



NUTRITIONAL VALUE (ENERGY, FAT, PROTEIN, CARBOHYDRATE AND SODIUM CONTENT) DIFFERENCE BETWEEN FOUR DIFFERENT BRANDS (MAGGI, MAMEE, MI SEDAAP AND VIT'S) OF INSTANT NOODLE IN MALAYSIA

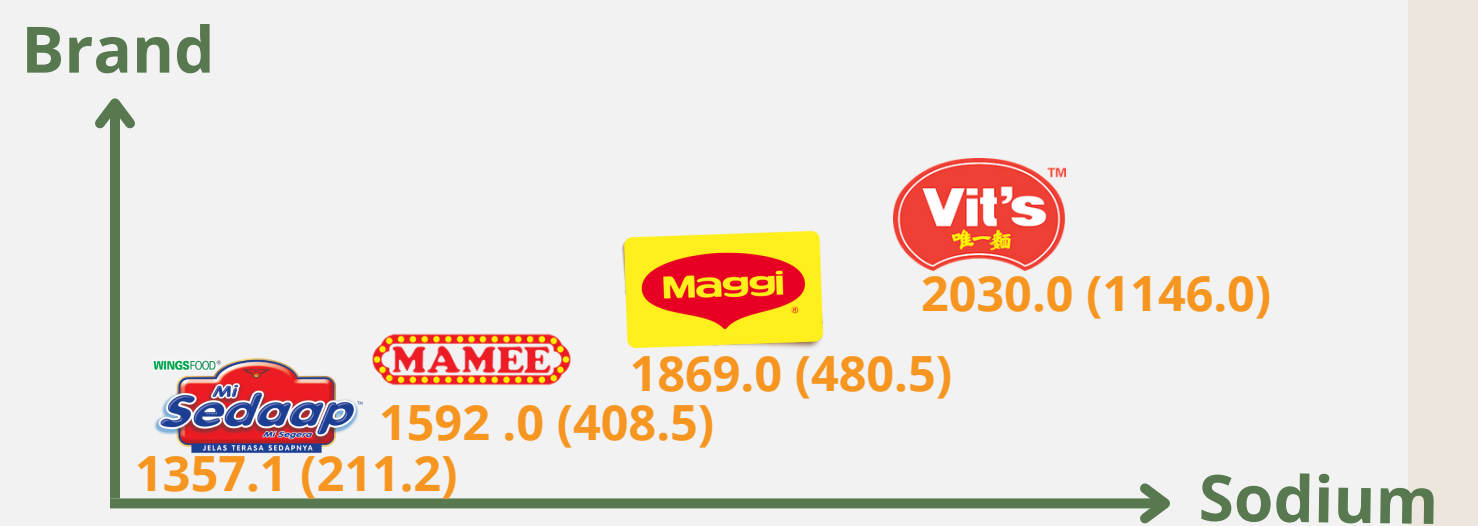
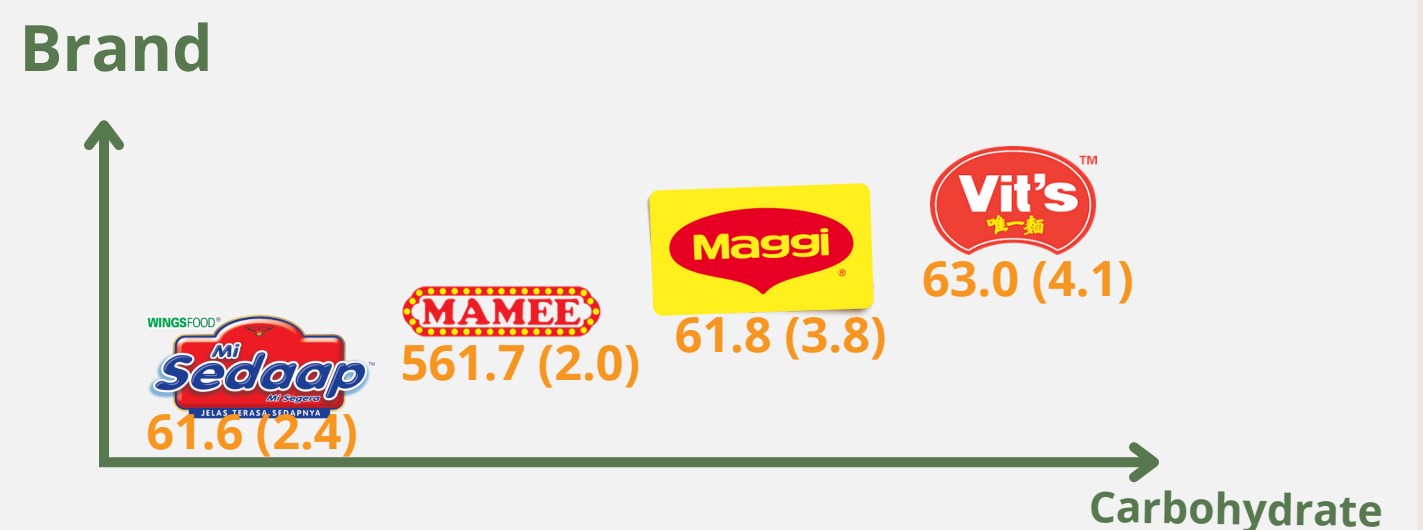
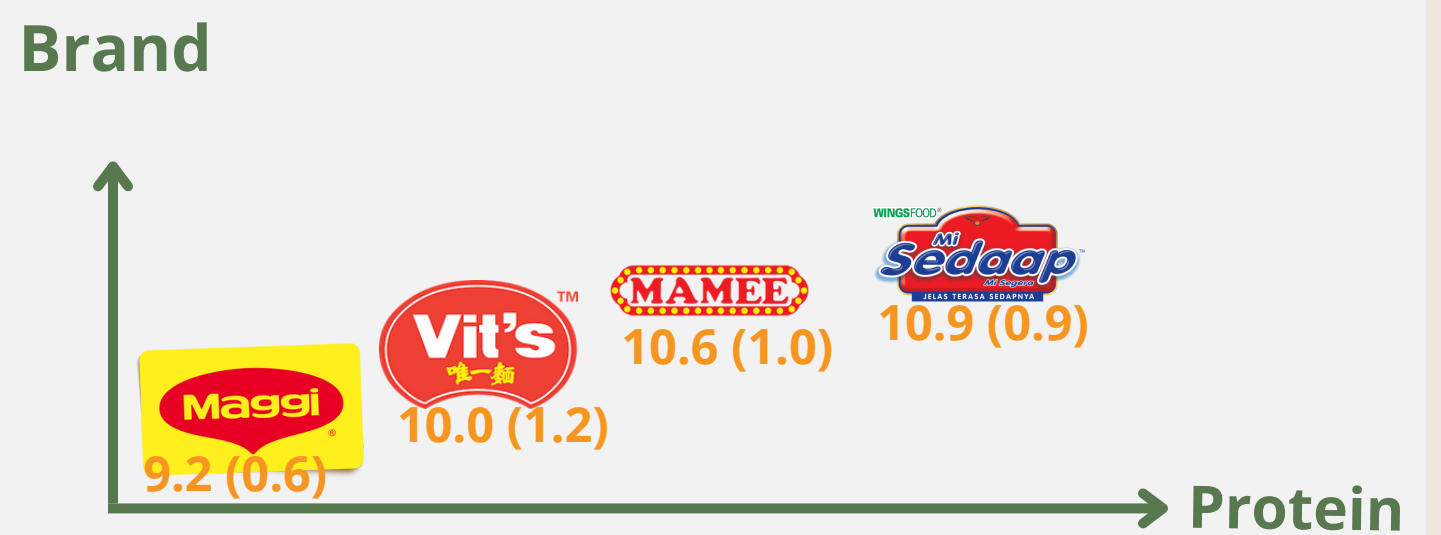
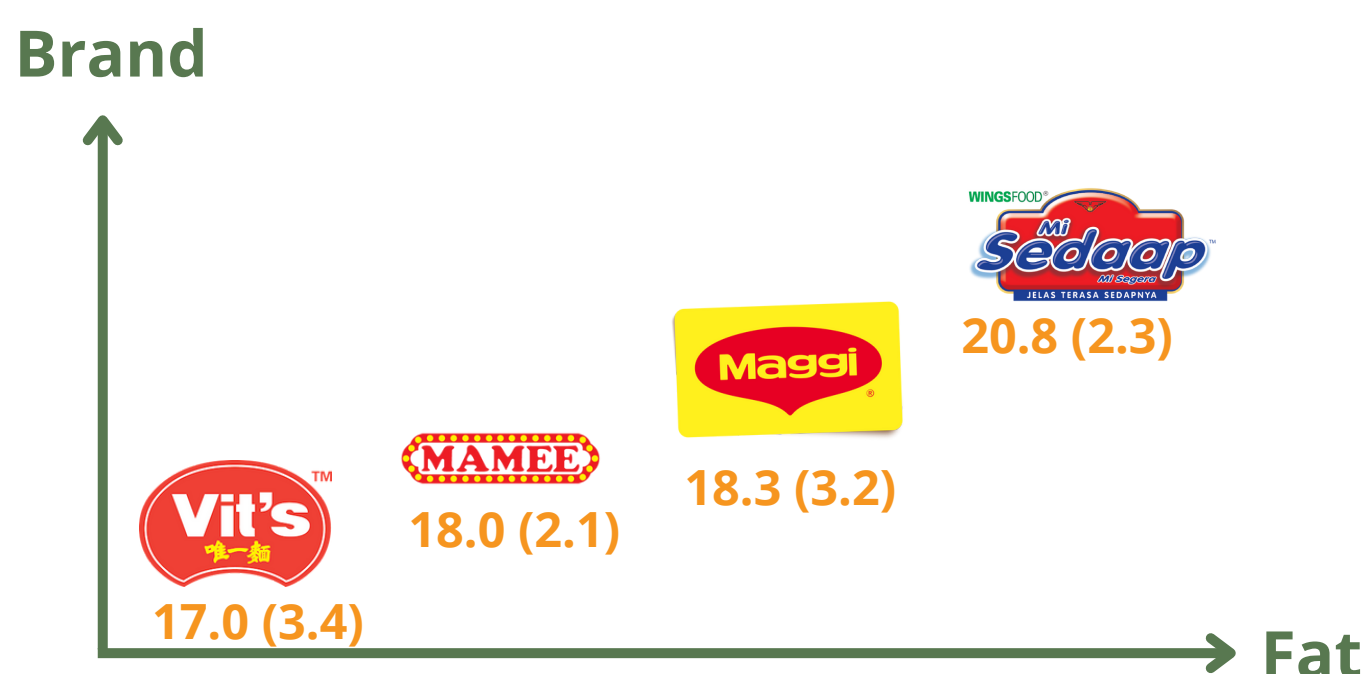
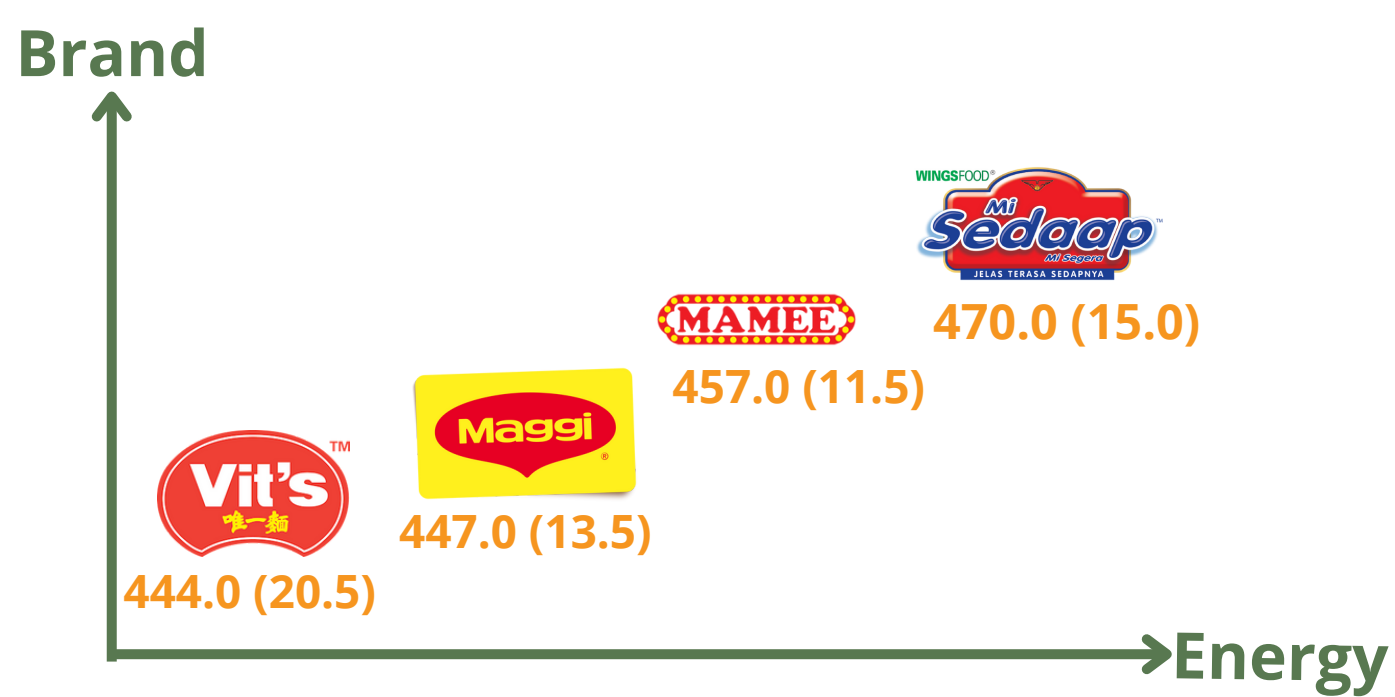
- The consumption of packaged foods in low- and middle-income nations is rising at a quicker rate than in high-income countries
- It is important for a consumer to know how much nutrient such as macro- and micronutrient they are consuming from every instant noodle

BRAND INVOLVE



- Data was collected in one of the supermarket in Sabah
- Data collection was done within a day from the selected supermarket
- The data collection will be analysed by using Statistical Package for the Social Sciences (SPSS) Statistic, Version 26 using non-parametric test, Kruskal-Wallis test

RESULT median (IQR)



Take home message



- Add up some protein in your instant noodle like egg, tofu or sliced lean beef
- Do not finish all of the seasoning
- Add some vegetables
- Add high-fibre topping like broccoli, bean sprouts and carrots

