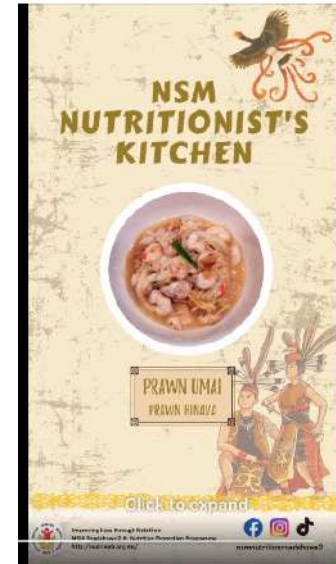
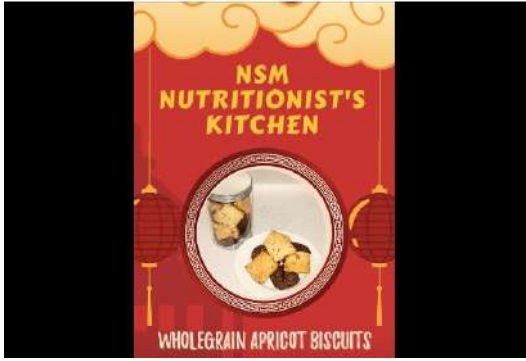
1. Cincang ayam dengan menggunakan pengisar daging.
2. Sapu sedikit minyak sayur pada dulang pembakar.
3. Campur ayam, telur, serbuk roti, herba Itali, madu, garam, dan lada hitam di dalam mangkuk.
4. Gaul semua bahan sehingga sebati.
5. Ambil 1 sudu besar campuran dan bentukannya menjadi bebola.
6. Letakkan bingkai padat di tangan untuk membentuknya.
7. Ulang langkah 4 dan 5 sehingga adonan habis.
8. Susun bebola ayam pada dulang pembakar yang telah disapu minyak dan pastikan tidak bersebutan antara satu sama lain.
9. Bakar bebola ayam dalam ketuhar yang telah dipanaskan pada suhu 230°C selama 20 minit atau sehingga masak.
10. Hidangkan di atas pinggan.

Cooking Demonstration - NSM Nutritionist's Kitchen

NSM Nutrition Roadshows 2.0
Published by SY Ten • February 4 •


Delight your family and friends this Chinese New Year with our Wholegrain Apricot Biscuits. This biscuit not only provides a wholesome alternative to traditional snacks but also adds a tasteful addition to your festive snack tray. Indulge in the goodness of whole grains containing fibre for a healthier and more enjoyable celebration.

Raikan keluarga dan rakan-rakan anda pada Tahun Baru Cina ini dengan Biskut Aprikot Bijirin Penuh ini. Biskut ini bukan sahaja pilihan alterna... See more



NutriFun Quiz with Nutrition Tips for Festivals

NUTRIFUN QUIZ
CHINESE NEW YEAR
VERSION
STEAMED GLUTINOUS RICE CAKE (NIAN GAO)



GUESS WHAT IT SYMBOLISES

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NUTRIFUN QUIZ
CHINESE NEW YEAR
VERSION



9

A. It symbolises family reunion.
B. It symbolises continuous improvement and advancement in all aspects of life.
C. It symbolises prosperity and wealth.

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NUTRIFUN QUIZ
CHINESE NEW YEAR
VERSION



Nutrition Tip
Eat in moderation as it is high in sugar content.

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NUTRIFUN QUIZ
CHINESE NEW YEAR
VERSION



8

A. It symbolises abundance of wealth and long life.
B. It symbolises eternal youth.
C. It symbolises good luck and happiness.

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NUTRIFUN QUIZ
CHINESE NEW YEAR
VERSION



Nutrition Tip
Consume small amounts, only for symbolic, as most variations of this dish contain mostly crackers, sweet sauce, oil and less on healthy ingredients such as vegetables.

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NUTRIFUN QUIZ
CHINESE NEW YEAR
VERSION



8

A. It symbolises eternal youth.
B. It symbolises plenty of descendants.
C. It symbolises the wishes of wealth and prosperity.

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NUTRIFUN QUIZ
CHINESE NEW YEAR
VERSION



Nutrition Tip
Mandarin oranges contain Vitamin C, which may help to boost our immune system.

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NUTRIFUN QUIZ
EDISI
HARI RAYA



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Nasi Dagang



Hidangan istimewa ini selalu disajikan di negeri mana?

A. Sarawak
B. Terengganu
C. Kelantan

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FAKTA MENARIK


Rendang Tok mendapat namanya daripada 'Tok', istilah yang merujuk kepada orang tua. Keluarga bersatu menyediakan Rendang Tok secara harmoni menjelang musim perayaan.



NutriTip:
Sediakan dengan menggantikan santan kepada susu segar untuk pilihan yang lebih sihat

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Rendang Tok



This popular dish in _____ is often served together with ketupat and lemag.

A. Pahang
B. Selangor
C. Perak

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FUN FACT


Rendang Tok derives its name from 'Tok', a term referring to the elders. Families unite to prepare Rendang Tok in harmony as the festive season approaches.



NutriTip:
Prepare by replacing coconut milk with fresh milk for a healthier option

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Lontong



This dish is commonly served during Hari Raya at which state?

A. Johor
B. Perlis
C. Sabah

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FUN FACT

There are two types of lontong, wet and dry lontong. Wet lontong is lontong served with kacang lodeh and peanut sauce.



NutriTip:
Make sure to consume more vegetables, which goes along with this dish

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NutriFun Quiz with Nutrition Tips for Festivals

NUTRIFUN QUIZ FOR KAAMATAN FESTIVAL

What Food Is This? (Emoji version)

🍚 + 🌿 + 🍌

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NUTRIFUN QUIZ FOR GAWAI DAYAK FESTIVAL

What Drink Is This? (Emoji version)

🍷 + 🍺

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NUTRIFUN QUIZ FOR KAAMATAN FESTIVAL

What Food Is This? (Emoji version)

🍚 + 🌿 + 🍌

Answer: Linopot

This food is rice mixed with starchy vegetables such as sweet potato and cassava, and then wrapped with a big leaf. In Dusun language, the word "Linopot" means packaging. It will be unwrapped before serving, and served with dishes such as *Hinava* (raw fish salad) and stir fried vegetables.

Nutrition Tip
It is high in fibre. Eat it with other foods for a balanced meal. Remember to follow the Quarter-Quarter-Half concept.

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NUTRIFUN QUIZ FOR GAWAI DAYAK FESTIVAL

What Drink Is This? (Emoji version)

🍷 + 🍺

Answer: Tuak

It is a fermented rice wine made from cooked glutinous rice, water, sugar and 'ragi' (a traditional base which contains enzymes and yeast).

Nutrition Tip
It's high in alcohol, therefore drink it in moderation.

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Murukku

This Deepavali snack originated from?

A. Southern India
B. Northern India
C. Both

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Vegetable Samosa

This Deepavali snack originated from?

A. Southern India
B. Northern India
C. Both

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Masala Vadai

This Deepavali snack originated from?

A. Southern India
B. Northern India
C. Both

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Murukku

Nutrition Tip

Be mindful of the portion size, as it is high in fat and calories.

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Vegetable Samosa

Nutrition Tip

Consume in moderation as it is a deep-fried snack

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Masala Vadai

Nutrition Tip

Control the intake because the calories for 1 piece (30g) is similar to 1.5 scoops of rice

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NutriQuote by NSM Nutritionist



“This Ramadan season, ensure **proper hydration** at Sahur and Iftar by choosing plain water and less sugary drinks”



DR. SITI RAIHANAH BINTI SHAFIE
NUTRITIONIST & LIFE MEMBER
NUTRITION SOCIETY OF MALAYSIA

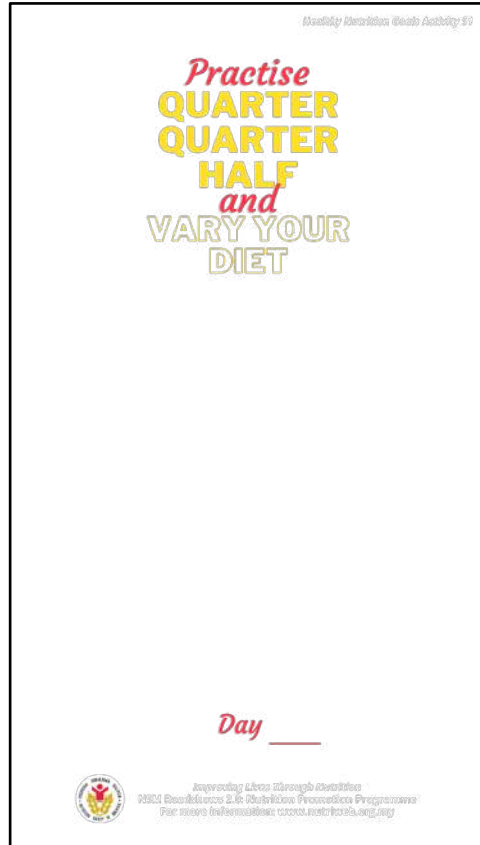


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Healthy Nutrition Goals and Practices Activity



Healthy Nutrition Goals and Practices Activity

Healthy Nutrition Goals Activity 53

Make
HALF
of your grains
WHOLE
GRAINS



Day _____

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Healthy Nutrition Goals Activity 54

Include
1 SERVING
of
PLANT
PROTEIN
in daily diet

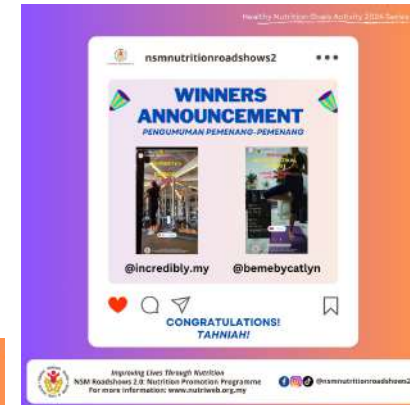


Day _____

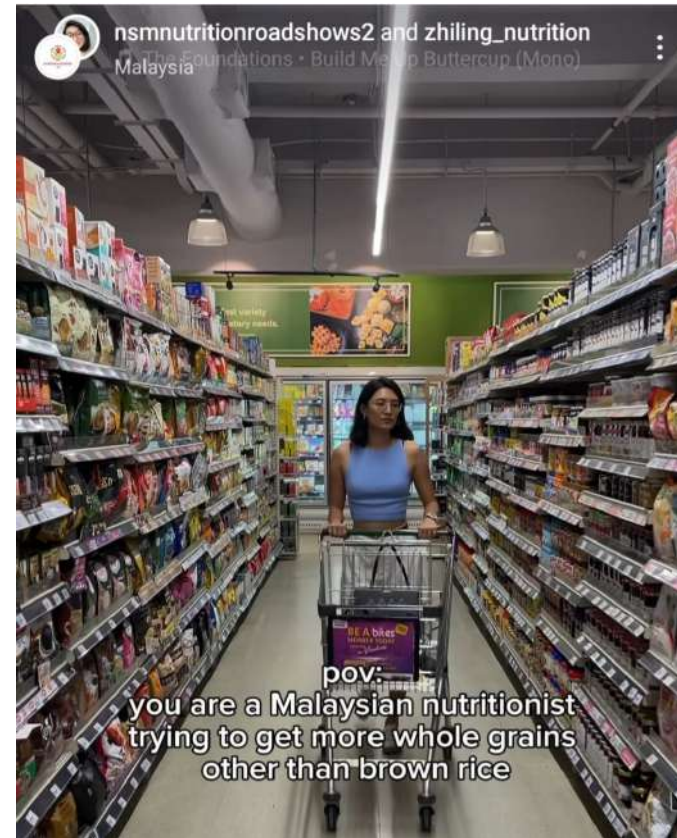
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Healthy Nutrition Goals Activity 55

Do
30 MINUTES
of
EXERCISE
most days of the
week



Healthy Nutrition Goals and Practices Activity



Volunteer Appreciation Posters – Thank You



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AN APPRECIATION



TO OUR NSM VOLUNTEERS JULY-SEPTEMBER 2024
From NSM Nutrition Roadshows 2.0 Management Team



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TO OUR NSM VOLUNTEERS OCT-DEC 2024
From NSM Nutrition Roadshows 2.0 Management Team



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TO OUR NSM VOLUNTEERS OCT-DEC 2024
From NSM Nutrition Roadshows 2.0 Management Team



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Community Outreach Roadshows in 2024



Community Outreach Roadshows in May

Medical Camp at Selayang on 18 May 2024



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#nsmnutritionroadshows2



Nutrition Month Malaysia
Food-Fit-Fun Fair
24-26 May 2024

24-26 May 2024
NSM Nutrition Roadshows team at @nutritionmonth_malaysia Food-Fit-Fun Fair 2024 🙌

We created awareness via two interactive nutrition activities:
1) Construct your own #quarterquarterhalf meal... See more



Community Outreach Roadshows in July



14 July 2024
Kem Medik Masyarakat organised
by Rotary Club Klang Valley



20 July 2024
Apron Walk



Community Outreach Roadshows in August



15 August 2024

Jom Hidup Sihat at SJKT PJS 1

Provided Nutrition Talk to
Primary 3-6 school students



16 August 2024
Golden Years Fellowship

Provided Nutrition Talk to
Older adults



Community Outreach Roadshows in September



21 September 2024

Community Workout by Malaysia
Towerrunning Association

Provided dietary consultation and
nutrition advice



28 September 2024
Inspiros International School

Inspiros Health Day

Awareness on Malaysian
Healthy Plate, QQH



Community Outreach Roadshow in November

STEP UP FOR HEALTH

COMMUNITY WORKOUT AND NUTRITION CONSULTATION

DATE: 16 NOVEMBER 2024, SATURDAY
TIME: 5:00 - 7:00 PM
LOCATION: MENARA MBPJ (OPPOSITE ZUS COFFEE)

NO REGISTRATION NEEDED. JUST WALK-IN!

- Experience **stair-climbing** and **towerrunning**.
- Challenge yourself and complete 25 floors x 4 rounds at your pace to join our exclusive **100 Floors Club!**
- Receive **free body composition analysis**.
- Get **free healthy eating advice** by nutritionists from the Nutrition Society of Malaysia.



ORGANIZED BY:  SUPPORTED BY:  

STEP UP FOR HEALTH

Meet Our Experts

Our experts are here to guide you on your journey to better health and fitness.



Dr. Mohd Shah bin Kamarudin
Nutrition Society of Malaysia (NSM) Council Member,
Senior Assistant Director, Nutrition Division,
Ministry of Health Malaysia
Provides healthy eating guidance for exercise and overall health.



Valerie Sarah Ong
MTA Head of Health & Nutrition, NASM
Certified Personal Trainer & Women's Fitness
Offers fitness and towerrunning tips, body composition analysis, and healthy eating advice.



Michelle Tan Bee Kiang
Elite Towerrunner (World Ranking No. 6)
Shares valuable tips and techniques for improving performance in towerrunning.



Ravinder Singh
President of Malaysia Towerrunning Association,
ACE Certified Personal Trainer and Fitness Nutrition
Shares how he lost 20kg in 5 months through towerrunning and a balanced diet.

16th November 2024
5pm - 7pm
Menara MBPJ



16 November 2024

Community Workout by Malaysia
Towerrunning Association

Provided dietary consultation.
Dr Shah shared on hydration for exercise





Thank You!

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