

38th NSM Conference 2023
4 - 5 July 2023
Scientific Poster Presentation

List & Grouping of Accepted Posters for Presentation

Scientific posters have been grouped into the following themes:

- A: Nutritional Status (various groups) & Community Interventions
- B: Dietary Intake, Consumption Pattern & Disease
- C: Nutrients & Other Components in Foods/Products
- D: Clinical Nutrition/Intervention Trials
- E: Food Science & Technology
- F: Experimental Nutrition

The best 10 posters put up by undergraduates shall be awarded cash prizes!

Poster Presentation

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

- A01 A comparison of circadian preferences and eating window on work days and free days among pregnant women in Kuala Lumpur, Malaysia
Alicia Raveena A, Satvinder K and Kok EY
- A02 Relationship of *INSIG2* gene polymorphism and dietary and lifestyle factors with waist circumference among Malaysian adults
Aurelya NW, Vaidehi U, Lim SY and Baskaran G
- A03 The relationship between food intake and physical activity with academic performance among adolescent girl students from low-income families
Azira S and Ruzita AT
- A04 Validity of time-use diary in assessing movement behaviours of schoolchildren in Kuala Lumpur, Malaysia
Chong KM, Chia A, Poh BK, Nor Aini J, Denise K, Chong MFF and Wong JE
- A05 Cardiorespiratory fitness predicts cardiometabolic risk markers among children aged 6 to 12 years: Findings from SEANUTS II Malaysia
Chan KS, Nor Farah MF, Koh DCL, Wong JE, Khouw I and Poh BK on behalf of the SEANUTS II Malaysia Study Group
- A06 Association between physical activity and gross motor skills among preschoolers in peninsular Malaysia
Christine J, Koh DCL, Wong JE, Lee ST, Khouw I and Poh BK on behalf of the SEANUTS II Malaysia Study Group
- A07 Parental perception of body weight, parental feeding practices, child eating behaviour, and body weight status among children with autism spectrum disorder
Eow SY, Gan WY, Hamidin A and Zalilah MS
- A08 Factors influencing prevalence of stunting among children aged below five years in peninsular Malaysia
Ika Aida Aprilini M, Razinah S, Lim SM, Lee ST, Yeo GS, Jan Geurts MW and Poh BK on behalf of the SEANUTS II Malaysia Study Group
- A09 Association between physical frailty, cognitive frailty and psychological problem among probable sarcopenia and sarcopenia community-dwelling older people in Kelantan
Keerthana SG, Divya V and Wan Rosli WI

- A10 Maternal nutrition knowledge, infant feeding practices and linear growth of 6-12 months old infants in Kuala Lumpur and Putrajaya
Koh SY, Nurliyana AR and Satvinder K
- A11 Association of chronotypes and appetitive traits with weight status among Malaysian young adults
Koh XM and Satvinder K
- A12 Prevalence of abdominal obesity among adults ≥40 years old and the factors associated: Findings from National Health and Morbidity Survey (NHMS) 2019
Lalitha P, Chong CT, Azli B, Ahmad AZ and Shubash SG
- A13 Social media-delivered lifestyle interventions among individuals living with diabetes and prediabetes: A scoping review
Lim GP, Jamuna RA, Badariah A, Quek KF and Amutha R
- A14 Development of local food-based dietary recommendations using linear programming approach for urban poor undernourished children aged 48 to 71 months old in Seremban, Malaysia
Miow YX, Gan WY, Umi F, Lim PY, Geeta A and Siti Nur' Asyura A
- A15 A survey on knowledge, perception, attitude, and acceptance of plant-based diets among the public and nutritionists in Malaysia
Natasya Alia N, Ooi YBH and Khor BH
- A16 Assessment of food security, dietary diversity and malnutrition in young children aged 2 to 6 years old from B40 families in Seremban
Ng JH and Gan WY
- A17 Maternal feeding practices, appetitive traits and weight status of infants aged 0-6 months old in Kuala Lumpur
Ng J, Nurliyana AR and Satvinder K
- A18 Vitamin D status and its associated factors among Malay female office workers in Kuala Lumpur during the COVID-19 pandemic
Nor Aini J, Nurul Nadiah S, Arimi Fitri ML, Zahara AM, Chin KY and Sameeha MJ
- A19 An interactive web-based intervention to manage obesity-related behaviours in primary school children: A study protocol of the Copt Nutri Trail© Program
Norhasniza Y, Mohd Izwan M, Amirah I and Ruzita AT
- A20 Prevalence of metabolic syndrome among urban-poor Malaysian women and its associations with serum 25(OH)D level, body composition, and household food security
Nur Amalin J, Chin YS, Norhasmah S, Juju NJ and Sukanya S
- A21 Association between socioeconomic status (SES) and food neophobia among preschoolers in Terengganu
Nur Iffah Nadhirah NH and Sharifah Wajihah Wafa SSTW
- A22 Assessment of nutritional status and food insecurity among children in Kota Kinabalu and Tawau, Sabah
Nur'ain Mardhiyah H, Chen A, Nur Batrisyia RA, Ooi YBH and Khor BH
- A23 The relationship between nutritional status and DNA damage in women experienced infertility in Malaysia
Nurdina Afiqah Z and Razinah SMS
- A24 Physical activity level and psychosocial status between breast cancer survivors and healthy women in Klang Valley
Nursrisabrina N, Nur Afifah MZ and Mohd Razif S
- A25 Association between malnutrition indicators, nutritional determinants, and frailty among community-dwelling older adults in Malaysia
Nurul Fatin MR, Hanis Mastura Y, Suzana S, Devinder Kaur AS & Radin Nur Suhaida Radin MN

- A26 Dementia and its associated risk factors among older adults with probable sarcopenia and sarcopenia in Kelantan
Nurul Syahidah N, Divya V and Thirumulu PK
- A27 Assessment of antropometric and psychosocial status of elderly in Pontian, Johor
Hanis Mastura Y and Nurul Syahira Atiqah M
- A28 Associations of socioeconomic, home food environment and personal factors with fruits and vegetables intake among primary school children in Selangor
Tuan Nur Khairunnajwa TR, Siti Khadijah A, Tengku Nur Inasa TAK and Nurzalinda Z
- A29 Associations of sociodemographic factors, home food environment factors and physical activity level with body weight status among primary school children in Hulu Langat, Selangor, Malaysia
Siti Khadijah A, Tuan Nur Khairunnajwa TR, Tengku Nur Inasa TAK and Nurzalinda Z
- A30 Food insecurity, nutritional status, dietary intake and other factors associated with double burden of malnutrition (DBM) among Orang Asli Temuan households in Selangor
Rozalina AR, Zalilah MS and Nurul Husna MS
- A31 Association of sociodemographic factors and lifestyle factors with vitamin D status among hospitalised children aged 2-12 years in selected private hospitals in Seremban
Seow AJM and Gan WY
- A32 Are maternal nutrition literacy and dietary diversity related to children's nutritional status – A study among food insecure households in Simunjan, Sarawak?
Tan BC, Cheah WL and Law LS
- A33 Associations of socio-demographic factors, parental factors and children's factors with body weight status among primary school children living in selected low-cost flats in Kuala Lumpur
Tan DH and Chin YS
- A34 Assessment of nutrition environment in University Malaysia Sabah: A cross-sectional study
Tan XC, Ooi YBH and Khor BH
- A35 Activities and outcomes from the weight management intervention for adults in Klang Valley: Practitioner's perspective
Tatiana S, Hanif Farhan MR and Ruzita AT
- A36 The relationship between parents' sociodemographic and the anthropometric status of children aged 13 and 14 years old in Kuala Lumpur
Thanusiya D and Ruzita AT
- A37 Sociodemographic and dietary factors are associated with vitamin B12 status among Malaysian primary school children: Findings from SEANUTS II
Wan Siti Fatimah WAR, Siti Balkis B, Tang SF, Khouw I, and Poh BK on behalf of the SEANUTS II Malaysia Study Group
- A38 The H.E.A.T© (Healthy Eating, Active and Support) Programme to sustain healthy body mass index in young adults: The needs assessment survey
Wan Suria WY, Sameeha MJ, Mohd Izwan M and Ruzita AT
- A39 Changes in lifestyle and psychological health of young adults during and after the COVID-19 lockdown in Malaysia: A longitudinal study
Wong SS and Gan WY

A40 Promoting active lifestyle through walking challenge
Yee PN, Lew YH and Ng DTK

Group B: Dietary Intake, Consumption Pattern & Disease

- B01 Dietary compliance of macronutrients, fruits and vegetables intake and associations with body mass index among women of reproductive age
Aina Wahida MZ and Marhazlina M
- B02 Parental stress and appetitive traits in infants aged 6-12 months in Kuala Lumpur and Putrajaya
Anastasya Eunike W, Nurliyana AR and Satvinder K
- B03 Assessment of dietary fatty acid intakes and nutritional status among children in Sabah: A cross-sectional study
Chen A, Nur Batrisyia RA, Nur'ain Mardhiyah H, Ooi YBH and Khor BH
- B04 The association between maternal pre-pregnancy body mass index (BMI) and gestational weight gain with infant appetitive traits
Chew WM, Satvinder Kaur and Nurliyana AR
- B05 Associations between socio-demographic, environmental and parental factors and child nutritional status with fast food consumption among children aged 7-11 years old in Selangor
Chong SH and Zalilah MS
- B06 Appetitive traits and dietary diversity of infants aged 6 to 12 months in Kuala Lumpur and Putrajaya
Chong C, Nurliyana AR and Satvinder K
- B07 Ultra-processed food consumption and its association with diet quality among young adults in Klang Valley
Chua SJM, Norimah AK, Tung SEH, Yang WY and Sangeetha S
- B08 Association of sociodemographic factors and food purchasing behaviour with risk factors of non-communicable diseases (NCDs) among Malaysian adults from a selected supermarket in Bukit Jalil
Chua XC, Chong HZ and Kanimolli A
- B09 Infant feeding behaviour and sleep as predictors of infant growth
Eman Hisham ME and Satvinder K
- B10 Sleep quality, diet quality and weight status of young adults residing in Klang Valley: A comparative cross-sectional study between COVID-19-recovered patients and non-COVID-19 patients
Farha Ainin Sofia M and Tan ST
- B11 Association between dairy products intake and body composition among UniSZa undergraduate students
Hadirah MK and Marhazlina M
- B12 Factors associated with intermittent fasting practices among workers in selected ministries in Putrajaya, Malaysia
Siti Hajar Maisarah H & Hazizi AS
- B13 Stress and nutrition: Uncovering differences in body mass index and daily food intake in stressed versus unstressed UniSZa students, Terengganu
Hilaliyah NA, Izzahfathiah J, Nik Nurul Alya H and Nur Qistina Hawani H, Abbe Maleyki MJ and Wong CY
- B14 Awareness and knowledge of Malaysian healthy plate concept among Malaysian normal weight population with hypercholesterolemia: NHMS 2019
Khairul Hasnan A, Halizah MR and Ahmad Ali Z

- B15 Validation and reliability of the chrononutrition profile questionnaire-pregnancy (CPQ-P) among pregnant women in Malaysia
Kok EY, Satvinder K, Nurul Husna MS, Nurliyana AR, and Masaki T
- B16 Maternal eating behaviours, feeding practices and appetitive traits of infants aged 1 to 6 months in Kuala Lumpur and Putrajaya
Kuan JY, Nurliyana AR and Satvinder K
- B17 Consumers' perception on healthy food and its association with socio-demographic factors: A preliminary cross-sectional study in Bukit Jalil
Chong HZ, Arasu K and Lee J
- B18 Does ultra-processed food consumption reduce dietary diversity among university students in Klang Valley, Malaysia?
Leong EQY, Sangeetha S, Norimah AK, Yang WY and Tung SEH
- B19 Ultra-processed food consumption and its contribution to energy and macronutrients intake among university students in Klang Valley
Lim AWH, Sangeetha S, Norimah AK, Yang WY and Tung SEH
- B20 An understanding of dietary protein trends in Malaysia: Can we shift towards planetary health diet?
Lim KH, Festo M and Goh EV
- B21 Low quality perception and acceptance of suboptimal food among consumers in Selangor and Kuala Lumpur
Lim SM, Law HB and Lee SS
- B22 Dietary intake and quality: Its association with chronotypes among young Malaysian adults
Lim YH and Satvinder K
- B23 Association between socio-demographic factors, gestational factors and maternal chronotype with maternal appetitive traits in Kuala Lumpur
Liow JL, Satvinder K and Nurliyana AR
- B24 The development of sensory attribute and nutrient content database for three to five years old children's food (PEaters Choice TM)
Mohd Shah K, Nur Iman Najat SB, Nur Hana H, Mohd Razif S, Masne K and Nik Shanita S and Hasnah H
- B25 Dietary supplement consumption and quality of life among adults in peninsular Malaysia
Nerosha Nair G, Lim SM and Lee SS
- B26 Factors associated with emotional eating among Malaysian university students
Norsyasya Diyana MN and Gan WY
- B27 Dietary iron intake of children aged 8 to 12 years old in Kampung Pahu Pinawantai, Ranau, Sabah
Nur Ameera Farhana MS
- B28 Association of *À Posteriori* dietary pattern and nutritional status among children in Sabah: A cross-sectional study
Nur Batrisyia RA, Nur'ain Mardhiyah H, Chen A, Ooi YBH, and Khor BH
- B29 Does food environment and food choice motives influence food preferences? A study of international students in Universiti Putra Malaysia
Nurunnisa KE, Norhasmah S and Gan WY
- B30 Consumer food purchase behaviour at different types of retailers in urban poor areas of four Southeast Asian countries: Findings from SEAOFÉ study
Sameeha MJ, Cut Novianti R, Elaine QB, Sirinya P, Cheah YK, Che Aniza CW, Anis Munirah S, Shashidharan S, Teeranong S, Natjera T, Adila S, Hafizah J, Ma Rica Sidney M, Poh BK, Thow AM and Helen T
- B31 Identifying dietary patterns associated with cognitive impairment among Indonesian population: A nationwide survey
Sandy A and Lin SH

- B32 The prevalence and associated risk factors of gestational diabetes mellitus in the northern region of Malaysia
Sulhariza Husni Z, Zalilah MS and Geeta A
- B33 Study on the association between the amount and type of protein intake and body mass index (BMI) among undergraduate health science students in Kelantan
Shan CL and Hafzan Y
- B34 Association between sensory behaviour (smell/taste) and food neophobia among preschoolers in Terengganu, Malaysia
Siti Nur Aslinda O and Sharifah Wajihah Wafa SSTW
- B35 Perception and acceptance of plant-based alternative to chicken among Malaysian consumers
Tan XY and Cheng SH
- B36 Dietary supplementation use among women of reproductive age in Klang Valley
Tang WQ and Lee SS
- B37 Individual components of paediatric metabolic syndrome and association with breakfast consumption frequency among children aged 6.0-12.9 years old in peninsular Malaysia
Teh KC, Wee LH, Khouw I and Poh BK on behalf of the SEANUTS II Malaysia Study Group
- B38 Exploring gut microbiota diversity in gestational diabetes mellitus: Insights from clinical, lifestyle, and dietary perspectives in Malaysian pregnant women
Thubasni K, Vinod RMT, Umadevi P, Jayanthi T and Amutha R
- B39 Diet gut microbiota axis in pregnancy: A systematic review of recent evidence
Thubasni K, Vinod RMT, Umadevi P, Jayanthi T and Amutha R
- B40 The interaction effects of food security and diet quality on weight change among working women of reproductive age during the endemic phase of COVID-19
Wiksa Virijo V and Tan ST
- B41 Environmental factors, body mass index (BMI) status and food purchasing behaviour from a selected supermarket in Bukit Jalil
Chong HZ, Arasu K and Yap KX
- B42 Frequent eating-out is associated with increased risk of poor diet quality among primary schoolchildren: Findings from SEANUTS II Malaysia
Yeo GS, Lee ST, Nik Shanita S, Wong JE, Khouw I and Poh BK on behalf of the SEANUTS II Malaysia Study Group

Group C: Nutrients & Other Components in Foods/Products

- C01 Physicochemical properties and glycaemic index of chocolate energy bars prepared with guar gum and high polyphenols cocoa powder
Ainul Mufidah MH and Napisah H
- C02 HMG-CoA reductase inhibitory activity, antioxidant and antiatherosclerotic potential of *Basella alba* leaf extract
Baskaran G, Shamala S, Mohd Yunus S and Vaidehi U
- C03 Tocotrienol-rich fraction and levodopa regulate proteins involved in Parkinson's disease-associated pathways
Kasthuri Bai M, Premdass R, Sushela Devi S, Kanga Rani S, Saatheeyavaane B and Ammu Kutty R
- C04 Effects of LED treatments on the growth and nutritional contents of lettuce (*Lactuca sativa*) in a hydroponic vertical farming system
Koh MX and Singh A
- C05 Elucidating the mechanisms of combination therapy using palm vitamin E and commercial anti leukemic drug (cytarabine) in cell-based models of acute myeloid leukaemia
Nabiha I, Siti Rahma AH, Ammu KR and Abdul Aziz B
- C06 The effects of *urtica dioica* on benign prostatic hyperplasia (BPH) markers- a systematic review and meta-analysis
Narshima A, Surabhi Singh Y, Pooja P and Kavitha M
- C07 Anti-proliferative activity *polygonum minus* water extract on human adenocarcinoma colon cancer cell lines (Ht-29)
Nor Azrina AL, Mohd Adzim KR, Norhayati AH and Norhaslinda R
- C08 Anti-diabetic properties of phenolic-rich extract from stingless bee (*Heterotrigona itama*) honey, *in vitro*
Cheng MZSZ, Norhasnida Z, Ooi DJ, Chan KW, Norsharina I, Nur Akmal I and Norhaizan ME
- C09 Entomophagy practices among insect eaters in Malaysia - A qualitative study
Nurul Hafizah MAA, Sameeha MJ and Poh BK
- C10 Glycaemic response of a vegetarian and non-vegetarian meal and effects on perceived satiety
Shaliza Amierra S and Ramlah G
- C11 Nutritional health and importance of coconut milk fats
Saif A, Hamdan A and Aminah A
- C12 The phytochemicals and antioxidant interaction of *Moringa oreifera* when combined with selected medicinal plants
Samyuktha R, Yong PH and Ng ZX
- C13 Nutritional composition and sensory evaluation of jackfruit plant-based mixed mushroom patties and chicken patties
Haw SY and Siti Raihanah S
- C14 TRF as an adjuvant enhances dendritic cell vaccine efficacy and inhibits tumour progression and microenvironmental interaction in a mouse model of breast cancer
Sitti Rahma AH, Nabiha I and Ammu Kutty R
- C15 Prebiotic potential of banana peel on the growth of *Lactobacillus spp.*
Tan CY and Mohd Redzwan S

Group D: Clinical Nutrition/Intervention Trials

- D01 Relationship between knowledge, attitude, training, perspective and willingness to adopt nutrigenetic and nutrigenomic among nutritionists and dietitians
Goh SM, Vaidehi U, Lim SY and Baskaran G
- D02 Consumer's trust, delivery method, perceived risk and benefits on the intention to adopt personalised nutrition service in Malaysia
Liau CW, Vaidehi U, Lim SY and Baskaran G
- D03 Efficacy of micronutrients powder supplementation on growth, iron status and dietary intake of Orang Asli young children in Selangor: A randomised controlled trial
Nur Dayana S, Zalilah MS, Gan WY & Loh SP
- D04 Effects of ketogenic diet on oxidative stress and cancer
Salman AA, *Othman MG* and Nawaf WA
- D05 Association between micronutrient density index, *FTO* gene polymorphism and body fat percentage status of Malaysian adults: The role of nutrigenetics
Stevinni W, Vaidehi U, Baskaran G and Lim SY
- D06 Association of physical activity intensity with risk and survival of nasopharyngeal carcinoma: A hospital based matched case control study
Vaidehi U, Lye MS, Mirnalini K, Loh SP and Baskaran G

Group E: Food Science & Technology

- E01 The development of a plant-based patty from split gill mushrooms and lablab beans
Divya JM and Azam-Ali S
- E02 The anti-diabetic properties of cooled instant red rice
Noor Atiqah Aizan AK, Yanty Noorzianna AM, Ooi YBH and Azrina A
- E03 Physicochemical characteristics, sodium content and sensory evaluation of selected commercialised soy sauces with no sodium labelling in Malaysia
Nur Huda A and Hasnah H
- E04 Changes in growth and phytochemicals of pak choi (*Brassica rapa* subsp. *Chinensis*) and mustard (*Brassica juncea*) under combined ratios of red, green and blue LEDs in a hydroponic vertical farming system
Yau BYY and Singh A

Group F: Experimental Nutrition

- F01 Carnosine-iron oxide magnetic nanoparticles inhibit HCT-116 cells growth by inducing apoptosis, autophagy and necroptosis
Hu FC, Hsieh LC, Chen YT, Hsieh S, Wu CC and Hsieh SL
- F02 Transgenerational effects of lifelong sucrose consumption in mice
Yü ICY and Chan CB
- F03 Cuttlefish melanin suppresses cell growth by inducing apoptosis of human colorectal cancer cells
Lai SY, Huang YW, Hou CY, Shih MK and Hsieh SL
- F04 Effect of *Gynura bicolor* water extract on inflammatory response of intestinal cells induced by 5-fluorouracil
Siew KR and Wu CC