



36th Scientific Conference
Nutrition Society of Malaysia
Nutrition: The Key to Combating
Prevailing Health Threats

7-8 September 2021 | Zoom Platform

- EVENT PICTORIAL REPORT -

Prepared by: Secretariat, Versacomm Sdn Bhd

Vetted by: Dr Tee E Siong President, NSM

Updated: 12 November 2021

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A. OPENING CEREMONY

DAY 1: 7 SEPTEMBER 2021

Welcome address





**36th Scientific Conference
Nutrition Society of Malaysia**
*Nutrition: The Key to Combating
Prevailing Health Threats*
7-8 September 2021 | Zoom Platform

Opening Ceremony

By Dr Tee E Siong
President, Nutrition Society of Malaysia

36th Scientific Conference Nutrition Society of Malaysia
"Nutrition: The Key to Combating Prevailing Health Threats"
7-8 September 2021 | Zoom Platform

Dr Tee E Siong, President NSM

by
Dr Tee E Siong
President, Nutrition Society of Malaysia (NSM)

PRIZE PRESENTATION CEREMONY

NSM Postgraduate Prizes 2021

NSM Undergraduate Prizes 2021

NSM Publication Prizes 2021

NSM Fellows Award 2021

NSM Postgraduate Prizes 2021

PhD Thesis Prize



Dr Wirdah Mohamad
Universiti Kebangsaan Malaysia



Dr Lee Siew Siew
Universiti Putra Malaysia

NSM Postgraduate Prizes 2021

PhD Thesis Prize



Dr Norliyana Binti Aris
Universiti Sains Malaysia



Dr Ng Choon Ming
UCSI University

NSM Postgraduate Prizes 2021

MSc Thesis Prize



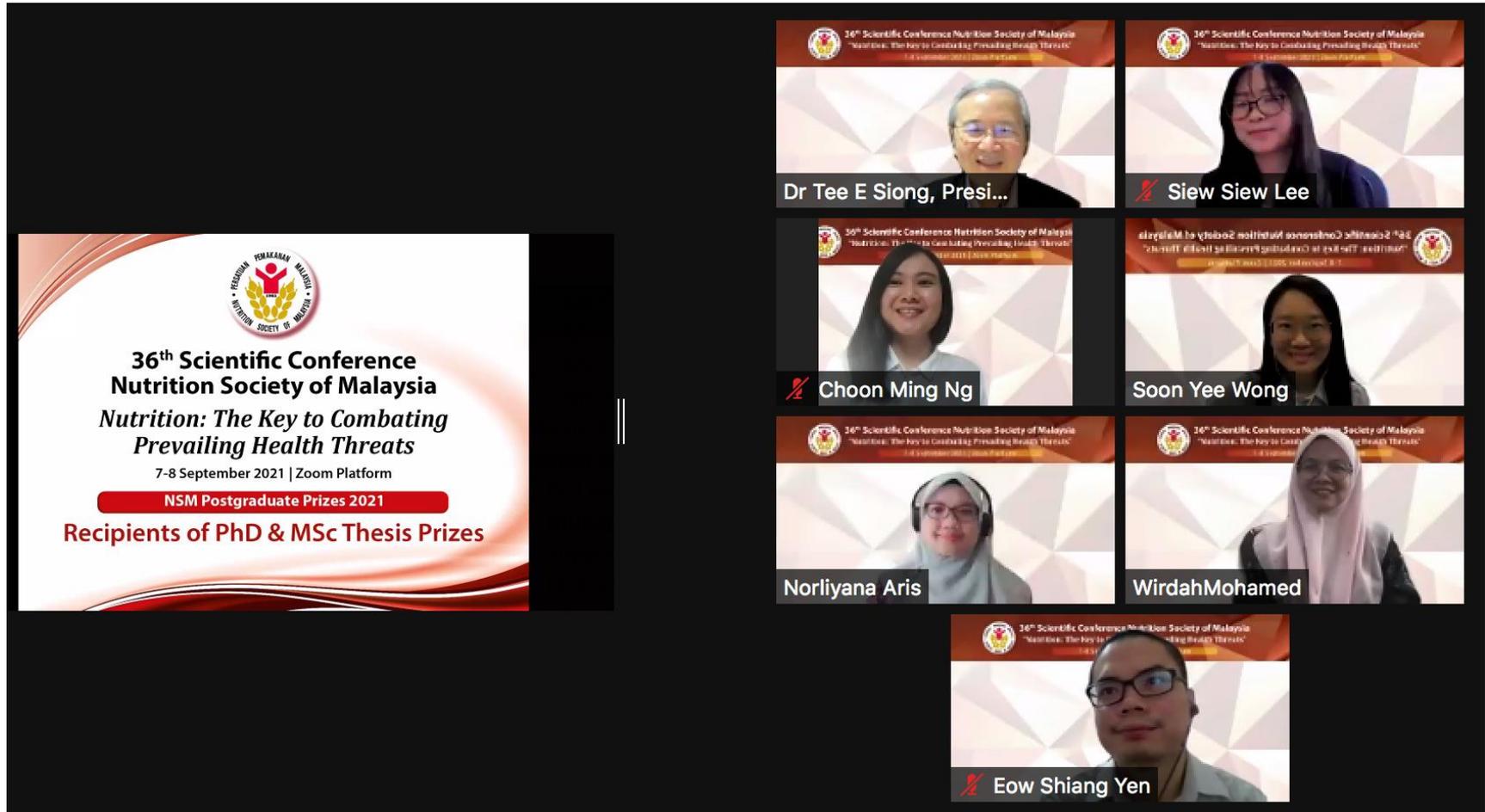
Wong Soon Yee
International Medical University



Eow Shiang Yen
Universiti Putra Malaysia

NSM Postgraduate Prizes 2021

PhD & Msc Thesis Prize



Group Photo

NSM Undergraduate Prizes 2021

Undergraduate Thesis Prize



Lai Loke Yee
Universiti Kebangsaan Malaysia



Anis Farahin Binti Mat Wahi
Universiti Sultan Zainal Abidin



Nuruljannah Binti Mohamad Nasri
Universiti Putra Malaysia



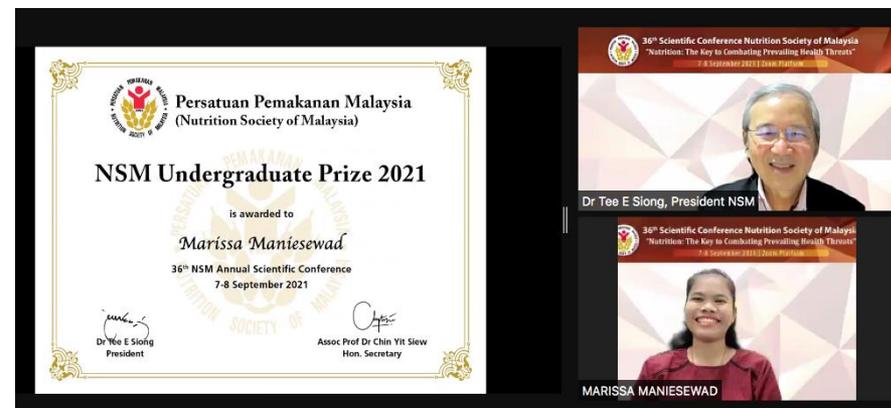
Wan Nurzakirah Binti Wan Abas
Universiti Sains Malaysia

NSM Undergraduate Prizes 2021

Undergraduate Thesis Prize



Oeh Zhe Yee
UCSI University



Marissa Maniesewad
Management and Science University



Chin Yu Qiong
University of Nottingham Malaysia



Ng Xin Qian
International Medical University

NSM Publication Prizes 2021

Maternal Nutrition



Dr Lee Siew Siew
Monash University Malaysia



Muliana Binti Edi
Universiti Putra Malaysia



Yong Heng Yew
Universiti Putra Malaysia

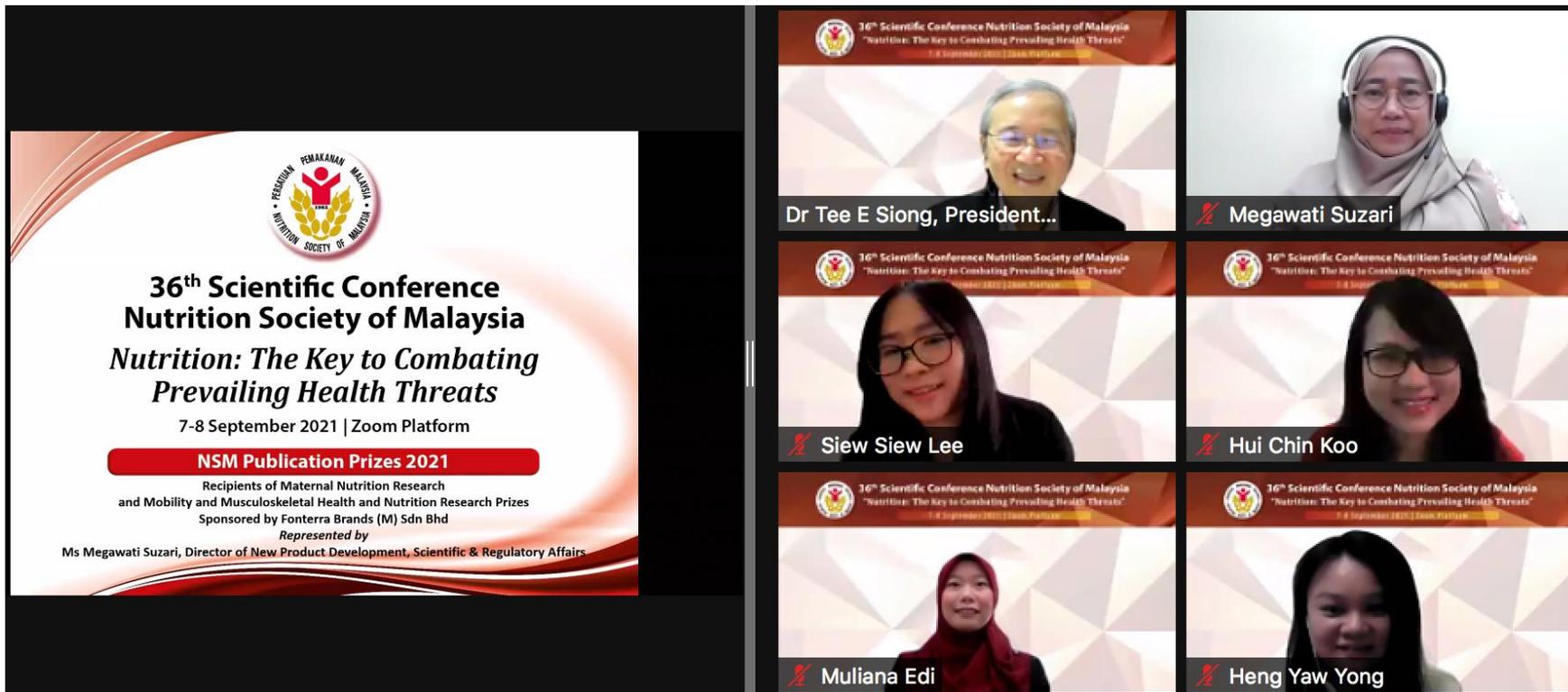
NSM Publication Prizes 2021

Mobility & Musculoskeletal Health & Nutrition



Dr Koo Hui Chin
Tunku Abdul Rahman University College

NSM Publication Prizes 2021



Group Photo

*(with Ms Megawati Suzari, representative from Fonterra Brands (M) Bhd
– the sponsor of NSM publication prizes)*

NSM Publication Prizes 2021

Functional Foods & Healthy Ageing



Dr You Yee Xing
Universiti Kebangsaan Malaysia

NSM Publication Prizes 2021

**36th Scientific Conference
Nutrition Society of Malaysia**
*Nutrition: The Key to Combating
Prevailing Health Threats*
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NSM Publication Prizes 2021

Recipient of Functional Foods & Healthy Ageing Prize
Sponsored by Herbalife Nutrition
Represented by
Mr Steven Chin, Senior Director/General Manager Malaysia and Singapore, Herbalife Nutrition

36th Scientific Conference Nutrition Society of Malaysia
"Nutrition: The Key to Combating Prevailing Health Threats"
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Dr Tee E Siong, President NSM

36th Scientific Conference Nutrition Society of Malaysia
"Nutrition: The Key to Combating Prevailing Health Threats"
7-8 September 2021 | Zoom Platform

You Yee Xing (UKM)

1st IN THE WORLD
1st IN THE WORLD

Steven Chin

Group Photo

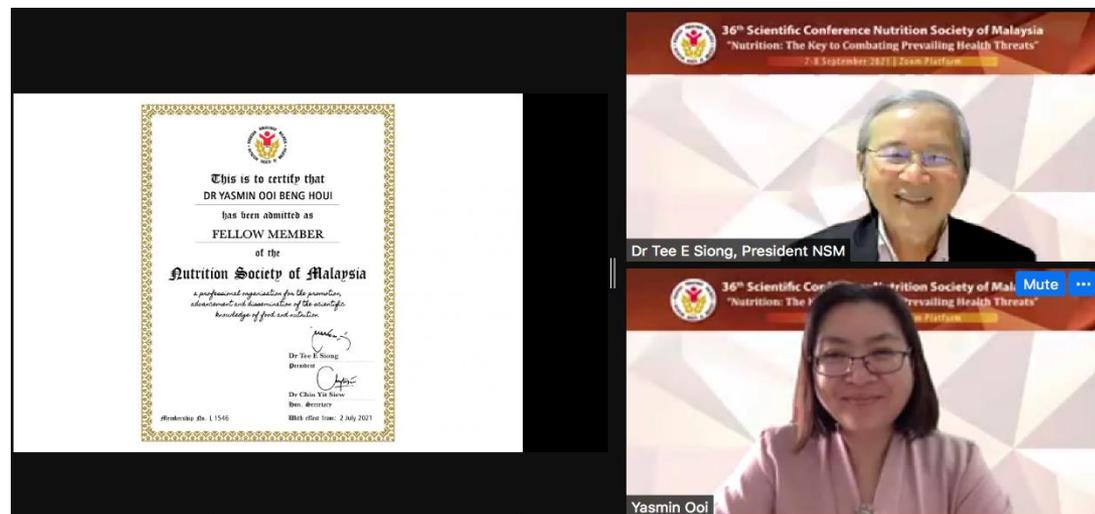
*(with Mr Steven Chin, representative from Herbalife Products Malaysia Sdn Bhd
– the sponsor of NSM publication prizes)*

NSM Fellows Award 2021

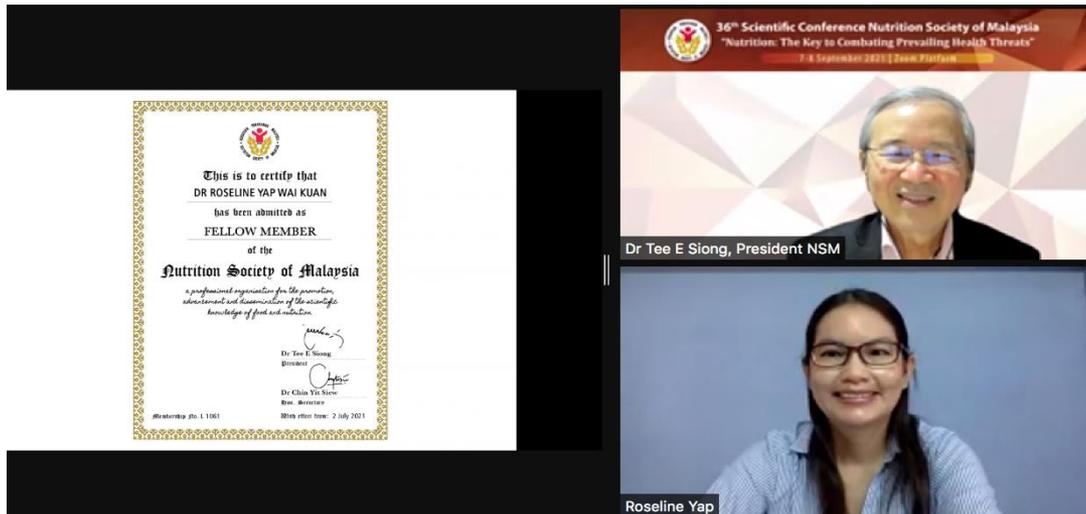


***Pn Zaiton Daud
Ministry of Health Malaysia***

***Dr Yasmin Ooi Beng Houi
Universiti Malaysia Sabah***

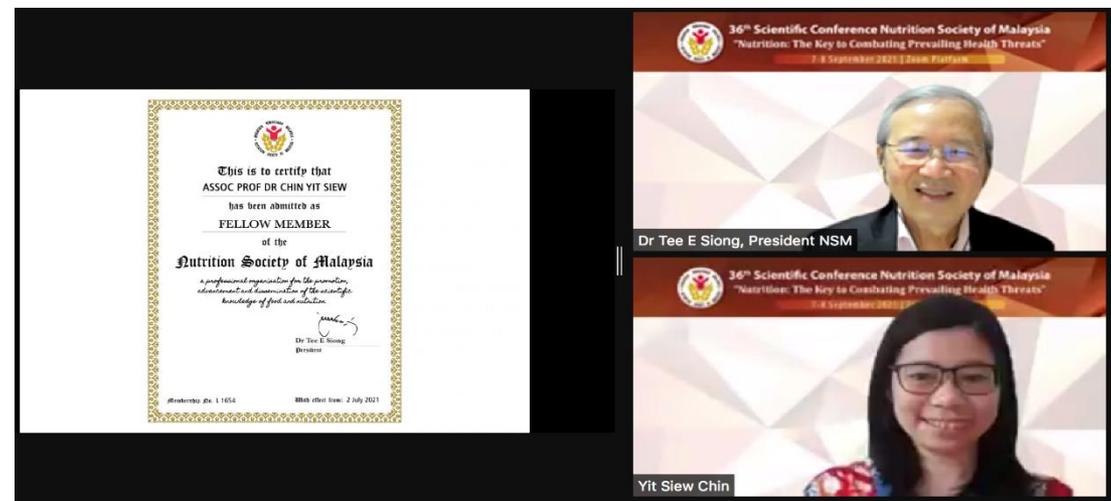


NSM Fellows Award 2021



***Dr Roseline Yap Wai Kuan
Nutrition Society of Malaysia***

***Assoc Prof Dr Chin Yit Siew
Universiti Putra Malaysia***



NSM Fellows Award 2021



Ms. Wong Mei Ching
Nestle Products Sdn Bhd

B. SCIENTIFIC PROGRAMME

DAY 1: 7 SEPTEMBER 2021

Summary of Scientific Programme

- 1 Keynote Lecture
- 4 Invited lectures
- 4 Symposia (11 presentations)
- 5 presenters in Young Researchers symposium
- 12 Free paper presentations in 2 sessions
- 118 posters (15 videos uploaded)

Keynote Lecture

Nutrition interventions to combat NCDs and COVID-19 health threats – experiences in China

The image shows a Zoom meeting interface. The main window displays a slide for the 36th Scientific Conference Nutrition Society of Malaysia, titled "Nutrition: The Key to Combating Prevailing Health Threats", held on 7-8 September 2021 via Zoom Platform. The slide features a logo on the left and a central section titled "Keynote Lecture" with a photo of Prof Dr Yang Yue Xin and her presentation topic: "Interventions to combat NCDs and COVID-19 health threats – experiences in China". Below her name is her title: "President of Chinese Nutrition Society, Beijing, China". Two smaller video windows are visible: the top one shows Yang Yuexin, and the bottom one shows Dr Tee E Siong, identified as the President of NSM.

Chairperson:
Dr Tee E Siong
President, Nutrition Society of
Malaysia

Speaker:
Yang Yue Xin
Chinese Nutrition Society, Beijing,
China

Symposium 1

NUTRITION AND COVID-19

36th Scientific Conference Nutrition Society of Malaysia
"Nutrition: The Key to Combating Prevailing Health Threats"
7-8 September 2021 | Zoom Platform

Symposium 1
Nutrition and COVID-19

Chairperson



Assoc Prof Dr Mahenderan Appukutty
Vice-president,
Nutrition Society of Malaysia

Speaker 1



Assoc Prof Dr Chin Yit Siew
Universiti Putra Malaysia

Speaker 2



Dr Feisul Idzwan Mustapha
Ministry of Health Malaysia

Mahenderan Appukutty, NSM

Chairperson:
Assoc Prof Dr Mahenderan Appukutty
Vice President, Nutrition Society of Malaysia

Symposium 1

NUTRITION AND COVID-19



UNIVERSITI PUTRA MALAYSIA
AGRICULTURE • INNOVATION • LIFE

Dietary practices, physical activity and body weight status among Malaysian adults during Movement Control Orders (MCOs): Preliminary findings from the MyNutriLifeCOVID-19 online survey

Chin Yit Siew^{1,2}, Lim Poh Ying³, Nor Baizura Md Yusoff⁴, Mahenderan Appukuttu⁵, and Chan Yoke Mun^{2,4}
¹Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
²Research Centre of Excellence, Nutrition and Non-Communicable Diseases, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
³Department of Community Health, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
⁴Department of Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
⁵Faculty of Sport Sciences, UiTM

Yit Siew Chin

Dietary practices, physical activity and body weight status among Malaysian adults during Movement Control Orders (MCOs): Preliminary findings from the MyNutriLifeCOVID-19 online survey

by
Assoc Prof Dr Chin Yit Siew
Universiti Putra Malaysia

Digital nutrition and health interventions in preventing NCDs and combating COVID-19

by
Dr Feisul Idzwan Mustapha
Ministry of Health Malaysia

Digital nutrition and health interventions in preventing NCDs and combating COVID-19

7th September 2021
 NSM Conference 2021

Dr Feisul Idzwan Mustapha
 Consultant Public Health Physician & Deputy Director (NCD)
 Disease Control Division
 Ministry of Health Malaysia



30th Scientific Conference Nutrition Society of Malaysia
 "Nutrition: The Key to Combating Prevailing Health Threats"
 7-9 September 2021, Kuala Lumpur, Malaysia

Feisul Mustapha

Invited Lecture 1

Effects of tocotrienol-rich fraction (TRF) on the pulmonary fibrosis drug treatment in rat model

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Invited Lecture 1

Effects of tocotrienol-rich fraction (TRF) on the
pulmonary fibrosis drug treatment in rat model

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Mohd Redzwan Sabran

Guiju Sun

36th Scientific Conference Nutrition Society of Malaysia
"Nutrition: The Key to Combating Prevailing Health Threats"
7-8 September 2021 | Zoom Platform

Preventive Effects of tocotrienol-rich
fraction (TRF) and Carotene on Bleomycin-
Induced Pulmonary Fibrosis in Rats

SOUTHEAST UNIVERSITY, CHINA

Project Leader: Prof. Sun Guiju

Guiju Sun

Chairperson:
Dr Mohd Redzwan Sabran
Universiti Putra Malaysia

Speakers:
Prof Sun Guiju
Southeast University, Nanjing, China

Symposium 2

MATERNAL, INFANT AND YOUNG CHILD NUTRITION



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“Nutrition: The Key to Combating Prevailing Health Threats”
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Symposium 2
Maternal, Infant and Young Child Nutrition

Chairperson



Prof Dr Norimah A. Karim
International Medical University

Speaker 1



Pn Zalma Abdul Razak
Ministry of Health Malaysia

Speaker 2



Assoc Prof Dr Loh Su Peng
Universiti Putra Malaysia

Speaker 3



Dr Lee Siew Siew
Monash University Malaysia



Chairperson:
Prof Dr Norimah A Karim
International Medical University

Symposium 2

MATERNAL, INFANT AND YOUNG CHILD NUTRITION



Empowering parents and community: Efforts to prevent malnutrition among children

by

Pn Zalma Abdul Razak

Nutrition Division, Ministry of Health Malaysia

Micronutrient deficiency and supplementation among women of reproductive age

by

Assoc Prof Dr Loh Su Peng
Universiti Putra Malaysia



Symposium 2

MATERNAL, INFANT AND YOUNG CHILD NUTRITION

Non-communicable diseases (NCDs)



Cardiovascular diseases



Diabetes Mellitus



Chronic respiratory diseases



Obesity



Cancer



Mental Health

Noncommunicable diseases or pre-existing condition has been associated with severity and outcomes of COVID-19

36th NSM Scientific Conference 7-8 September 2021



Complementary foods and molk-based formulas provide excess protein but suboptimal key micronutrients and essential fatty acids in the intakes of infants and toddlers from urban setting in Malaysia

by

Dr Lee Siew Siew

Monash University Malaysia

Young Researchers' Symposium



36th Scientific Conference Nutrition Society of Malaysia
 "Nutrition: The Key to Combating Prevailing Health Threats"

7-8 September 2021 | Zoom Platform

Young Researchers' Symposium

Chairperson



Dr Wong Jyh Eiin
 Universiti Kebangsaan Malaysia

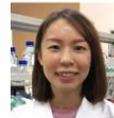
Speakers



Ms Lydiatul Shima Binti Ashari
 Universiti Sains Malaysia



Ms Lee Shoo Thien
 Universiti Kebangsaan Malaysia



Ms Teoh Ai Ni
 UCSI University



Ms Wong Ting Xuan
 International Medical University



Ms Wong Hui Juan
 Universiti Putra Malaysia



36th Scientific Conference Nutrition Society of Malaysia
 "Nutrition: The Key to Combating Prevailing Health Threats"

7-8 September 2021 | Zoom Platform



Jyh Eiin Wong

Chairperson:
Dr Wong Jyh Eiin
Universiti Kebangsaan Malaysia

Young Researchers' Symposium



USM APEX
UNIVERSITI SAINS MALAYSIA

Exploring the norms of eating-out practice among adults in Malaysia

Lydiatul Shima A, Ainaa Almardhiyah AR, Yeong Yeh L, Yee Cheng K, Bibi Nabihah AH, Hamid Jan JM

Mohd Razif S, Nor Hamizah S, Raja Affendi RA

UNIVERSITI KEBANGSAAN MALAYSIA
The National University of Malaysia

36th Scientific Conference Nutrition Society of Malaysia
"Nutrition: The Key to Combating Prevailing Health Threats"
17-18 September 2022, Kuala Lumpur

Jyh Elin Wong

Lydiatul Shima Ashari

Exploring the norms of eating-out practice among adults in Malaysia

by

Lydiatul Shima Binti Ashari
Universiti Sains Malaysia

Preschoolers' physical activity and sedentary behaviour in relation to social and environmental factors: A mixed method approach study

by

Lee Shoo Thien
Universiti Kebangsaan Malaysia



Preschoolers' physical activity and sedentary behaviour in relation to social and environmental factors: A mixed method approach study



Presenter: Lee Shoo Thien



Shoo Thien Lee¹, Jyh Elin Wong¹, Geraldine Kim Ling Chan², Bee Koon Poh¹

¹Nutritional Sciences Programme & Centre for Community Health Studies (ReaCH), Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur, Malaysia

²Centre for Research in Development, Social and Environment (SEEDS), Faculty of Social Sciences and Humanities, Universiti Kebangsaan Malaysia, Bangi, Selangor, Malaysia

Young Researchers' Symposium



Maternal circadian rhythm, chrononutrition and its association with infant growth during the first 6 months of life: results from MY-CARE cohort study

Teoh Ai Ni
PhD candidate
UCSI University

Supervisor: Dr. Satvinder Kaur A/P Nachatag Singh
Co-supervisors: Dr. Norzima Ahmad Bustami (UCSI University), Dr. Nurul Husna Mohd Shukri (Universiti Putra Malaysia), Prof. Shigenobu Shibata (Waseda University, Japan)




Maternal circadian rhythm, chrononutrition and its association with infant growth during the first 6 months of life: results from MY-CARE cohort study
by
Teoh Ai Ni
UCSI University

Obese yet undernourished - preoperative nutrition status of breast and colorectal cancer patients
by
Wong Ting Xuan
International Medical University



Obese yet undernourished - preoperative nutrition status of breast and colorectal cancer patients

Presented by
WONG TING XUAN (PhD candidate)
INTERNATIONAL MEDICAL UNIVERSITY (IMU)



Young Researchers' Symposium

NSM Conference 2021



Preliminary findings of an online
Malaysian Young Children Father Mother
Feeding Project:

Associations of parental feeding factors
and child eating behaviours with body
weight status among Malaysian young
children aged 6-months to 36-months

Presenter : Ms. Wong Hui Juan (Jess)
MSc (Community Nutrition), 4th semester
Department of Nutrition,
Faculty of Medicine and Health Sciences,
Universiti Putra Malaysia



Preliminary findings of an online Malaysian young children father mother feeding project: Associations of parental feeding factors and child eating behaviours with body weight status among Malaysian young children aged 6-months to 36-months

by

Wong Hui Juan
Universiti Putra Malaysia

Free Paper Presentation 1



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 7-8 September 2021 | Zoom Platform

Free Paper Presentation 1

Chairpersons


Assoc Prof Dr Gan Wan Ying
Universiti Putra Malaysia


Dr Snigdha Misra
Internal Medical University

Speakers


Ms Ng Shirley
Muar District Health Office


Ms Woon Fui Chee
Universiti Putra Malaysia


Dr Sharifah Zahhura Syed Abdullah
Universiti Sains Malaysia


Dr Tan Soek Shin
Internal Medical University


Dr Sharifah Wajihah Wafa Binti Syed Saadun Tarek Wafa
Universiti Sultan Zainal Abidin


Ms Haemamalar Karppaya
Universiti Malaya



Chairperson:

Assoc Prof Dr Gan Wan Ying, Universiti Putra Malaysia & Dr Snigdha Misra, International Medical University

Free Paper Presentation 1

**QUALITY ASSURANCE PROGRAMME
IN MUAR DISTRICT HEALTH OFFICE :
REDUCING ANEMIA IN
36 WEEKS PREGNANT MOTHERS**



Reducing anaemia in 36 weeks pregnant mothers

by

Ng Shirley

Muar District Health Office

Maternal consumption of dairy products during pregnancy reduces the risk of eczema in infants during the first year of life

by

Woon Fui Chee

Universiti Putra Malaysia



MATERNAL CONSUMPTION OF DAIRY PRODUCTS DURING PREGNANCY REDUCES THE RISK OF ECZEMA IN INFANTS DURING THE FIRST YEAR OF LIFE

Presenter:

WOON FUI CHEE

Department of Nutrition,
Faculty of Medicine and Health Sciences,
Universiti Putra Malaysia



UUM APEX
Preliminary observations on the dietary intake of Orang Asli Temiar women during the postpartum period

Sharifah Zahhura Syed Abdullah, PhD
Marina binti Abdul Manaf
Mohamad Insan bin Latif
Nurul Jannah Ambak
Salniza Akmar Kamaruzaman



Preliminary observations on the dietary intake of Orang Asli Temiar women during the postpartum period

by

Sharifah Zahhura Syed Abdullah

Universiti Sains Malaysia

Free Paper Presentation 1



Minerals and trace elements contents in breast milk of Malaysian mothers

Tan SS, Khor GL, Stoutjesdijk E, Ng KWT, Khoo W I, Bragt M, Schaafsma A, Dijk-Brouwer DAJ and Muskini FAJ

Seok Shin Tan

Minerals and trace elements contents in breast milk of Malaysian mothers

by

Tan Seok Shin

International Medical University

Parental feeding practices in relation to food neophobia among preschoolers in Terengganu, Malaysia

by

*Sharifah Wajihah Wafa Binti Syed Saadun Tarek Wafa
Universiti Sultan Zainal Abidin*



Parental feeding practices in relation to food neophobia among preschoolers in Terengganu, Malaysia

Dr. Sh. Wajihah Wafa binti Syed Saadun Tarek Wafa
Alia Izzati
Faculty of Health Sciences, UniSZA
7 th of September 2021

Sharifah Wajihah Wafa



Body Image and Cardiovascular Risk Factors Among Malaysian Adolescents

Haemamalar K¹, Hazreen AM², Muzalwana AT¹

¹ Department of Applied Statistics, Faculty of Administration and Economics, Universiti Malaya, Kuala Lumpur

² Department of Social and Preventive Medicine, Faculty of Medicine, Universiti Malaya, Kuala Lumpur

Body image and cardiovascular risk factors among Malaysian adolescents

by

Haemamalar Karppaya

Universiti Malaya

B. SCIENTIFIC PROGRAMME

DAY 2: 8 SEPTEMBER 2021

Free Paper Presentation 2

Chairpersons



Dr Tan Sue Yee
Nutrition Society Malaysia



**Asst Prof Dr Anto Cordelia
Tanislaus Antony Dhanapal**
Universiti Tunku Abdul Rahman

Speakers



Dr Shashikala Sivapathy
UCSI University



Ms Erika Lumbantobing
*Indonesia International
Institute for Life Sciences*



Ms Emily Chew Wen Li
*International Medical
University*



Mr Lo Yi Liang
*University of Nottingham
Malaysia Campus*



Ms Ng Ying Yun
*International Medical
University*



**Ms Noor Amiza Binti
Zainal Abidin**
*Universiti Sains Islam
Malaysia*

Chairperson:

***Dr Tan Sue Yee, Nutrition Society of Malaysia &
Dr Anto Cordelia Vijanth, Universiti Tunku Abdul Rahman***

Free Paper Presentation 2

A whole school approach and NuTeen Intervention Program: Impact on secondary school canteen food environment and psychosocial factors of school canteen operators in Kuala Lumpur

Shashikala Sivapathy
UCSI University



A whole school approach and NuTeen Intervention Program: Impact on secondary school canteen food environment and psychosocial factors of school canteen operators in Kuala Lumpur
by
Shashikala Sivapathy
UCSI University

Consumer knowledge, attitude, and practice (KAP) on supplements in relation to COVID-19 pandemic
by
Erika Lumbantobing
Indonesian International Institute for Life Sciences, Jakarta



Covid-19 Pandemic & Role of Micronutrients

- Caused by a coronavirus, called SARS-CoV-2
- The first case: December 2019
- Linked to Huanan Seafood Market, in Wuhan City, China
- Transmission mode: contact and droplet, airborne, fomite
- Vitamin and mineral exhibit immunomodulatory properties and antiviral properties



Supplement Market and Consumer in Indonesia

- Contribute 35% of ASEAN economic zone
- Imported health product market is concentrated in urban areas (Jakarta, Bandung, Surabaya, and Medan)
- During COVID-19 Pandemic, the interest towards health-related compounds and foods increase rapidly

In Indonesia, supplements including its labelling, claims, marketing, advertisement, and distribution are regulated under the supervision of **Badan Pengawas Obat dan Makanan (BPOM)**

- Keputusan Kepala Badan Pengawas Obat dan Makanan No. HK.00.05.23.3644

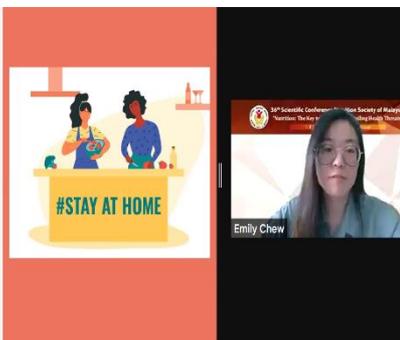
Background



Frequency of home cooking is not associated with diet quality among Malaysian adults during the pandemic

Researcher
Emily Chew Wen Li, Chin Shi You, Misra Snigdha, Yang Wai Yew, Tan Seok Shin, Kelly Num Sze Fang

Institution
**Division of Nutrition and Dietetics
International Medical University (IMU)**



Frequency of home cooking is not associated with diet quality among Malaysian adults during the pandemic
by
Emily Chew Wen Li
International Medical University

Free Paper Presentation 2

The Impact of COVID-19 on The Consumption of Fruits and Vegetables in Healthy Malaysian Adults

Researcher: Lo Yi Liang (BSc (Hons) in Nutrition)
Supervisors: Dr Cheng Shi Hut, Dr Lee Siew Siew



The impact of COVID-19 on the consumption of fruits and vegetables in healthy Malaysian adults

by

Loh Yi Liang

University of Nottingham, Malaysia

Sugar tax in Malaysia: Food industry's response and adolescents' knowledge and attitude towards this tax

by

Ng Ying Yun

International Medical University

Sugar tax in Malaysia: Food industry's response and adolescents' knowledge and attitude towards this tax

Ng YY¹, Shyam S^{1,2}, Don R¹, Hakim SL^{3,4}

¹Division of Nutrition and Dietetics, School of Health Sciences, International Medical University, Kuala Lumpur, Malaysia
² Centre for Translational Research, Institute for Research, Development and Innovation (IRDI), International Medical University, Kuala Lumpur, Malaysia
³ Institute for Research, Development and Innovation (IRDI), International Medical University, Kuala Lumpur, Malaysia
⁴ Department of Community Medicine, School of Medicine, International Medical University, Kuala Lumpur, Malaysia

Effects of Germinated Brown Rice on Blood Glucose, Glycated Haemoglobin Levels and BMI in Patients with Type 2 Diabetes

NOOR AMIZA BINTI ZAINAL ABIDIN
M.MED SC. STUDENT,
FACULTY OF MEDICINE AND HEALTH SCIENCES, USIM



The effects of germinated brown rice on blood glucose, glycated haemoglobin levels and BMI in patients with type 2 diabetes

by

Noor Amiza Binti Zainal Abidin

Universiti Sains Islam Malaysia

Invited Lecture 2

Bile acid is a responsible host factor for high-fat diet-induced gut microbiota alterations in rats: Proof of “bile acid hypothesis”



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Invited Lecture 2

 Bile acid is a responsible host factor for high-fat diet-induced gut microbiota alterations in rats: Proof of “bile acid hypothesis”
 Prof Dr Atsushi Yokota
 Research Faculty of Agriculture, Hokkaido University, Sapporo, Japan

 Mahenderan Appukutty

 Atsushi Yokota (HU)

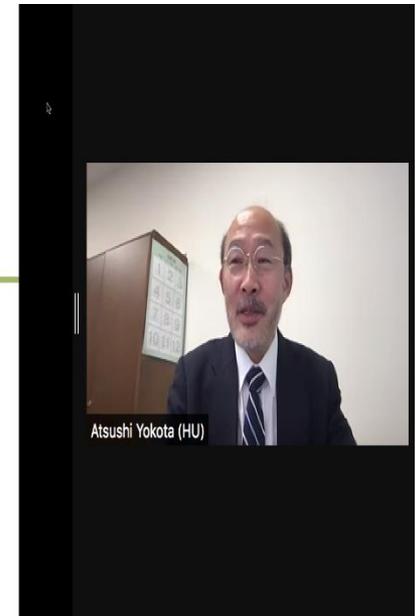
Bile acid is a responsible host factor for high-fat diet-induced gut microbiota alterations in rats:
 ~proof of “bile acid hypothesis”~

Executive Vice President
 Research Faculty of Agriculture
 Hokkaido University
 Sapporo Japan

Prof. Dr. Atsushi Yokota,

2021.9.8 | The 36th Annual Scientific Conference of the Nutrition Society of Malaysia (NSM)



Atsushi Yokota (HU)

Chairperson:
Assoc Prof Dr Mahenderan Appukutty
Universiti Teknologi MARA

Speakers:
Prof Dr Atsushi Yokota
Hokkaido University, Sapporo, Japan

Invited Lecture 3

Precision nutrition and cardiovascular diseases


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Invited Lecture 3
Precision nutrition and cardiovascular diseases

Chairperson

Dr Roseline Yap
 Nutrition Society of Malaysia

Speaker

Dr José M Ordovas
 Tufts University, Boston,
 United States of America




 National Heart Lung and Blood Institute

[Home](#) / [News and Events](#) / [All News](#) / NIH-supported DASH diet tops rankings for "heart-healthy" and "healthy eating"

WHAT: Dietary Approaches to Stop Hypertension (DASH) has tied for first out of 39 diets for "Best Diets for Healthy Eating" and "Best Heart-Healthy Diets" in the 2021 Best Diets report from U.S. News & World Report. DASH, which builds nutrient-dense meals around whole grains, low-fat dairy products, vegetables, and fruits, and includes fish, poultry, beans, nuts, and healthy oils, also ranks second for "Best Diet Overall."

NHLBI NEWS | Media Availability
 NIH-supported DASH diet tops rankings for "heart-healthy" and "healthy eating"
 January 4, 2021, 8:30 AM EST

Best Diets Overall
 #1 Mediterranean Diet (16)
 #2 DASH Diet (16)
 #3 The Flexitarian Diet (16)
 #4 Ornish Diet (16)
 SEE FULL RANKINGS LIST >

A panel of 25 health experts, including nutritionists and specialists in diabetes, heart health, human behavior and weight loss, reviewed detailed assessments prepared by U.S. News of 39 diets. The experts rated each diet in seven categories, including short- and long-term weight loss, ease of compliance, safety and nutrition.



Jose Ordovas

Chairperson:
Dr Roseline Yap
Nutrition Society of Malaysia

Speakers:
Dr Jose M Ordovas
Tufts University, Boston, United States of America

Symposium 3

SCHOOL CHILD AND ADOLESCENT NUTRITION



36th Scientific Conference Nutrition Society of Malaysia
"Nutrition: The Key to Combating Prevailing Health Threats"
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Symposium 3
School Child & Adolescent Nutrition

Chairperson	Speaker 1	Speaker 2	Speaker 3
			
Assoc Prof Dr Chin Yit Siew <i>Universiti Putra Malaysia</i>	Dr Koo Hui Chin <i>Tunku Abdul Rahman University College</i>	Assoc Prof Dr Geeta Appannah <i>Universiti Putra Malaysia</i>	Ms Teo Choon Huey <i>Batu Pahat District Health Office</i>



Yit Siew Chin

Chairperson:
Assoc Prof Dr Chin Yit Siew
Universiti Putra Malaysia

Symposium 3

SCHOOL CHILD AND ADOLESCENT NUTRITION





Nutrition Society of Malaysia - 36th Scientific Conference

Studies of whole grain consumption among children and adolescents

Koo Hui Chin¹, Satvinder Kaur², Chan Kai Quin¹, Lim Geok Pei¹
¹Tunku Abdul Rahman University College
²UCSI University





Whole grain consumption among children and adolescents

by

Dr Koo Hui Chin

Tunku Abdul Rahman University College

Dietary patterns and cardiometabolic risks among Malaysian adolescents

by

Assoc Prof Dr Geeta Appannah
Universiti Putra Malaysia





Dietary patterns and cardiometabolic risks among Malaysian adolescents

Assoc Prof Dr Geeta Appannah
 Department of Nutrition
 Faculty of Medicine and Health Sciences



Symposium 3

SCHOOL CHILD AND ADOLESCENT NUTRITION



Implementation of Malaysia School Nutrition Promotion Programme (MySNPP) during the COVID-19 pandemic – experiences and learnings



TEO CHOON HUEY¹, TEE E SIONG², CHIN YIT SIEW^{2,3}, SHAHIR SHAMSHUDDIN¹, HAFIZAN JOHAR¹, SHAHRIL AZIAN HAJI MASROM⁴

¹Department of Nutrition, Batu Pahat District Health Office, Johor State Health Department, Ministry of Health, Malaysia

²Nutrition Society of Malaysia

³Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia

⁴Department of District Health Office, Batu Pahat District Health Office, Johor State Health Department, Ministry of Health, Malaysia

**Implementation of Malaysia School
Nutrition Promotion Programme (MySNPP)
during the COVID-19 pandemic –
experiences and learnings**

by

Teo Choon Huey

*Department of Nutrition, Yong Peng Health Clinic, Batu
Pahat District Health Office*

Invited Lecture 4

Blood glucose management as a strategy in influencing metabolic health and immunity

PowerPoint Slide Show - 21012p-PGH. Blood glucose influence on i...

nutrition, legislation, science, health

Blood glucose management as a strategy in influencing metabolic health and immunity

Goh Peen Ern PeenErn.Goh@beneo.com
 Manager Nutrition Communication
 BENE0-Institute, BENE0 Asia-Pacific

beneo institute
 connecting nutrition and health

21012p-PGH Nutrition Society of Malaysia 30th Scientific Conference, 7-8 Sep 2021

Slide 1 of 57

Peen Ern Goh

30th Scientific Conference Nutrition Society of M...
 "Nutrition: The Key to Combating Prevailing Health Threats"
 7-8 September 2021 | Zoom Platform

megan chong chong

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21012p-PGH Nutrition Society of Malaysia 30th Scientific Conference, 7-8 Sep 2021

Slide 1 of 57

Peen Ern Goh

Chairperson:

Dr Megan Chong Hueh Zan
International Medical University

Speakers:

Ms Goh Peen Ern
BENE0 Institute/ BENE0 Asia Pacific Pte Ltd

Symposium 4

PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

36th Scientific Conference Nutrition Society of Malaysia
"Nutrition: The Key to Combating Prevailing Health Threats"
7-8 September 2021 | Zoom Platform

Symposium 4
Physical Activity & Sedentary Behaviour

Chairperson

Prof Dr Poh Bee Koon
Universiti Kebangsaan Malaysia

Speaker 1

Prof Dr Stanley Sai-chuen Hui
The Chinese University of Hong Kong

Speaker 2

Assoc Prof Dr Selina Khoo
Universiti Malaya

Speaker 3

Dr Vaidehi Ulaganathan
UCSI University

Bee Koon Poh

Chairperson:
Assoc Prof Dr Poh Bee Koon
Universiti Kebangsaan Malaysia

Symposium 4

PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR



Physical activity and health-related fitness in adolescents: The Asia-fir study

by

Prof Dr Stanley Sai-chuen Hui

The Chinese University of Hong Kong

Physical activity in women

by

Assoc Prof Dr Selina Khoo Phaik Lin
University Malaya

Physical activity in women



Selina Khoo

Centre for Sport and Exercise Sciences

Universiti Malaya



Symposium 4

PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

36th Scientific Conference Nutrition Society of Malaysia
"Nutrition: The Key to Combating Prevailing Health Threats"
7-8 September 2021 | Zoom Platform

Symposium 4
Physical Activity & Sedentary Behaviour

Association between recreational physical activity and colorectal cancer with presence of metabolic syndrome and its components: A multicentric hospital-based case control study in Peninsular Malaysia
Dr Vaidehi Ulaganathan
Faculty of Applied Sciences, UCSI University

Bee Koon Poh

Vaidehi Ulaganathan

Association between recreational physical activity and colorectal cancer with presence of metabolic syndrome and its components: A multicentric hospital-based case control study in Peninsular Malaysia
by
Dr Vaidehi Ulaganathan
UCSI University

POSTER FINALISTS PRESENTATIONS



36th Scientific Conference Nutrition Society of Malaysia
"Nutrition: The Key to Combating Prevailing Health Threats"
 7-8 September 2021 | Zoom Platform

Poster Finalists Presentation

Chairperson



Asst Prof Dr Satvinder Kaur
 UCSI University,
 NSM Council Member



Chang Chi Yin
 International
 Medical University



Chin Yu Qiong
 University of Nottingham
 Malaysia



Iris Yii Ching Yee
 Universiti
 Sains Malaysia



Kee Xiao Hui
 Universiti
 Putra Malaysia



Kok Ee Yin
 UCSI
 University



**Nur Fatimah
 Binti Mohd Suhaimi**
 Universiti
 Putra Malaysia



**Nurfarhana
 Binti Norddin**
 Universiti
 Putra Malaysia



**Nursaleha
 Binti Mohd Sobri**
 Universiti
 Putra Malaysia



Pang Xin Yi
 Universiti
 Kebangsaan Malaysia



Sharmilla Rengarajoo
 Management &
 Science University

Chairperson:
Asst Prof Dr Satvinder Kaur
UCSI University
NSM Council Member



Satvinder Kaur

POSTER FINALISTS PRESENTATIONS

Poster Finalist 2: Chin Yu Qiong (University of Nottingham Malaysia)

Dietary patterns of Malaysian adults: energy, nutrient intakes and environmental impact
 by **Chin Yu Qiong** and **Shirley Ho** School of Environment, University of Nottingham Malaysia

Introduction: The diet is a major determinant of chronic diseases... **Methodology:** All dietary intake data collected from 100 Malaysian adults... **Results:** One of the 100 participants, 77.1% were vegetarians... **Conclusion:** Vegetarian diets are associated with lower energy and nutrient intakes... **References:** 1. World Health Organization (WHO). (2018). *Global status report on non-communicable diseases 2018*. Geneva: WHO.

Yu Qiong Chin

**Poster Finalist 1:
Chang Chi Yin
International Medical University**

Poster Finalist 1: Chang Chi Yin (International Medical University)

Development and Sensory Evaluation of Egg Custard Pudding Using Isomaltulose
 by **Chang Chi Yin**

INTRODUCTION: Isomaltulose is a natural sweetener... **METHODOLOGY:** The study was conducted in two phases... **RESULTS:** The sensory evaluation results showed... **CONCLUSION:** Isomaltulose is a suitable sweetener for egg custard pudding... **References:** 1. International Medical University (IMU). (2020). *Research findings*.

Satvinder Kaur

Chi Yin Chang

**Poster Finalist 2:
Chin Yu Qiong
University of Nottingham Malaysia**

Poster Finalist 3: Iris Yii Ching Yee (Universiti Sains Malaysia)

NUTRITIONAL COMPOSITION AND ANTIOXIDANT ACTIVITIES OF SELECTED POPULARLY CONSUMED LOCAL AND IMPORTED HERBS
 by **Iris Yii Ching Yee**

Introduction: Herbs are used for medicinal purposes... **Methodology:** The study involved the analysis of 10 different herbs... **Results:** The antioxidant activities of the herbs were measured... **Conclusion:** The herbs show significant antioxidant activity... **References:** 1. Universiti Sains Malaysia (USM). (2020). *Research findings*.

Iris Yii

**Poster Finalist 3:
Iris Yii Ching Yee
Universiti Sains Malaysia**

Poster Finalist 4: Kee Xiao Hui (Universiti Putra Malaysia)

EFFECTS OF ADDING MILK, SUGAR, AND ARTIFICIAL SWEETENER TO THE TOTAL PHENOLIC CONTENT AND ANTIOXIDANT ACTIVITY OF GREEN TEA POWDER (CAMELLIA SINENSIS)
 by **Kee Xiao Hui**

Introduction: Green tea powder is rich in antioxidants... **Methodology:** The study involved the addition of milk, sugar, and artificial sweetener to green tea powder... **Results:** The total phenolic content and antioxidant activity were measured... **Conclusion:** The addition of milk, sugar, and artificial sweetener affects the total phenolic content and antioxidant activity... **References:** 1. Universiti Putra Malaysia (UPM). (2020). *Research findings*.

Xiao Hui Kee

**Poster Finalist 4:
Kee Xiao Hui
Universiti Putra Malaysia**

POSTER FINALISTS PRESENTATIONS

Poster Finalist 5: Kok Ee Yin (UCSI University)

Darkness and screen light exposure: Its role in psychosocial outcomes among pregnant women in Kuala Lumpur
 Kok Ee Yin, Wei and Schneider K
 Department of Food Science with Nutrition, Faculty of Applied Sciences, UCSI University, Kuala Lumpur, Malaysia

INTRODUCTION

- Light exposure at different timings is associated with disruption of circadian rhythm.
- Exposure to artificial light at night is associated with mood depression due to circadian disruption.
- Pregnancy is a process where the mother is vulnerable to unfavorable psychosocial factors due to environmental and physiological changes.
- As circadian rhythm is an important factor during pregnancy, it is necessary to explore suitable for better health recommendations.

RESULTS AND DISCUSSION

72.6% Malay
82.9% Tertiary education level
53.0% Middle-income household

Table 1. Mean differences of type of light exposure at different timings with DAS among pregnant women

Light Exposure	Screen Light	Indoor Light	Outdoor Light
Screen Light	4.00 (0.00)	4.00 (0.00)	4.00 (0.00)
Indoor Light	4.00 (0.00)	4.00 (0.00)	4.00 (0.00)
Outdoor Light	4.00 (0.00)	4.00 (0.00)	4.00 (0.00)

CONCLUSION & RECOMMENDATIONS

- Darkness and screen light exposure were observed among pregnant women with screen light exposure.
- It is important to explore pregnancy progression and outcomes should be studied.
- Intervention and strategies should be made to pregnant women for healthy light exposure for good pregnancy outcomes.

Yin Kok Ee

**Poster Finalist 5:
Kok Ee Yin
UCSI University**

Poster Finalist 6: Nur Fatimah Binti Mohd Suhaimi (Universiti Putra Malaysia)

ASSOCIATIONS OF SOCIO-DEMOGRAPHIC FACTORS, PARENTAL HEIGHT, FEEDING PRACTICES AND CHILD EATING BEHAVIOURS WITH STUNTING AMONG CHILDREN AGED 6 TO 36 MONTHS IN MALAYSIA
 Nur Fatimah Binti Mohd Suhaimi, Nur Anisa Amrah Aiz, Hong Yi and Chen Y
 Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia

INTRODUCTION

- Stunting can be defined as the condition whereby the child's height is too short for their age.
- UNICEF (2016) reported that 1 in 10 children worldwide under the age of 5 are growing well and 10 million of them were stunted.
- According to the latest DHS data, the prevalence of stunting is 30.7% and the trend has improved recently from 34.6% in 2011 to 27.9% in 2018.
- Stunting results from poor feeding practice, parental infection and inadequate care and protection during the first 1000 days of life.
- Similar local studies looked at the association between parental feeding practices and children's stunting among children aged 6 to 36 months in Malaysia.

OBJECTIVE

To determine the associations of socio-demographic factors, parental height, parental feeding practices, and child eating behaviour with stunting among children aged 6 to 36 months in Malaysia.

RESULTS AND DISCUSSION

- Prevalence of stunting: 36.4% (Stunted)
- Socio-demographic characteristics: 50.8% Male, 49.2% Female
- Associations of parental height with stunting: $r = 0.276$, $p < 0.001$
- Associations of parental height with stunting: $r = 0.111$, $p < 0.001$

CONCLUSION

- Low parental height is associated with their child's growth and stunting.
- Parental height is significantly associated with stunting among children aged 6 to 36 months in Malaysia.
- Future studies need to explore more variables associated with stunting to determine the factors associated with stunting in Malaysian children.

Fatihah Mohd Suhaimi

**Poster Finalist 6:
Nur Fatimah Binti Mohd Suhaimi
Universiti Putra Malaysia**

Poster Finalist 7: Nurfarhana Binti Norddin (Universiti Putra Malaysia)

ASSOCIATION OF NEIGHBORHOOD FOOD ENVIRONMENT STATUS AND FOOD PURCHASING BEHAVIOR WITH DIETARY QUALITY AMONG URBAN, LOW-INCOME ADOLESCENTS LIVING IN KUALA LUMPUR
 Nurfarhana Binti Norddin, Nurfarhana Binti Norddin, Nurfarhana Binti Norddin
 Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia

INTRODUCTION

- Healthy adolescents in Kuala Lumpur (KL) exhibited poor dietary quality.
- The public domain indicates poverty and urban neighborhood food environments (FNES).
- Urban neighborhood food environments (FNES) are associated with poor dietary quality.
- FNES is associated with poor dietary quality.
- FNES is associated with poor dietary quality.

RESULTS AND DISCUSSION

- 77% of the respondents received the availability and accessibility to food.
- 62% of the respondents received the variety of food.
- 41% of the respondents received the quality of food.
- 41% of the respondents received the safety of food.
- 41% of the respondents received the security of food.

CONCLUSION

- Urban neighborhood food environments (FNES) are associated with poor dietary quality.
- FNES is associated with poor dietary quality.
- FNES is associated with poor dietary quality.

Nurfarhana Norddin

**Poster Finalist 7:
Nurfarhana Binti Norddin
Universiti Putra Malaysia**

Poster Finalist 8: Nursaleha Binti Mohd Sobri (Universiti Putra Malaysia)

BREASTFEEDING INFORMATION AND EXPERIENCE SHARING THROUGH FACEBOOK CONTENT ANALYSIS PRE- AND DURING THE COVID-19 PANDEMIC
 Nursaleha Binti Mohd Sobri, Nurfarhana Binti Norddin, Nurfarhana Binti Norddin
 Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia

INTRODUCTION

- COVID-19 pandemic has increased COVID-19 cases globally.
- 70% of the mothers believed to have experienced emotional support more than before during COVID-19.
- Support family and friends has been indicated to COVID-19.
- The accuracy of the breastfeeding information is important.

OBJECTIVE

To compare the breastfeeding information content before and during the COVID-19 pandemic and to analyze the accuracy of the breastfeeding information.

RESULTS

- There is a trend towards knowledge and sharing parental experiences with other mothers that reported the mothers were more likely to share their experiences with other mothers before COVID-19.
- The information content of the breastfeeding information was more accurate before COVID-19.
- The accuracy of the breastfeeding information was more accurate before COVID-19.

CONCLUSION

- There is a trend towards knowledge and sharing parental experiences with other mothers that reported the mothers were more likely to share their experiences with other mothers before COVID-19.
- The information content of the breastfeeding information was more accurate before COVID-19.
- The accuracy of the breastfeeding information was more accurate before COVID-19.

Nursaleha

**Poster Finalist 8:
Nursaleha Binti Mohd Sobri
Universiti Putra Malaysia**

POSTER FINALISTS PRESENTATIONS

Poster Finalist 9: Pang Xin Yi (Universiti Kebangsaan Malaysia)

Knowledge, Attitude and Practice (KAP) On Salt Intake And Its Relationship With Blood Pressure Among Chinese Adults In Johor

Introduction: Malaysian Chinese adults have high salt intake. Raising salt awareness is an important step to reduce salt intake. However, little research has been done to assess the knowledge, attitude and practice (KAP) of salt intake and its relationship with blood pressure among Chinese adults in Johor.

Objective: To determine knowledge, attitude and practice of salt intake and its relationship with blood pressure among Chinese adults in Johor.

Methodology: A cross-sectional study was conducted among Chinese adults in Johor. Data were collected through a self-administered questionnaire. The questionnaire included questions on demographic characteristics, knowledge, attitude, and practice of salt intake, and blood pressure.

Results:

Knowledge	Mean (SD)	Median (IQR)
Correct salt intake	18.5 (4.5)	18 (15-21)
High salt intake	14.2 (3.8)	14 (11-17)
Low salt intake	19.3 (4.0)	19 (16-22)
Correct attitude	15.8 (3.5)	16 (13-19)
High salt intake	12.5 (3.2)	12 (9-15)
Low salt intake	18.3 (3.8)	18 (15-21)
Correct practice	14.5 (3.2)	14 (11-17)
High salt intake	11.8 (3.0)	11 (8-14)
Low salt intake	17.2 (3.5)	17 (14-20)

Discussion: The study found that Chinese adults in Johor have low knowledge, attitude, and practice of salt intake. This is likely due to a lack of awareness of the health benefits of low salt intake. The study also found that blood pressure is higher among those with high salt intake. This suggests that high salt intake is a risk factor for high blood pressure.

Conclusion: The study highlights the need for salt reduction programs in Johor. These programs should focus on increasing awareness of the health benefits of low salt intake and providing practical advice on how to reduce salt intake.

Xin Yi Pang

**Poster Finalist 9:
Pang Xin Yi
Universiti Kebangsaan Malaysia**

Poster Finalist 10: Sharmilla Rengarajoo (Management & Science University)

The Effect of Health Risk on Blood Pressure Among Malaysian Adults

Introduction: Blood pressure is a major risk factor for cardiovascular disease. It is important to understand the factors that influence blood pressure in order to develop effective prevention and treatment strategies. This study aims to investigate the effect of health risk on blood pressure among Malaysian adults.

Objective: To determine the effect of health risk on blood pressure among Malaysian adults.

Methodology: A cross-sectional study was conducted among Malaysian adults. Data were collected through a self-administered questionnaire. The questionnaire included questions on demographic characteristics, health risk, and blood pressure.

Results:

Health Risk	Mean (SD)	Median (IQR)
High health risk	14.5 (3.5)	14 (11-17)
Low health risk	18.2 (4.0)	18 (15-21)
Correct attitude	15.8 (3.5)	16 (13-19)
High salt intake	12.5 (3.2)	12 (9-15)
Low salt intake	18.3 (3.8)	18 (15-21)
Correct practice	14.5 (3.2)	14 (11-17)
High salt intake	11.8 (3.0)	11 (8-14)
Low salt intake	17.2 (3.5)	17 (14-20)

Discussion: The study found that health risk is a significant predictor of blood pressure. This suggests that reducing health risk may help to lower blood pressure. The study also found that blood pressure is higher among those with high salt intake. This suggests that high salt intake is a risk factor for high blood pressure.

Conclusion: The study highlights the need for health risk reduction programs in Malaysia. These programs should focus on increasing awareness of the health benefits of low salt intake and providing practical advice on how to reduce salt intake.

SHARMILLA RENGARAJOO

**Poster Finalist 10:
Sharmilla Rengarajoo
Management and Science University**

PRIZE PRESENTATION CEREMONY

NSM Young Researchers' Symposium Prizes 2021

NSM Poster Competition Prizes 2021

NSM Young Researchers' Symposium Prizes 2021



Young Researchers' Symposium Prizes 2021

Panel of judges

Chief Judge



Dr Yasmin Ooi Beng Houi
Universiti Malaysia Sabah

Member



Assoc Prof Dr Hazizi Bin
Abu Saad
Universiti Putra Malaysia

Member



Dr Wee Bee Suan
Universiti Sultan Zainal Abidin

Member



Pn Fatimah Sulong
Ministry of Health Malaysia

Dr Yasmin Ooi to comment on the presentations of the YRS



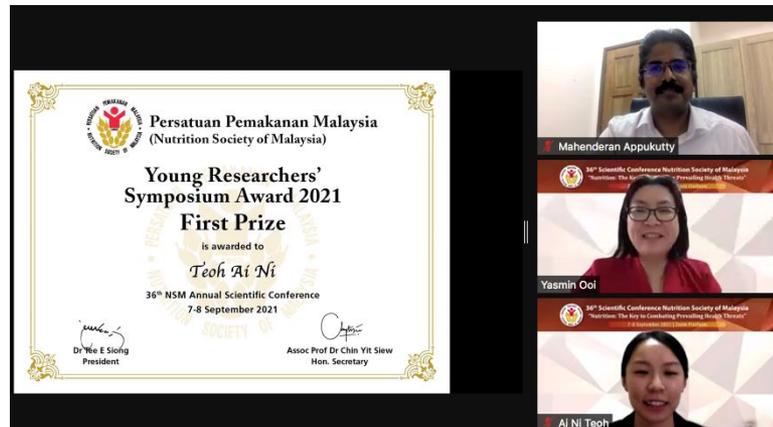
Mahenderan Appukutty



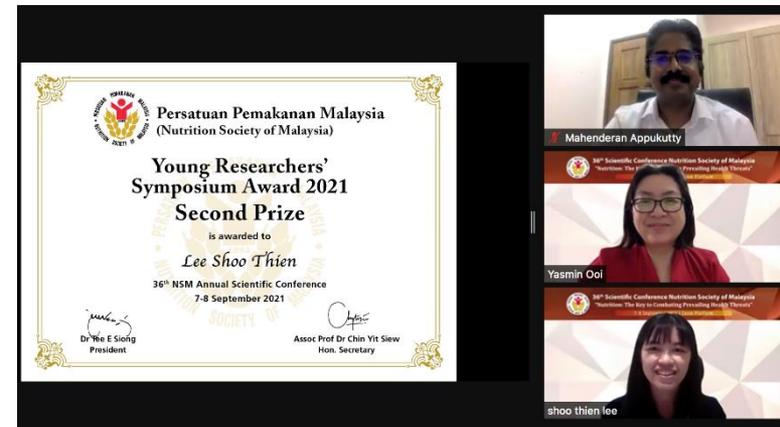
Yasmin Ooi

Panel of Judges

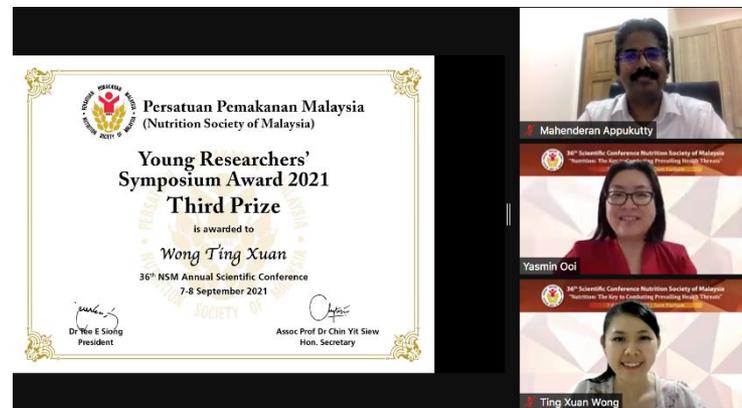
NSM Young Researchers' Symposium Prizes 2021



1st Prize:
Teoh Ai Ni
UCSI University



2nd Prize:
Lee Shoo Thien
Universiti Kebangsaan Malaysia



3rd Prize:
Wong Ting Xuan
International Medical University

NSM Young Researchers' Symposium Prizes 2021



Consolation Prize:
Lydiatul Shima Binti Ashari
Universiti Sains Malaysia



Consolation Prize:
Wong Hui Juan
Universiti Putra Malaysia

NSM Young Researchers' Symposium Prizes 2021



Group Photo

NSM Poster Presentation Prizes 2021



36th Scientific Conference Nutrition Society of Malaysia
 "Nutrition: The Key to Combating Prevailing Health Threats"
 7-8 September 2021 | Zoom Platform



NSM Poster Competition

Panel of judges

Chief Judge	Member	Member	Member	Member
				
Asst Prof Dr Satvinder Kaur UCSI University	Dr Sharifah Intan Zainun Sharif Ishak Management and Science University	Dr Hanis Mastura Yahya Universiti Kebangsaan Malaysia	Dr Sangeetha Shyam International Medical University	Asst Prof Dr Hanapi Bin Mat Jusoh International Islamic University Malaysia

Asst Prof Dr Satvinder Kaur to comment on the posters presented



SatvinderKaur



Mahenderan Appukutty

Panel of Judges

NSM Poster Presentation Prizes 2021



1st Prize:
Nur Fatimah Binti Mohd Suhaimi
Universiti Putra Malaysia

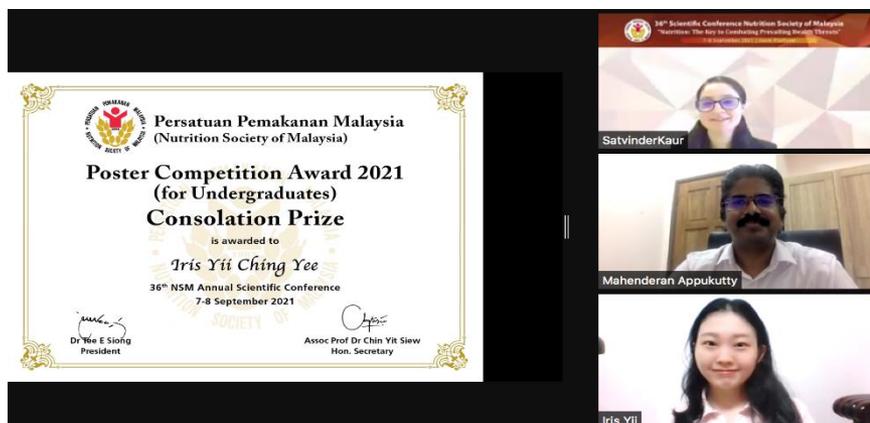


2nd Prize:
Sharmilla Rengarajoo
Management and Science University

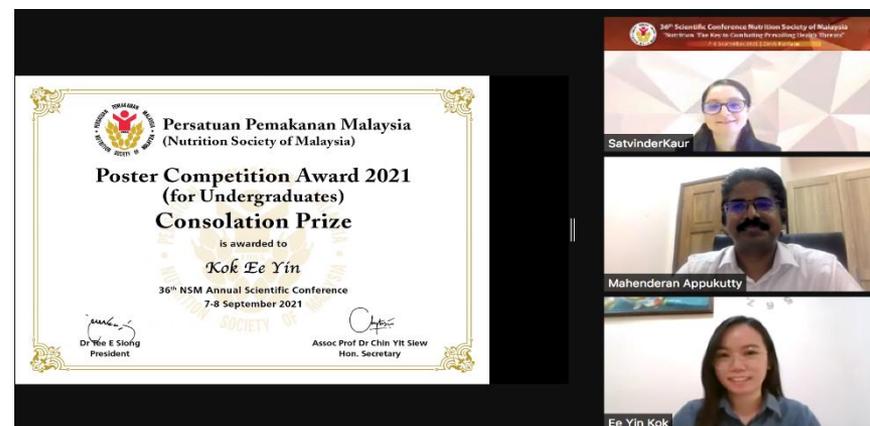


3rd Prize:
Nursaleha Binti Mohd Sobri
Universiti Putra Malaysia

NSM Poster Presentation Prizes 2021



Consolation Prize:
Iris Yii Ching Yee
Universiti Sains Malaysia



Consolation Prize:
Kok Ee Yin
UCSI University

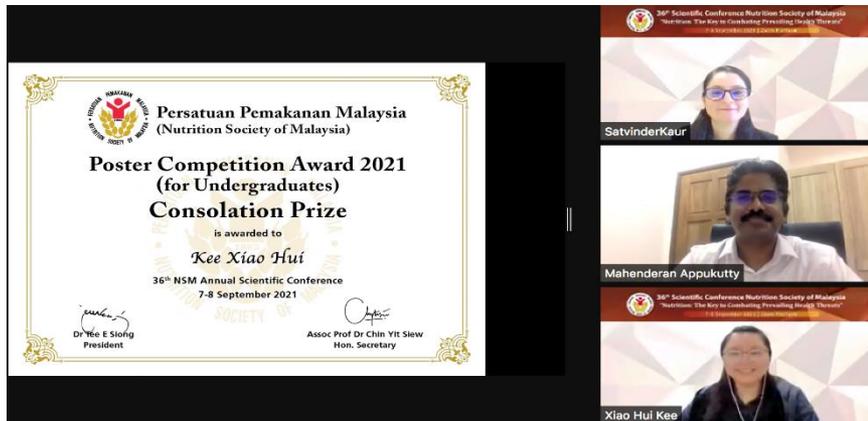


Consolation Prize:
Pang Xin Yi
Universiti Kebangsaan Malaysia

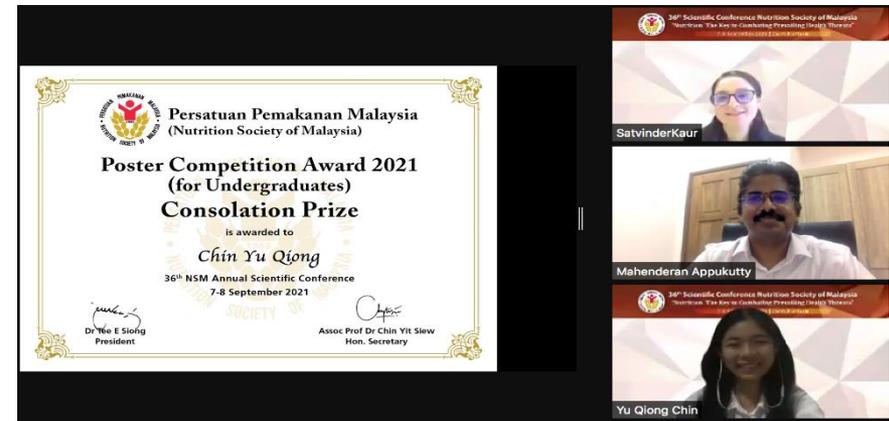


Consolation Prize:
Chang Chi Yin
International Medical Univeristy

NSM Poster Presentation Prizes 2021



Consolation Prize:
Kee Xiao Hui
Universiti Putra Malaysia



Consolation Prize:
Chin Yu Qiong
University of Nottingham Malaysia



Consolation Prize:
Nurfarhana Binti Norddin
Universiti Putra Malaysia

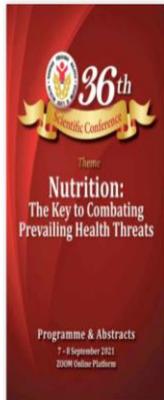
NSM Poster Presentation Prizes 2021



Group Photo

C. CONFERENCE WEBSITE

Homepage



Conference Programme
View programme schedule, keynote, symposium topics & invited lectures.
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Scientific Posters
View 118 posters from universities / organisations.
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About the Conference

The nation has been under the health threats posed by the double burden of malnutrition for more than three decades. Energy and nutrient deficiencies persist among specific communities while non-communicable diseases (NCDs) affect wide segments of the population. Although these nutritional problems have received considerable attention, systematic actions to combat them are clearly not adequate. We are still struggling in dealing with the high rates of morbidity and mortality resulting from NCDs.

The country has been hit by yet another health threat for the past year, the COVID-19 caused by the coronavirus. This pandemic, which continues to rage across the globe, has highlighted the importance of good nutrition and healthy lifestyle as the key to strengthening immunity so as to combat the pandemic. It has also been established that individuals with underlying NCDs are at an increased risk of more severe COVID-19 complications and mortality, should they become infected. Due to this inter-connected nature of NCDs and COVID-19, it is even more important now for the vulnerable groups and people with underlying medical problems (e.g. NCDs and their risk factors) to pay attention to their health and nutrition. The pandemic should act as a catalyst for us to focus our effort and investment in improving healthy diets and physical activity.

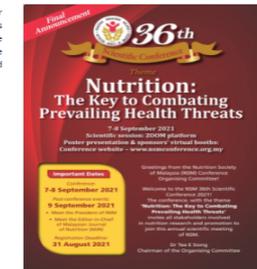
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Tentative Plenary Lectures / Symposium Topics

- Nutrition and COVID-19
- Maternal, Infant and Young Child Nutrition
- School Child and Adolescent Nutrition
- Physical Activity and Sedentary Behaviour

[View Programme](#)

Final Announcement



[Download](#)

* Updated on 21 Aug 2021

Call for Abstracts

Members of the Society or university students of nutrition programme who are interested to participate in the symposia or poster sessions are invited to submit abstracts (200-300 words) for presentation in the free paper presentation or poster sessions of the Conference. Abstracts can be related to any of the symposia topics or any relevant topic in food and nutrition.

All poster presenters are also encouraged to prepare a 3-minute video for uploading with the poster. **ONLINE ABSTRACT SUBMISSION** open 16 June onwards and closed by 8 August 2021 (extended).

[Check Results](#)

Mark Your Diary

16 Jun 2021 Abstract Submission Open	8 Aug 2021 (extended) Abstract Submission Closed	
31 Aug 2021 Registration Deadline	7 - 8 Sep 2021 Conference Day	9 Sep 2021 Post-Conference Activities

Homepage

1st Announcement

1st Announcement

36th Scientific Conference
Theme
Nutrition: The Key to Combating Prevailing Health Threats
7 - 8 September 2021 | ZOOM Platform
Preliminary Announcement

Important Dates
Conference: **7-8 September 2021**
Post-conference events: **9 September 2021**
• Meet the President of NSM
• Meet the Editor of Malaysian Journal of Nutrition
Conference Registration & Abstract submission open: **16 June 2021**
Abstract submission closed by: **31 July 2021**

CALL FOR ABSTRACTS
You are invited to submit abstracts for presentation in the free paper presentation or poster sessions of the Conference. Abstracts can be in any of the symposia titles or any relevant topic in food and nutrition. Please note that we are utilising ONLINE ABSTRACT SUBMISSION and registration system and abstract submission will be available from 16 June onwards and closed by 30 July 2021. Abstracts (200-300 words in MS Word format) must follow exactly the prescribed format. Details of the Conference, submission and acceptance status will be updated from time to time through the NSM Conference's official website. **All poster presenters are also encouraged to prepare a 3-min video for uploading with the poster.**

2nd Announcement

Abstract submission extended until 8 August 2021.

2nd Announcement

Abstract submission extended until 8 August 2021.

36th Scientific Conference
Theme
Nutrition: The Key to Combating Prevailing Health Threats
7-8 September 2021
Scientific session: ZOOM platform
Poster presentation & sponsors' virtual booths:
Conference website - www.nsmconference.org.my

2nd Announcement

CALL FOR ABSTRACTS
You are invited to submit abstracts for presentation in the free paper presentation or poster sessions of the Conference. Abstracts can be in any of the symposia titles or any relevant topic, in food and nutrition. Please note that we are utilising ONLINE ABSTRACT SUBMISSION and registration system and abstract submission will be available from 16 June onwards and closed by 8 August 2021 (extended). Abstracts (200-300 words in MS Word format) must follow exactly the prescribed format. Details of the Conference, submission and acceptance status will be updated from time to time through the NSM Conference's official website. **All poster presenters are also encouraged to prepare a 3-min video for uploading with the poster.**

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• Meet the President of NSM
• Meet the Editor of Malaysian Journal of Nutrition
Conference Registration & Abstract submission open: **16 June 2021**
Abstract submission closed by: **29 July 2021**
8 August 2021 (extended)

Final Announcement

Updated on 21 August 2021.

Final Announcement

Updated on 21 August 2021.

36th Scientific Conference
Theme
Nutrition: The Key to Combating Prevailing Health Threats
7-8 September 2021
Scientific session: ZOOM platform
Poster presentation & sponsors' virtual booths:
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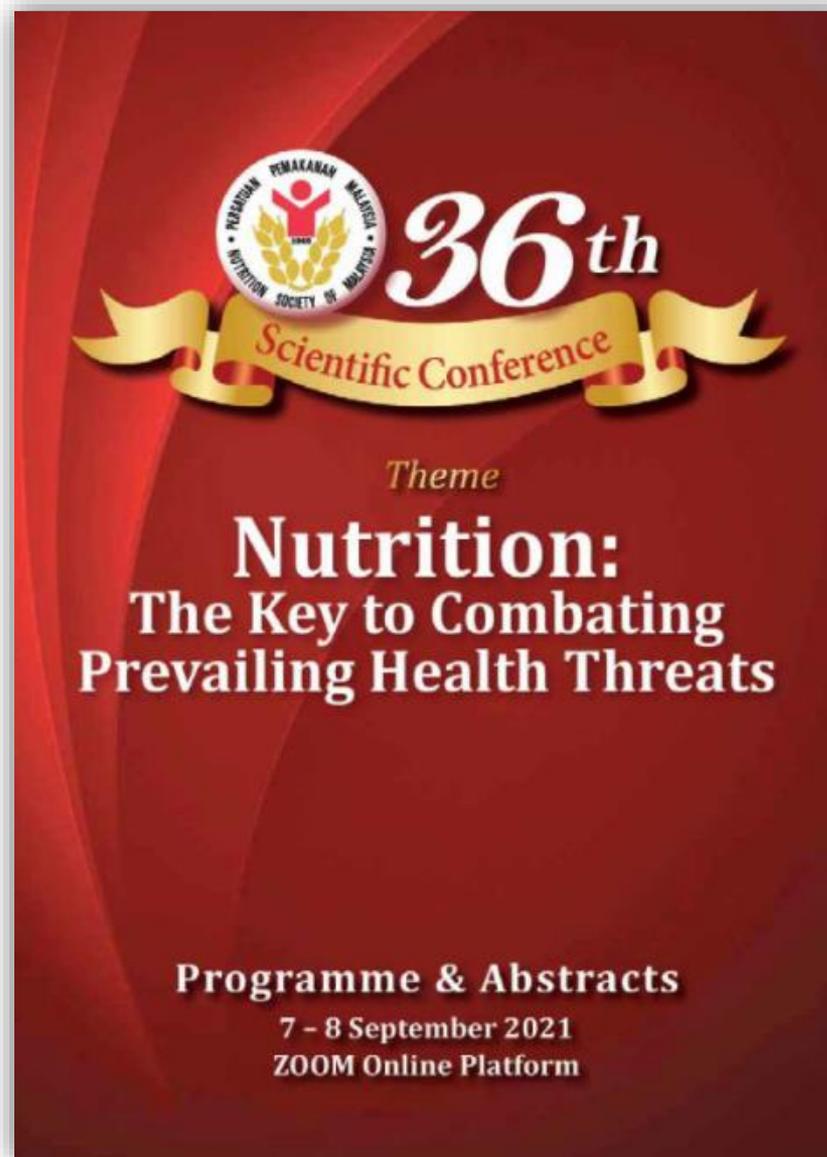
Important Dates
Conference: **7-8 September 2021**
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• Meet the President of NSM
• Meet the Editor-in-Chief of Malaysian Journal of Nutrition (MJN)
Registration Deadline: **31 August 2021**

Greetings from the Nutrition Society of Malaysia (NSM) Conference Organising Committee!

Welcome to the NSM 36th Scientific Conference 2021!
The conference, with the theme **'Nutrition: The Key to Combating Prevailing Health Threats'** invites all stakeholders involved in nutrition research and promotion to join this annual scientific meeting of NSM.

Dr Tee E Siong
Chairman of the Organising Committee

Programme & abstract book



Scientific poster section

NSM CONFERENCE 2021

Scientific Posters

View 118 posters from universities & organisations.

Search Abstract title or name or poster ID

Search

Select a group:

Group A: Nutritional Status (various groups) & Community Interventions

Group B: Dietary Intake, Consumption Pattern & Disease

Group C: Nutrients & Other Components in Foods/Products

Group D: Clinical Nutrition/Intervention Trials

Group E: Food Science & Technology

Group F: Experimental Nutrition

**Total:
118 posters
(15 videos)**

SCIENTIFIC POSTERS

Group A

Nutritional Status (various groups) & Community Interventions

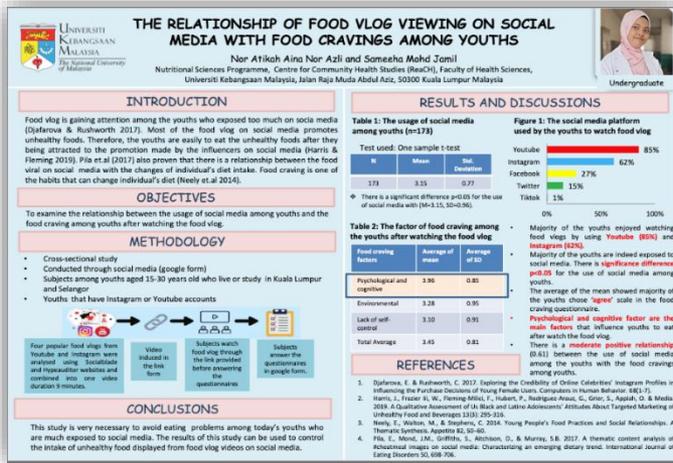
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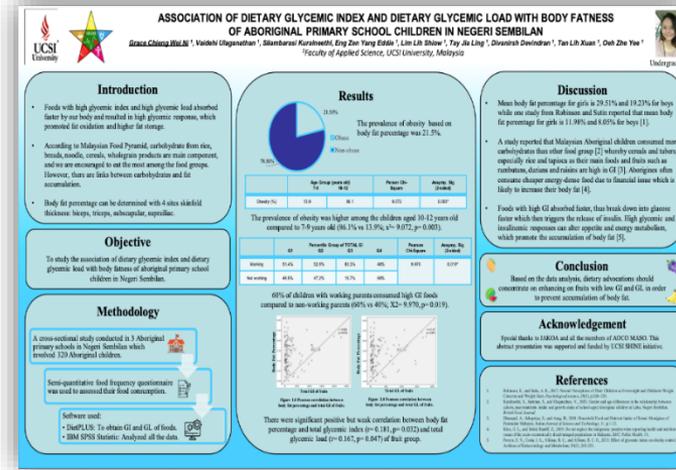
[Scientific Posters](#) / [Group A](#)

Poster ID	Abstract Title
A01	<p>Association between maternal factors with children's health-related quality of life (HQOL) among households living in People's Housing Program (PHP) Klang Valley, Malaysia</p> <p><i>Asrawati Awalina A, Norhasmah S and Zalinda Z</i></p> <p>View Poster View Abstract</p>
A02	<p>Nutritional status and quality of life among Malaysian elderly who practise Qigong</p> <p><i>Cheong ST and Wong JE</i></p> <p>View Poster View Abstract</p>

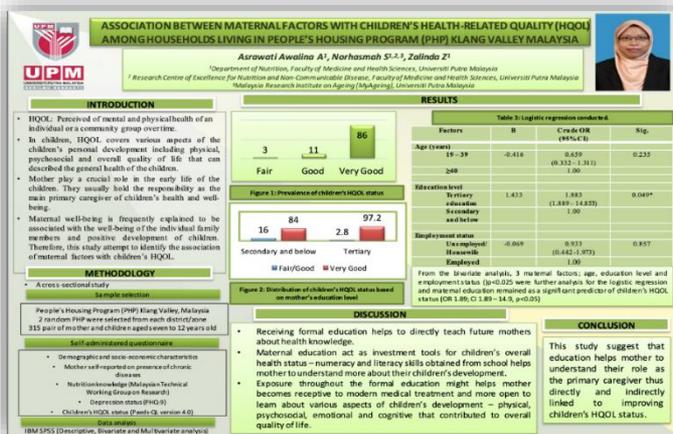
Scientific Posters



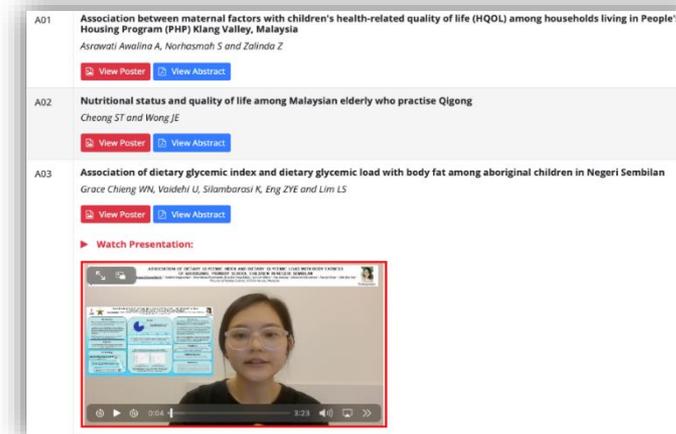
Sample poster 1



Sample poster 2



Sample poster 3



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science at the cellular level



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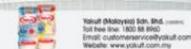
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Malaysian Palm Oil Board [Visit Booth →](#)

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NSM Conference 2021 36th SCIENTIFIC CONFERENCE . 7 - 8 SEP 2021 . MALAYSIA Post-Conference

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Virtual Exhibition / BENE0-Institute

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About the BENE0-Institute

The BENE0-Institute is an organization which brings together BENE0's expertise in nutrition and legislation. It acts as an advisory body for customers and partners reaching from ingredient approval, physiological effects and nutritional composition to communication and labelling. The key nutritional topics of the BENE0-Institute's work include gut microbiome support and digestive health, blood sugar management, immune health, bone health, physical and mental performance, weight management support as well as dental health.

The BENE0-Institute facilitates access to the latest scientific research and knowledge throughout all nutritional and regulatory topics related to BENE0 ingredients. It provides BENE0 customers and partners with substantiated guidance for some of the most critical questions in the food industry. BENE0 is a division of the Südzucker Group that employs more than 1,000 people and has production units in Belgium, Chile, Germany and Italy.

Contact Information

Peen Ern Goh, Manager Nutrition Communication Asia Pacific
peenern.goh@beneo.com

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🗨 Chat Sessions

Join us for a lunch time chat with Indust Nutrition Communication Asia Pacific, or gut microbiota on health and inner defe

Day 1 Session

Date: 7th September 2021

Time: 12.30 pm - 1.30 pm
(GMT +8 Kuala Lumpur)

📄 Product Brochures

Healthy blood glucose levels matter to our immunity

Cherry seed fibers – supporting a healthy gut microbiota and beyond

Palatinose™ (C90mBifidose) – A slow-release carbohydrate derived from nature for improved metabolism and health

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Major sponsor booth: Herbalife Nutrition

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Virtual Exhibition / Herbalife Nutrition

Notable experts

Excellence in science

Our notable experts in nutrition, science and health are actively involved in the development and testing of all Herbalife Nutrition products, ensuring they are of the highest quality. They help educate and train distributors around the world, providing them with tools to help them inspire others to live a healthy, active lifestyle. They are also members of various research and professional societies and dietetic groups worldwide.



*The above individuals have no affiliation with Herbalife Nutrition and does not endorse, approve or endorse Herbalife Nutrition products.



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SHARE YOUR THOUGHTS AND GET A SURPRISE FROM US!



Share your thoughts →

Video Highlight



About Herbalife Nutrition

Since 1980, Herbalife Nutrition has been on a mission to improve nutrition great-tasting, high quality, science-backed nutrition products that help people nutrition.

Operating in over 90 countries, we are a strong advocate of healthy, active living. We are the #1 in the world for meal replacement and protein supplements in world in weight management and wellbeing** - motivating us to provide meaningful solutions.



Publications

ARTICLE IN PRESS

Available online at www.sciencedirect.com

ScienceDirect

Effects of calorie restriction with n-3 long-chain polyunsaturated fatty acids on metabolic syndrome severity in obese subjects: A randomize-controlled trial

Holo Cheun Lee^{a,*}, Wai Yi Cheng^a, Yi-Hsin Hsiao^a, Hsiao-Yueh Su^a, Hsin-Tai Tsai^a, Hsin-Yi Wang^a, Hsin-Chieh Chen^a, Yen-Tsun Tsai^a, Shih-De Huang^b

^aDepartment of Nutrition, National Sun Yat-sen University, 70, Lien-Hua 1st Road, Keelung, Taiwan; ^bDepartment of Nutrition, National Sun Yat-sen University, 100, Sec. 1, Kaifu Rd., Keelung, Taiwan

*Corresponding author. Tel.: +886 9 859 2111; fax: +886 9 859 2111. E-mail: holocheun@cc.nsysu.edu.tw

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ORIGINAL ARTICLE

A calorie-restriction diet supplemented with fish oil and high-protein powder is associated with reduced severity of metabolic syndrome in obese women

Background: The present study was designed to evaluate the effects of a calorie-restriction diet supplemented with fish oil and high-protein powder on the severity of metabolic syndrome in obese women. Methods: A total of 100 obese women were randomly assigned to either a calorie-restriction diet supplemented with fish oil and high-protein powder (intervention group) or a calorie-restriction diet (control group). The primary endpoint was the change in the severity of metabolic syndrome. Results: The intervention group showed a significant reduction in the severity of metabolic syndrome compared with the control group. Conclusion: A calorie-restriction diet supplemented with fish oil and high-protein powder is associated with reduced severity of metabolic syndrome in obese women.

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Make Your Mornings Better with Healthy Breakfast

STEP 1 HYDRATE
STEP 2 NUTRIENT
STEP 3 PROTEIN

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Nutrition is a Choice. Choose Herbalife Nutrition.

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Nutrition for Zero Hunger

Hunger affects one in nine people worldwide. Herbalife Nutrition is committed to bringing hunger to zero.

Through our Nutrition for Zero Hunger initiative, we provide critical resources and expertise to communities around the world. As a global leader in nutrition and by collaborating with leading research partners, we are committed to feed the planet in the 21st century.

Nutrition for Zero Hunger

- Global Partnerships: Partner with leading research organizations to increase impact.
- Product Donations: Provide critical resources and expertise to communities around the world.
- Nutrition Expertise: Our research and product teams work together to develop and deliver products that address the most pressing nutrition and food programs.
- Global Volunteerism: Equip thousands of volunteers to get people in need access to food and hunger.
- Global Waterlogging: Invest in water infrastructure to improve food security and reduce the risk of drought.

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Quality Superiority

As Herbalife Nutrition, our commitment to quality is the foundation of everything we do.

We produce the most demanding and quality standards in the industry. Our quality control systems are specifically designed to ensure we are complying with all government rules and regulations in the 90+ countries where our products are available.

40 Years of producing high-quality nutrition

14 countries

300+ SKUs OF OUR 200 SKU PEVY

13 countries

5.3M SKUs OF OUR 200 SKU PEVY

150+ countries

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FROM SEED TO FEED

The only dedicated, large-scale, vertically-integrated food and agricultural production system in the world that is 100% owned and operated by a single company. Our mission is to provide the world with the highest quality, most nutritious food and beverages. We are committed to providing only the best source of nutrition in the world.

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Major sponsor booth: Malaysian Palm Oil Board

Virtual Exhibition / Malaysian Palm Oil Board



About Malaysian Palm Oil Board

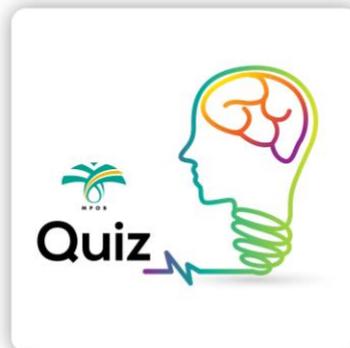
MPOB is the government agency entrusted to serve the country's oil palm industry. Its main role is to promote and develop national objectives, policies and priorities for the wellbeing of the Malaysian oil palm industry. It was incorporated by an Act of Parliament (Act 582) and established on 1 May 2000, taking over, through a merger, the functions of the Palm Oil Research Institute of Malaysia (PORIM) and the Palm Oil Registration and Licensing Authority (PORLA).

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Video Highlight

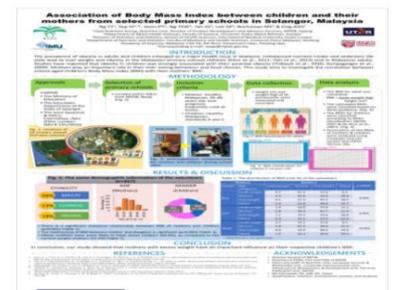


Tease Your Brain & Win Great Prizes



What is **palm oil** and why it is important?

Posters



Virtual Exhibition

Major sponsor booth: Yakult Malaysia

Virtual Exhibition / Yakult (Malaysia)



About Yakult (Malaysia)

Yakult (Malaysia) Sdn. Bhd. was established in 2003 as a fully-owned subsidiary of Yakult Honsha Co., Ltd. The first ever bottle of Yakult cultured milk drink was created by Dr Shirota in Japan in 1935. In Malaysia, cultured milk drink Yakult Ace was first introduced in 2004. This was followed by the launching of its lower sugar version cultured milk, Yakult Ace Light in 2009.



Yakult Ace and Yakult Ace Light

Both Yakult Ace and Ace Light are high quality probiotic drinks that contain over 30 billion of live Shirota strain bacteria in every 80ml bottle. In Malaysia, Shirota strain is recognized as a probiotic bacteria by the Ministry of Health under the Food Regulations. This Shirota strain is among the strongest probiotic bacteria that is able to resist gastric juice to reach the intestines alive.

With the headquarters based in Shah Alam, Yakult (M) Sdn. Bhd has its manufacturing facility in Seremban, Negeri Sembilan and sales branches in Alor Setar, Penang, Ipoh, Kuantan, Kota Bharu, Kuala Terengganu, Seremban, Melaka, Johor Bahru, Kuching, Bintulu and Kota Kinabalu.



Yakult HQ: Lot No 7, Jalan Jururancang U1/21, Seksyen U1, Hicom Glenmarie Industrial Park, 40150 Shah Alam, Selangor Darul Ehsan.



Yakult Factory: No. 276 Jalan Haruan 1, Oakland Industrial Park, 70300 Seremban, Negeri Sembilan Darul Khusus

Video Highlight

Let's get the educational adventure started!

With technology, it is now possible to wander the only yakult factory in Malaysia from the comfort of your home or even classroom. The Yakult factory is equipped with Japanese high technology machinery to produce great quality, beneficial and tasty Yakult cultured milk drink. Tune in to guided hall tours of the stringent process of making Yakult and take a close look on how quick and clean every bottle of Yakult is produced.

Click here <https://yakult.com.my/factorytours/> to book your FREE virtual tour with us!



Read & Win

Read through Yakult Live latest newsletter (Vol 39). Click the "Click here to join" button at the bottom of the event page.

Fill in the required personal details (full name as per IC, contact number, mailing address and race) and answer 5 simple questions.

Click the 'Submit' button to submit the answer and personal details. 10 lucky winners with correct answer will stand a chance to win a month of Yakult supply (30 bottles of Yakult Ace Light probiotic cultured milk drink).



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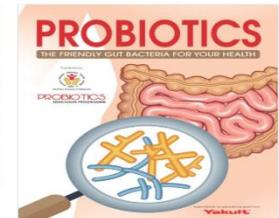
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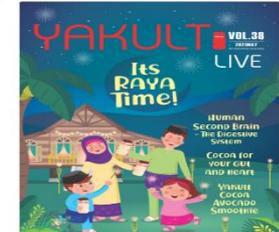
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Virtual Exhibition Co-sponsor booth: Abbott

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About Abbott

Abbott is a global healthcare leader that helps people live more fully at all stages of life. Our portfolio of life-changing technologies spans the spectrum of healthcare, with leading businesses and products in diagnostics, medical devices, nutritional's and branded generic medicines. Our 109,000 colleagues serve people in more than 160 countries.

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Virtual Exhibition

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Eat Well, Live Well.



The Founders' Vision

"Create New Value"
Founder of the umami taste
Dr. Kikunae Ikeda

Display "Pioneer Spirit"
Founder of the Ajinomoto Group
Saburotsuke Suzuki II

We create better lives globally by contributing to significant advances in food and health and by working for life.

About Ajinomoto (Malaysia) Berhad

Ajinomoto (Malaysia) Berhad started its business operations in 1961 as AJI-NO-MOTO® Monosodium Glutamate (MSG) producer. It is one of the very first Japanese companies to be set up in Malaysia. Ajinomoto (Malaysia) Berhad has since grown into a dynamic food and seasoning manufacturer marketing diverse brand name that is trusted by Malaysian for decades.

Our AJI-NO-MOTO® Umami seasoning has become an indispensable item in almost every household.

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36TH ANNUAL SCIENTIFIC CONFERENCE OF THE NSM 2021

LET'S TAKE A BREAK & WIN PRIZES!

5X LUCKY WINNERS (WORTH RM100)
& COMPLIMENTARY GIFT TO ALL PARTICIPANTS

HOW TO WIN?
Watch the video & click start quiz

Watch 5 Basic Taste video & Answer the quiz below to win prizes.

[START QUIZ →](#)

Here's how you can reduce sodium intake

NATURAL INGREDIENT

NATURAL FERMENTATION PROCESS

More videos

0:32 / 1:25

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UMAMI

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Breast milk and umami seasoning AJI-NO-MOTO®

Glutamate, the source of umami taste.

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Read, think & decide! The facts about "No MSG" labels.

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Umami seasoning AJI-NO-MOTO® Facts & Safety

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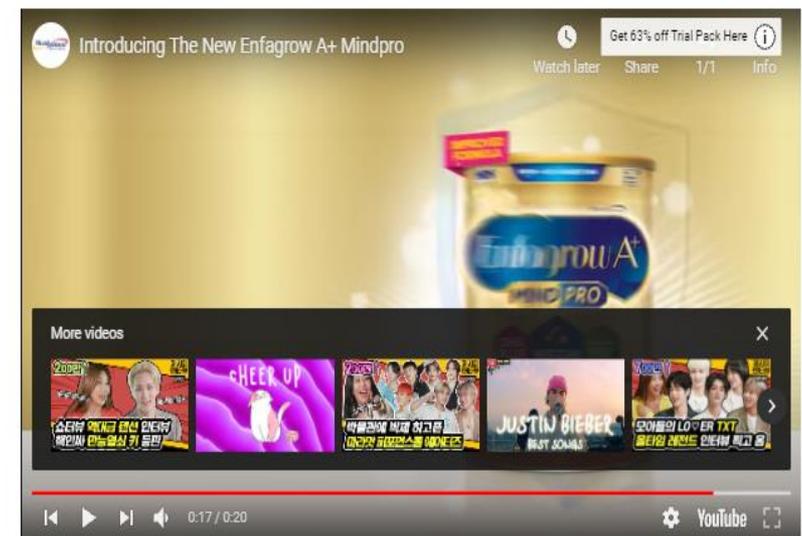
About Mead Johnson Nutrition

At Mead Johnson, health and development of children is our sole concern. Mead Johnson develops and markets safe, high quality, innovative products that help meet the nutritional needs of children. With more than 70 products in over 50 countries, our products are trusted by millions of parents & healthcare professionals.

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Product Brochures



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About Nestlé Omega Plus

Did you know that 4 out of 10 adults in Malaysia have high cholesterol*?

High cholesterol is one of the contributing factors for heart disease and does not discriminate by age, gender, or body weight!

Care for your heart with NESTLÉ OMEGA PLUS, the only high calcium milk powder that contains ActiCol® plant sterols that are proven effective in lowering cholesterol¹. It is reduced in fat², and contains Omega 3 & 6. Its high calcium content helps to meet up to 96% of your daily calcium requirements³.

Caring for your heart has never been easier with only 2 glasses of NESTLÉ OMEGA PLUS each day as part of your balanced diet.

Care for your heart, for your loved ones.

*NHMS, 2019

¹Thomsen et al., 2004

²55% lower in fat compared to full cream milk.

³Based on 2 servings of NESTLÉ OMEGA PLUS & Recommended Nutrient Intake for Malaysia, 19-50 years old (2017)

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- International Life Sciences Institute
Southeast Asia Region

END & THANK YOU

For more information, please contact:

Dr Tee E Siong (president@nutriweb.org.my)

President of the Nutrition Society of Malaysia (NSM)

Or

NSM Conference Secretariat:



VersaComm Sdn Bhd

- Ms Muhaini Hussin (muhaini@versa-group.com)
- Ms Presanna (presanna@versa-group.com)