



40th

Scientific Conference

*Advancing Nutrition for a Healthier Malaysia:
Bridging Science, Policy and Practice*

29 – 30 July 2025 | Berjaya Times Square, Kuala Lumpur, Malaysia

EVENT REPORT

Prepared by: Secretariat

Date: 8th August 2025

Contents

- ***Registration***
- ***Opening Ceremony***
 - *Welcome address by President of NSM*
 - *Presentation of NSM prizes & awards*
- ***40th NSM Anniversary Lecture***
- ***Scientific Programme***
 - *Day 1: 29 July 2025*
 - *Day 2: 30 July 2025*
 - *Prize presentation ceremony*
- ***Trade Exhibition***
- ***Conference Website***
- ***Attendance***

REGISTRATION

Registration at Foyer



29 July: 7:00 am onwards

OPENING CEREMONY

Official Opening Ceremony



Welcome address
Prof. Dr. Mahenderan Appukutty
President, Nutrition Society of Malaysia (NSM)

PRESENTATION OF NSM PRIZES & AWARDS

NSM Postgraduate Prizes 2025

NSM Undergraduate Prizes 2025

NSM Publication Prize 2025 - Sponsored by Herbalife

NSM Fellows Awards 2025

NSM Postgraduate Prizes 2025

PhD Thesis Prize



Dr. Ahmad Faezi Bin Ab. Rashid
Universiti Sultan Zainal Abidin
(UniSZA)



Dr. Ainaa Almardhiyah binti Abd Rashid
Universiti Sains Malaysia (USM)

NSM Postgraduate Prizes 2025

PhD Thesis Prize



Dr. Chang Wei Lin
Universiti Putra Malaysia (UPM)



Dr. Janice Tay Ee Fang
UCSI University

NSM Postgraduate Prizes 2025

PhD Thesis Prize



Dr. Zainorain Natasha Binti Zainal Arifen
Universiti Kebangsaan Malaysia (UKM)

NSM Postgraduate Prizes 2025

MSc Thesis Prize



Christine Joan
Universiti Kebangsaan Malaysia
(UKM)



Keerthana Sree Ganggaya
Universiti Sains Malaysia
(USM)



Nursyafiyah Aqilah binti Suhaimi
Universiti Putra Malaysia (UPM)

NSM Postgraduate Prizes 2025

PhD and MSc Thesis Prize



Group Photo

NSM Undergraduate Prizes 2025



Mr Che Aiman bin Che Ri
Universiti Kebangsaan
Malaysia (UKM)



Ms Izzahfathiah binti Jamadulin
Universiti Sultan Zainal Abidin
(UniSZA)



Ms Gan Jes See
Management and Science
University (MSU)



Ms Khoo Lu Ying
Universiti Putra Malaysia (UPM)



Ms Hajaratul Husna binti
Mohamad Roshidi
Universiti Sains Malaysia (USM)



Ms Lim Xin Ying
UCSI University

NSM Undergraduate Prizes 2025

Undergraduate Thesis Prize



Ms Shim Yih Sheng
University of Nottingham Malaysia
(UNM)



Ms Tan Yi Tseng
IMU University



Ms Wong Yu Ni
Universiti Malaysia Sabah (UMS)

NSM Undergraduate Prizes 2025



Group Photo

NSM Publication Prize 2025



Interventions for Promoting Nutritional Status of General Population - Sponsored by Herbalife Malaysia

Herbalife



Dr. Ng Choon Ming (L2339)
National University of Singapore, Singapore

NSM Fellow Awards 2025



**Ms Teh Wai Siew, FNSM
NSM Fellow 2025**

NSM Fellow Awards 2025



**Assoc. Prof. Dr. Satvinder Kaur a/p Nachatar Singh, FNSM
NSM Fellow 2025**

NSM Fellow Awards 2025



Group Photo

40th NSM Anniversary Lecture

Four decades of advancing nutrition – way ahead for NSM

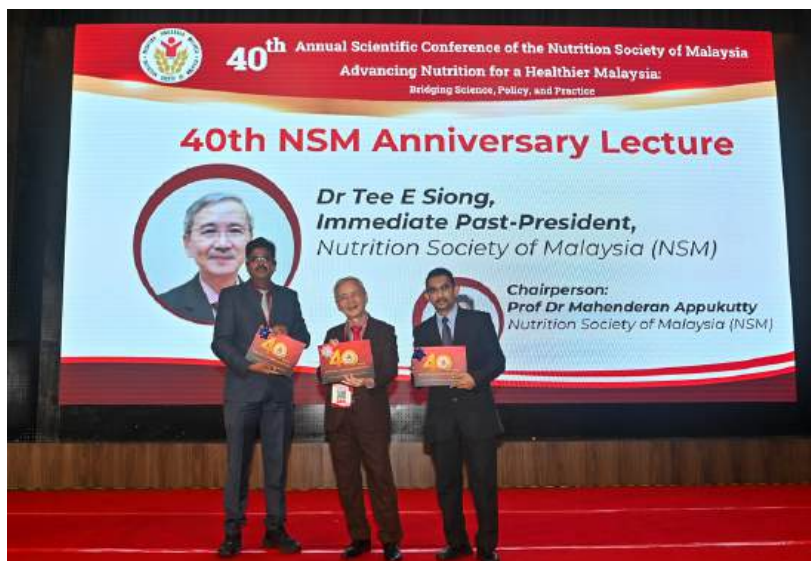


Chairperson:
Prof. Dr. Mahenderan Appukutty
President, Nutrition Society of
Malaysia



Speaker:
Dr. Tee E Siong
Immediate Past President,
Nutrition Society of Malaysia

NSM 40th Commemorative Booklet



Cake-cutting celebration for NSM's 40th Anniversary



SCIENTIFIC PROGRAMME

DAY 1: 29 JULY 2025

Summary of Scientific Programme

- ***2 Keynote Lectures***
- ***4 Invited Lectures***
- ***4 Symposiums***
- ***4 presenters in Young Researchers' Symposium***
- ***3 Nutrition Update Presentations***
- ***1 Forum***
- ***177 posters***
 - ***Undergraduate: 105***
 - ***Postgraduate: 38***
 - ***Others: 33***

Keynote Lecture 1

Contribution of Asia to global health and nutrition



Chairperson:
Prof. Dr. Hamid Jan Jan Mohamed
Vice President,
Nutrition Society of Malaysia



Speaker:
Prof. Jeyakumar Henry
Former Director, CNRC, A*STAR SIFBI, Singapore

Symposium 1

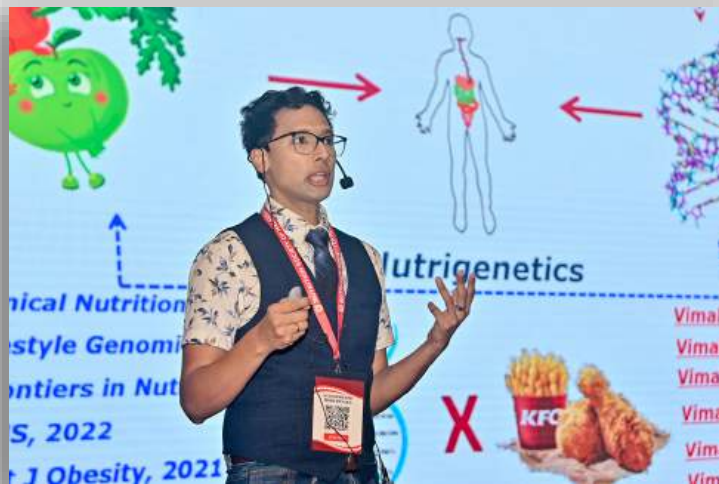
Clinical Research in Nutrition



Chairperson:
Prof. Dr. Chan Yoke Mun
Universiti Putra Malaysia

Symposium 1

Clinical Research in Nutrition



Nutrigenetics and nutrigenomics: nutrition unraveled for precision wellness

Prof. Vimal Karani
University of Reading, United Kingdom

Exploring dietary pattern's role in aging and cancer survivorship: unravelling telomere clues

Assoc. Prof. Dr. Mohd Razif bin Shahril
Universiti Kebangsaan Malaysia



Symposium 1

Clinical Research in Nutrition



The dual challenges of physical and social frailty among older adults

Dr. Divya Vanoh
Universiti Sains Malaysia

Invited Lecture 1

**Targeting 'Skinny Fat' and metabolic health: scientific insights
on chicory root fibres and Palatinose™**

Sponsored by BENEIO-Institute



Chairperson:
Assoc. Prof. Dr. Satvinder Kaur
Nachatar Singh
UCSI University



Speaker:
Ms Goh Peen Ern
Senior Manager Nutrition Communication,
BENEIO-Institute/BENEIO Asia Pacific Pte Ltd

Lunch Symposium

Efficacy of an oral nutrition supplement on the nutritional status of stunted and at-risk of stunting children: a community-based intervention study

Sponsored by Dutch Lady Milk Industries Berhad



Speakers:

Prof. Dr. Hamid Jan Jan Mohamed

Ms. Sidra Al-Talib

Universiti Sains Malaysia



Chairperson:

Dr. Kanga Rani Selvaduray

Malaysian Palm Oil Board

Symposium 2

Nutrition from Womb to Tomb



Chairperson:
Prof. Dr. Loh Su Peng
Universiti Putra Malaysia

Symposium 2

Nutrition from Womb to Tomb



Transforming food assistance to enhance food security and nutrition for asnaf families in Terengganu

Assoc. Prof. Dr. Sharifah Wajihah Wafa Bt Syed Saadun Tarek Wafa
Universiti Sultan Zainal Abidin

An early life-course model-of-care to transforming maternal and child healthcare

Asst. Prof. Dr. Loy See Ling
Duke-NUS Medical School, Singapore



Symposium 2

Nutrition from Womb to Tomb



Maternal nutrition and multiple micronutrient supplementation: breaking the intergenerational cycle of anaemia for a healthier future

**Assoc. Prof. Dr. Snigdha Misra
Monash University Malaysia**

Invited Lecture 1

**Extending healthspan: the science behind dietary interventions
for successful ageing
Sponsored by dsm-firmenich**



Chairperson:
Assoc. Prof. Dr. Wong Jyh Eiin
Universiti Kebangsaan Malaysia



Speaker:
Ms. Steph Baker
dsm-firmenich

Nutrition Update 1



Chairperson:
Prof. Dr. Norhasmah Sulaiman
Universiti Putra Malaysia

Nutrition Update 1



Effect of nutrition and physical activity applications (apps) on healthy lifestyle and user assessment in Kajang, Selangor

Assoc. Prof. Dr. Mohd Nazri bin Abdul Rahman
Universiti Malaysia Sabah

The impact of sarcopenia on mortality incidence among Malaysian older adults: a prospective cohort study

Dr. Nurul Fatin Malek Rivan
Universiti Kebangsaan Malaysia



Nutrition Update 1



Anaemia prevalence, knowledge and attitude of anaemia, and chrono-nutritional data among young women: a recent preliminary survey in Northern Thailand

Dr. Chirawat Paratthakonkun
Mahidol University, Thailand

Risk factors for childhood undernutrition (ages 2 to 5 years): a case control study in Federal Territory Kuala Lumpur and Putrajaya, Malaysia

Ms Masrisa Mohd Esa
Universiti Putra Malaysia



Nutrition Update 1



Mindful eating, dietary patterns and its association with metabolic syndrome among overweight and obese teachers in Kota Bharu, Kelantan

Ms. Hana Fauziyyah
Universiti Sains Malaysia

Young Researchers' Symposium



Chairperson:
Dr. Noor Atiqah Aizan Abdul Kadir
Universiti Malaysia Sabah

Young Researchers' Symposium



**A simplified approach to assess diet quality:
the eating habits index for Malaysian
primary schoolchildren**

**Mr. Yeo Giin Shang
Universiti Kebangsaan Malaysia**

**Impact and perceptions of a 10-week
empowerment-based nutrition
communication and leadership training on
nutrition advocacy skills and diet quality
among nutrition students**

**Mr. Ang Zheng Feng
Universiti Putra Malaysia**



Young Researchers' Symposium



Assessing the retail food environment across different socioeconomic neighbourhoods in Kuala Lumpur – spatial analyses to inform urban food policy for sustainable and healthy diets

Mr. Scott David Hastie
University of Nottingham Malaysia

Prenatal chrononutrition and chronotype role in infant sleep and growth: a prospective cohort study

Ms. Kok Ee Yin
UCSI University



SCIENTIFIC PROGRAMME

DAY 2: 30 JULY 2025

Nutrition Update 2



Chairperson:
Dr. Roseline Yap Wai Kuan
Nutrition Society of Malaysia

Nutrition Update 2



Salt taste preference, sensitivity threshold detection, and their association with salt intake: a cross-sectional study in Kuala Lumpur

Ms. Safiya Nuur
UCSI University

Grandparents as food providers for grandchildren: findings from four Malaysian studies and development of an educational booklet to support healthier feeding practices

Assoc. Prof. Dr. Hanis Mastura Yahya
Universiti Kebangsaan Malaysia



Nutrition Update 2



Nutritional adequacy and costing of a healthy balanced diet for children and adolescents in Malaysia

Dr. Khor Ban Hock
Universiti Malaysia Sabah

Design and development of NutriDIY-trolley app: a pre-emptive digital nutrition-conscious household dietary quality

Asst. Prof. Dr. Vaidehi Ulaganathan
UCSI University



Nutrition Update 2



Quality perception and acceptance of suboptimal food among women in Johor

Dr. Lim See Meng
Universiti Kebangsaan Malaysia

Keynote Lecture 2

Addressing micronutrient deficiencies: lessons from Southeast Asia



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



Speaker:
Geoffry Smith
President, International Life Sciences Institute
Southeast Asia region

Symposium 3

Public Health Nutrition



Chairperson:
Dr. Norliyana Aris
Universiti Malaysia Sabah

Symposium 3

Public Health Nutrition



Enhancing health and well-being in Dayak communities: exploring the possibilities of integrating tradition with modern nutrition science

Prof. Dr. Cheah Whye Lian
Universiti Malaysia Sarawak

Strengthening UK-SEA research partnership – nutrition policies and action plans in Malaysia for the prevention of double burden of malnutrition in school-age children: highlights of findings

Dr. Tan Sue Yee,
Nutrition Society of Malaysia & International Life Sciences Institute (ILSI) Southeast Asia Region, on behalf of the UoL-NSM-ILSI-UPM Research Team



Symposium 3

Public Health Nutrition



Update on NHMS 2024: nutrition

Dr. Ahmad Ali bin Zainuddin
Ministry of Health Malaysia

Invited Lecture 3

Lacticaseibacillus paracasei strain Shirota impact on human immunity and health

Sponsored by Yakult (Malaysia) Sdn. Bhd.

Yakult



Chairperson:
Assoc. Prof. Dr. Mohd Redzwan Sabran
Universiti Putra Malaysia



Speaker:
Dr. Tomoaki Naito
Yakult Central Institute, Tokyo, Japan

Invited Lecture 4

Sustaining weight management through the power of protein

Sponsored by Herbalife Products Malaysia Sdn. Bhd.



Chairperson:
Dr. Shashikala Sivapathy
UCSI University



Speaker:
Prof. Dr. Rimbawan
IPB University, Indonesia

Forum

Nutrition, technology and digital health



Nutrition Update 3



Chairperson:
Dr. Lee Siew Siew
University of Nottingham Malaysia

Nutrition Update 3



Street foods in Malaysia: what is the sugar level content?

**Assoc. Prof. Dr. Hasnah Haron
Universiti Kebangsaan Malaysia**

**Nutritional determinants of quality of life
in colorectal cancer survivors: a six-month
longitudinal study in Malaysia**

**Ms Ainaa Almarhiyah Abd Rashid
Universiti Malaysia Sabah**



Nutrition Update 3



Effects of cranberry (poly)phenols on mental health in university students: the Cranmood randomised controlled trial

Ms. Nur Kamarunzaman
King's College London

The potential of mushroom seasoning as food flavouring enhancer: market survey, consumer survey, and sensory evaluation

Mr. Low Wee Teng
Universiti Kebangsaan Malaysia



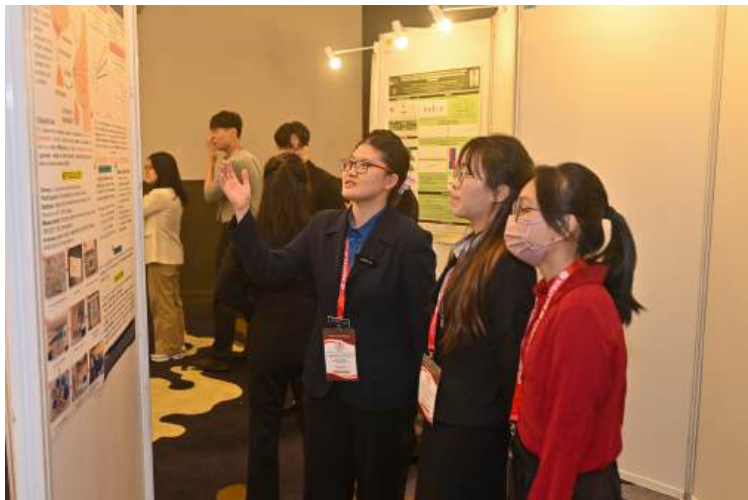
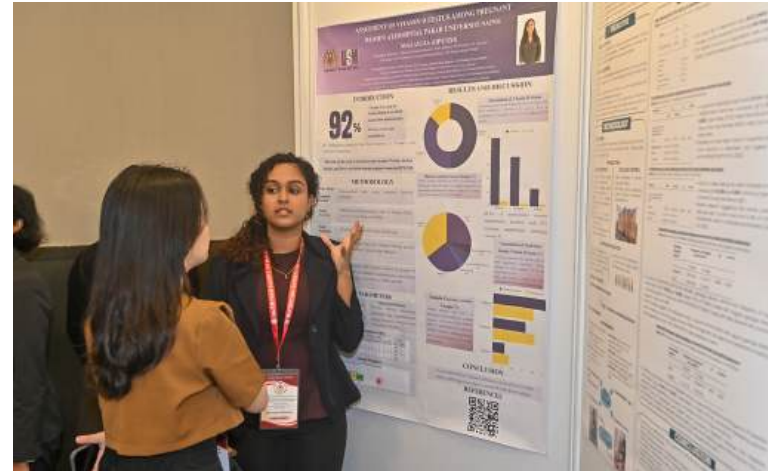
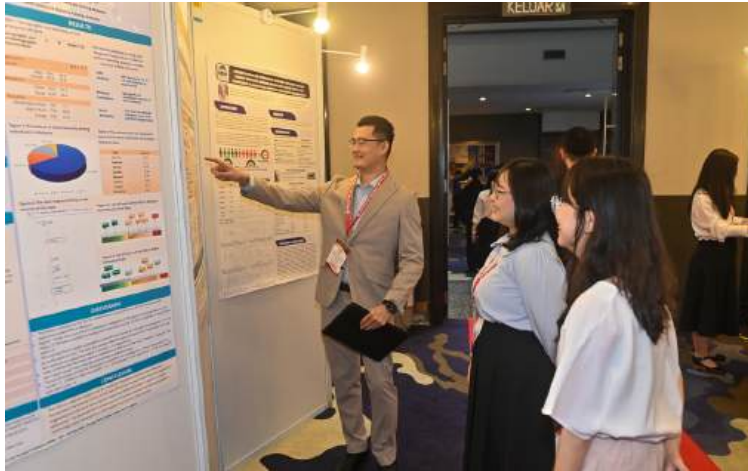
Nutrition Update 3



Tocotrienol-enriched beverages enhances psychological well-being, antioxidant defence, and genomic stability in older adults: a randomised controlled trial

Associate Professor Dr Razinah Sharif
Universiti Kebangsaan Malaysia

Scientific Poster Presentation



Official Prize Giving and Closing Ceremony



**Prof. Dr. Hamid Jan Jan Mohamed,
Vice President, Nutrition Society of Malaysia
Scientific Chair, 40th NSM Conference**

NSM Young Researchers' Symposium Prizes 2025



1st Prize

**Mr. Scott David Hastie
University of Nottingham Malaysia**



2nd Prize

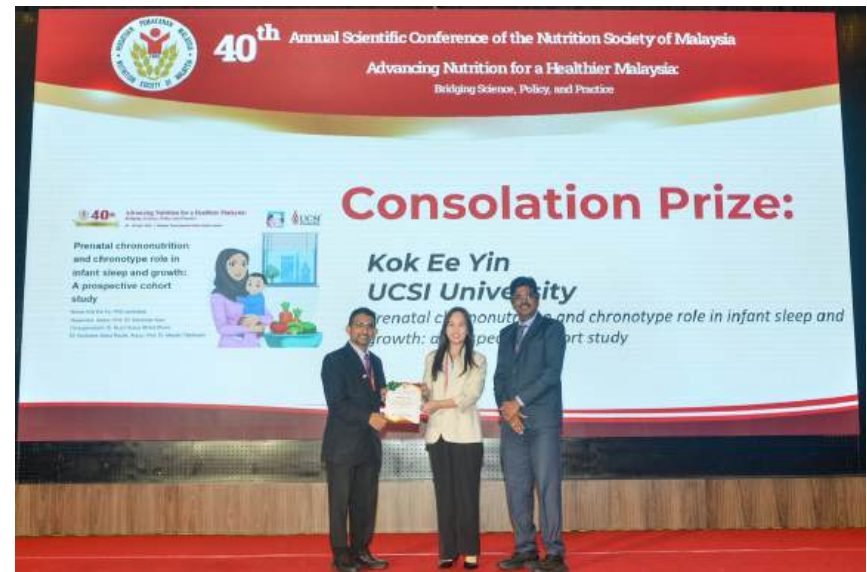
**Mr. Yeo Gii Shang
Universiti Kebangsaan Malaysia**

NSM Young Researchers' Symposium Prizes 2025



3rd Prize

Mr. Ang Zheng Feng
Universiti Putra Malaysia



Consolation Prize

Ms. Kok Ee Yin
UCSI University

NSM Young Researchers' Symposium Prizes 2025



Group Photo

NSM Postgraduate Poster Competition 2025



1st Prize

Ms. Syaza Kamarudin
Universiti Kebangsaan Malaysia



2nd Prize

Ms. Koh Su Yuan
University of Nottingham Malaysia

NSM Postgraduate Poster Competition 2025



3rd Prize

**Ms. Lee Ling Jun
Universiti Putra Malaysia**



Consolation Prize

**Ms. Ika Aida Aprillini Makbul
Universiti Kebangsaan Malaysia**

NSM Postgraduate Poster Competition 2025



Consolation Prize
Ms. Khoo Yu Ling
Universiti Putra Malaysia



Consolation Prize
Ms. Chek Lok Poh
Universiti Putra Malaysia

NSM Postgraduate Poster Competition 2025



Consolation Prize
Ms. Digsha Augundhooa
UCSI University



Consolation Prize
Dr. Livy Chong
Tunku Abdul Rahman University of
Management and Technology
(represented by Dr Koo Hui Chin)

NSM Postgraduate Poster Competition 2025



Group Photo

NSM Undergraduate Poster Competition 2025



1st Prize
Ms. Nazihah Tajuddin
Universiti Kebangsaan Malaysia



2nd Prize
Ms. Su Pei Wen
UCSI University



3rd Prize
Ms. Thanusha a/p Supparau
Management and Science University

NSM Undergraduate Poster Competition 2025



Consolation Prize
Ms. Nur Hazirah Binti Yusof
Universiti Kebangsaan Malaysia



Consolation Prize
Ms. Nur Fatin Liyana Binti Kassim
Universiti Malaysia Sabah



Consolation Prize
Ms. Nur Awadah Binti Din
Universiti Kebangsaan Malaysia

NSM Undergraduate Poster Competition 2025



Consolation Prize
Ms. Lim Choy Har
Management and Science University



Consolation Prize
Ms. Chew Yii Xin
Universiti Kebangsaan Malaysia



Consolation Prize
Ms. Anis Nursyahindah Binti Ahmad
Universiti Putra Malaysia

NSM Undergraduate Poster Competition 2025



Group Photo

TRADE EXHIBITION

Trade Exhibition

Major Sponsors



Herbalife Malaysia



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BENEO-Institute

Trade Exhibition

Lunch Sponsor



Dutch Lady Milk Industries Berhad

Trade Exhibition

Co-Sponsors



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Anlene Malaysia



InBody Asia Sdn. Bhd.

Trade Exhibition

Co-Sponsors



**Nutrigene Modern
Sciences Sdn. Bhd.**



**Malaysian Palm Oil Board
(MPOB)**

CONFERENCE WEBSITE

Homepage



40th

Annual Scientific Conference



Advancing Nutrition for a Healthier Malaysia: Bridging Science, Policy and Practice

29 - 30 July 2025 | Berjaya Times Square Hotel, Kuala Lumpur

Programme & Abstract Book

Download programme, conference information and abstracts of presenters (oral and posters).

Conference Programme

View conference schedule, keynote, symposium topics & invited lectures.

Post Conference Materials

View speakers slides and event pictorial report.

— ABOUT THE CONFERENCE —

Malaysia continues to face growing concerns related to the double burden of malnutrition, with the persistence of undernutrition and the rising incidences of both obesity and non-communicable diseases despite many efforts through various nutrition action plans.

There is also rising misinformation regarding nutrition. Advancing nutrition for a healthier Malaysia requires a holistic and collaborative strategy where policies and practices are based on science. This conference offers opportunities for multiple stakeholders including academics, health professionals, public and private sectors, and non-governmental organisations to share evidence from recent work and explore collaborations.

This year's theme highlights the importance of forging a path towards better nutrition for all through good communication of science, and policies and practices that are informed by science.



[READ MORE](#)

— CALL FOR ABSTRACTS —

Submit your abstracts for presentation in the free paper presentation or poster sessions of the Conference.

Abstracts (200 - 250 words) can be in any relevant topic of the symposia categories or conference theme.

Online abstract submission opens 1 March 2025 to 6 June 2025.

For submission guidelines and further details, please visit the conference website under Abstract page.



ABSTRACT SUBMISSION CLOSED

— Major Sponsors —



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— Co-Sponsors —

Eat Well, Live Well.



— Lunch Sponsor —



Homepage

Preliminary Announcement
29 - 30 July 2025 | Berjaya Times Square Hotel, Kuala Lumpur



40th Annual Scientific Conference

Advancing Nutrition for a Healthier Malaysia: Bridging Science, Policy, and Practice

About the conference:
This year's conference theme: "Advancing Nutrition for a Healthier Malaysia: Bridging Science, Policy, and Practice" emphasises the integration of scientific research, evidence-based policy-making, and practical interventions to improve the nutritional status and overall health of Malaysians. It underscores the importance of collaboration among researchers, policymakers, and practitioners to address contemporary nutrition challenges and foster a healthier future for the nation.

Tentative Plenary Lectures/Symposia/ Topics:

- Public health nutrition
- Planetary health and nutrition
- Nutrition in the Life Cycle
- Nutrition education & communication strategies
- Nutrition, technology and digital health
- Physical activity & sedentary behaviour
- Functional ingredients

For enquiries, contact:

Conference Chairman
Mahenderan Appukutty, PhD
President, Nutrition Society of Malaysia
president@nutriweb.org.my

Conference Secretariat
Nutrition Society of Malaysia
secretariat.nsm.conference@gmail.com

Stay Tuned for more details to come
Registration to open in March 2025
nsmconference.org.my

**Preliminary
Announcement**

29 - 30 July 2025 | Berjaya Times Square Hotel, Kuala Lumpur



40th Annual Scientific Conference of the Nutrition Society of Malaysia

Advancing Nutrition for a Healthier Malaysia: Bridging Science, Policy, and Practice

Important Dates

Conference:
29-30 JULY 2025

Registration & Abstract Submission:
Opens 1 March 2025

Abstract Submission Deadline:
15 May 2025

Early Bird Registration Deadline:
31 May 2025

CALL FOR ABSTRACTS

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About the Conference
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WHO should attend?

- Nutritionists in public and private sectors
- Dietitians in public and private sectors
- Nutrition researchers in academic and research organisations
- Nutrition undergraduates / postgraduate students
- Health professionals

INVITED SPEAKERS



Dr Tee E Siong
Immediate Past-President,
Nutrition Society of
Malaysia



Professor Christiani Jayakumar Henry
Former Director, CNRC, A*STAR Singapore
Institute of Food and Biotechnology
Innovation (A*STAR SIFBI)



Professor Vimal Karani
Professor, Department of
Food and Nutritional Sciences,
University of Reading, UK

1st Announcement

Programme Book



ATTENDANCE

Conference Attendance

Categories	No. of Pax
NSM Members	91
Postgraduate Students	60
Non-NSM Member	35
Nutrition Undergraduate Students	103
Other Undergraduate	5
Speakers	17
Exhibitors	14
TOTAL	325

Acknowledgements

The Nutrition Society of Malaysia gratefully acknowledges contributions from the following to the 40th Scientific Conference

Major Sponsors

- *BENEO-Institute*
- *dsm-firmenich*
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- *Yakult (Malaysia) Sdn Bhd*

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- *Malaysian Palm Oil Board (MPOB)*

Lunch Sponsor

- *Dutch Lady Milk Industries Berhad*

YRS Prize and Poster Sponsor

- *ILSI-Southeast Asia*

END & THANK YOU

For more information, please contact:

Conference Chairman

Mahenderan Appukutty, PhD

President, Nutrition Society of Malaysia

president@nutriweb.org.my

OR

NSM Conference Secretariat:

Nutrition Society of Malaysia

secretary@nutriweb.org.my