

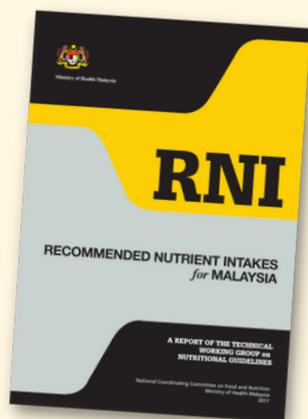


NUTRITION SOCIETY OF MALAYSIA

PUBLICATION FOR SALE



NSM is pleased to announce that the **Recommended Nutrient Intakes for Malaysia 2017** and **Malaysian Dietary Guidelines 2020** are currently on sale. These two books are essential for all relevant ministries and agencies, academia, health-related professional organisations and industries involved in the planning, monitoring, and evaluation of nutrition programmes and policies.

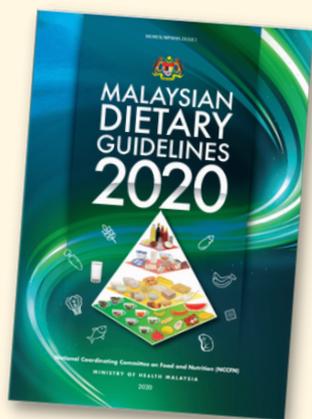


RECOMMENDED NUTRIENT INTAKES FOR MALAYSIA 2017

The Technical Working Group (TWG) on Nutritional Guidelines, was established under the National Coordinating Committee on Food and Nutrition (NCCFN) Ministry of Health Malaysia, successfully revised the RNI (2005) and released the **RNI 2017** based on changing food habits, physical activity patterns and nutrition transition of various groups. The RNI is developed through commendable efforts from experts of various ministries, universities, agencies, institutions and professional organisations to provide updated scientific knowledge and practices on the recommended nutrient intake for Malaysians. The RNI (2017) has recommended **13 new nutrients**, making a **total of 30 nutrients** as compared to the 17 nutrients in RNI (2005). All age groups remain similar to RNI (2005) except for infant, which was divided into four quarterly groups.

Price (without postage charges)

NSM Member (include undergraduate students) : RM 30
Non-Member : RM 40



MALAYSIAN DIETARY GUIDELINES 2020

The TWG on Nutritional Guidelines of the NCCFN Ministry of Health Malaysia, successfully revised the Malaysian Dietary Guidelines, MDG (2010) and released the **MDG 2020** based on the latest findings as well as the changes in the people's food intake status and patterns over the years. The MDG translates the nutrition-based recommended dietary allowances into food-based practical guidelines. The MDG 2020 aims to promote the concept of a balanced diet and active lifestyles for adults aged 18 to 59 years old and the **new Malaysian Food Pyramid** has been introduced to the public by emphasising the consumption of fruits and vegetables as well as water intake.

Price (without postage charges)

NSM Member (include undergraduate students) : RM 40
Non-Member : RM 50

To purchase the book(s), please complete the book order form:

<https://forms.gle/14XW6roYwcHDpfRt8>.



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