

## **C05 Nutritional value (energy, fat, protein, carbohydrate, and sodium content) between four different brands (Maggi, Mamee, Mi Sedaap, and Vit's) of instant noodles in Malaysia**

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Instant noodles are widely consumed in Asian nations. The consumption of packaged foods in low- and middle-income nations is rising at a quicker rate than in high-income countries. Various brands of instant noodles have different amounts of nutritional value inside them. A consumer needs to know how many nutrients such as macro-and micronutrients they are consuming from every instant noodle. This study focuses on 4 brands of instant noodles (Maggi, Mamee, Mi sedaap, and Vit's) as well as the nutritional value such as energy content, fat, protein, carbohydrate, and sodium content from each brand. The data collection was done in one of the supermarkets located in Keningau, Sabah. From this finding, it has been obtained that among all these four brands, brand Mi Sedaap has the highest content of energy (median 470.0, IQR 15), fat (median 20.8, IQR 2.1), and protein (median 10.9, IQR 0.9) content compared to the other brands. Brand Vit's has the highest content of carbohydrate (median 63.0, IQR 4.1) and sodium (median 2030.0, IQR 1146.0) compared to the other brands. In Malaysia, there are several instant noodle options, and customers must select or build their version of healthy instant noodles by understanding the nutritional value of each instant noodle. In conclusion, this research shows that a greater awareness of nutritional value influences instant noodle choices and has the potential to supplement one's usual diet with essential nutrients. For future recommendation in this study, it would be better for more research on the nutritional value content of more brands of instant noodle that are widely marketed in Malaysia as this study only focuses on energy, fat, protein, carbohydrate, and sodium content from only four brands involved. This will help consumers to make the best decision in choosing their instant noodles.