1st Southeast Asia Public Health Nutrition Conference
In conjunction with Nutrition Society of Malaysia
32nd Annual Scientific Conference

“Together In Advancing Public Health Nutrition”
May 14 (Sun) - 17 (Wed), 2017 • Hotel Istana, Kuala Lumpur, Malaysia

Organised by: Co-organised by:
Nutrition Foundation of the Philippines, Inc
Nutrition Society of Malaysia
Food and Nutrition Society of Indonesia
Vietnam Nutrition Association
Nutrition Association of Thailand
Nutrition Association

Under the auspices of: Supported by:
Her Royal Highness Princess Maha Chakri Sirindhorn

https://seaphnconference2017.org/
**InBody**

**ID:** Jane Doe  
**Height:** 156.9 cm  
**Age:** 51  
**Gender:** Female  
**Test Date / Time:** 2015.05.04. 09:46

**Body Composition Analysis**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Value</th>
<th>Normal</th>
<th>Over</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Body Water</td>
<td>27.5</td>
<td>(26.4 - 32.2)</td>
<td>27.5</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>7.3</td>
<td>(7.0 - 8.6)</td>
<td>7.3</td>
</tr>
<tr>
<td>Minerals (g)</td>
<td>2.54</td>
<td>(2.4 - 2.99)</td>
<td>2.54</td>
</tr>
<tr>
<td>Body Fat Mass (g)</td>
<td>21.8</td>
<td>(19.1 - 16.6)</td>
<td>21.8</td>
</tr>
</tbody>
</table>

**Muscle-Fat Analysis**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Value</th>
<th>Normal</th>
<th>Over</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Body Water</td>
<td>27.5</td>
<td>(26.4 - 32.2)</td>
<td>27.5</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>7.3</td>
<td>(7.0 - 8.6)</td>
<td>7.3</td>
</tr>
<tr>
<td>Minerals (g)</td>
<td>2.54</td>
<td>(2.4 - 2.99)</td>
<td>2.54</td>
</tr>
<tr>
<td>Body Fat Mass (g)</td>
<td>21.8</td>
<td>(19.1 - 16.6)</td>
<td>21.8</td>
</tr>
</tbody>
</table>

**Obesity Analysis**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Value</th>
<th>Normal</th>
<th>Over</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI (kg/m²)</td>
<td>19.7</td>
<td>21.0</td>
<td>21.0</td>
</tr>
<tr>
<td>PBF (%)</td>
<td>24.0</td>
<td>35.8</td>
<td>35.8</td>
</tr>
</tbody>
</table>

**Segmental Lean Analysis**

<table>
<thead>
<tr>
<th>Segment</th>
<th>Value (kg)</th>
<th>Normal</th>
<th>Over</th>
</tr>
</thead>
<tbody>
<tr>
<td>Right Arm</td>
<td>2.9</td>
<td>2.8</td>
<td>2.8</td>
</tr>
<tr>
<td>Left Arm</td>
<td>2.9</td>
<td>2.8</td>
<td>2.8</td>
</tr>
<tr>
<td>Trunk</td>
<td>9.4</td>
<td>10.3</td>
<td>10.3</td>
</tr>
<tr>
<td>Right Leg</td>
<td>16.2</td>
<td>15.0</td>
<td>15.0</td>
</tr>
<tr>
<td>Left Leg</td>
<td>13.4</td>
<td>14.0</td>
<td>14.0</td>
</tr>
</tbody>
</table>

**ECW Ratio Analysis**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Value</th>
<th>Normal</th>
<th>Over</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECW Ratio</td>
<td>0.399</td>
<td>0.399</td>
<td>0.399</td>
</tr>
</tbody>
</table>

**Body Composition History**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Value (g)</th>
<th>Normal</th>
<th>Over</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>65.3</td>
<td>63.9</td>
<td>63.9</td>
</tr>
<tr>
<td>SMM (lean muscle mass)</td>
<td>20.1</td>
<td>20.0</td>
<td>20.0</td>
</tr>
<tr>
<td>PBF (lean body fat)</td>
<td>41.3</td>
<td>40.7</td>
<td>40.7</td>
</tr>
<tr>
<td>ECW Ratio</td>
<td>0.399</td>
<td>0.399</td>
<td>0.399</td>
</tr>
</tbody>
</table>

**InBody Score**

- **68 / 100 Points**
- Total score that reflects the evaluation of body composition. A normal person may score over 100 points.

**Visceral Fat Area (VFA)**

- **127.8 cm²**

**Weight Control**

- **Target Weight:** 51.7 kg
- **Weight Control:** -7.4 kg
- **Fat Control:** -9.9 kg
- **Muscle Control:** +2.5 kg

**Segmental Fat Analysis**

- **Right Arm:** 1.5 kg, 12.1%
- **Left Arm:** 1.6 kg, 13.0%
- **Trunk:** 11.6 kg, 23.9%
- **Right Leg:** 2.9 kg, 13.2%
- **Left Leg:** 2.9 kg, 13.2%

**Research Parameters**

- **Intracellular Water:** 16.6 L (16.3 - 19.9)
- **Extracellular Water:** 10.9 L (10.0 - 12.2)
- **Basal Metabolic Rate:** 1176 kcal
- **Waist Hip Ratio:** 0.87 (0.75 - 0.85)
- **Body Cell Mass:** 23.8 kg (23.4 - 28.6)

**Results Interpretation QR Code**

Scan the QR Code to see results interpretation in more detail.

**Whole Body Phase Angle**

- **4.3°**

**Impedance**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Z(0) 1 us</td>
<td>379.6 (379.3 - 385.4)</td>
</tr>
<tr>
<td>5 us</td>
<td>373.2 (373.1 - 385.4)</td>
</tr>
<tr>
<td>50 us</td>
<td>371.2 (371.2 - 385.4)</td>
</tr>
<tr>
<td>250 us</td>
<td>370.5 (370.5 - 385.4)</td>
</tr>
<tr>
<td>500 us</td>
<td>297.4 (297.4 - 311.5)</td>
</tr>
<tr>
<td>1000 us</td>
<td>286.4 (286.4 - 311.5)</td>
</tr>
</tbody>
</table>

---

*If you are not assessing, you are simply guessing!*

---

**Contact Information**

- InBody Asia Sdn. Bhd.
  - **Phone:** 03-7732 0790
  - **Email:** info@inbodyasia.com
  - **Website:** www.inbodyasia.com
CONTENTS

Conference Organising Committee & Conference Advisors 4
Welcome Message From Conference Chairman 5
Invited Speakers 6-7
Venue Layout Plan 8
Information for Invited Speakers / Chairpersons 9
Information for Free Paper / Poster Presentations 9
Conference Information 10-11
Programme at a Glance 12
Official Opening Programme 13
Scientific Programme 14-16
Closing Ceremony Programme 17
Roundtable Discussion Sessions 18-19
Lunch Symposia 20-21
Young Researchers’ Awards (Oral) 22
Young Researchers’ Awards (Poster) 23
Free Paper Presentations 24-25
Poster Presentations 26-39
Nutrition Society of Malaysia 32nd Annual Scientific Conference
  NSM Poster Presentations (Undergraduates) 40-43
Nutrition Society of Malaysia (NSM) Award / Prizes 2017
  • NSM Fellows Award 45
  • NSM Postgraduate and Undergraduate Prizes 2017 46-48
  • NSM Publication Prizes 2017 49
Announcements of NSM Publication Prizes 2018 50-54
Acknowledgement 55
Conference Organising Committee & Conference Advisors

**Conference Chairman:** E Siong Tee  
Nutrition Society of Malaysia

**Conference Advisors:**  
Hardinsyah Ridwan  
Food and Nutrition Society of Indonesia

Mohd Ismail Noor  
Nutrition Society of Malaysia

Rodolfo F. Florentino  
Nutrition Foundation of the Philippines, Inc

Umaporn Suthutvoravut  
Nutrition Association of Thailand

Le Thi Hop  
Vietnam Nutrition Association

**Committee Members**

Azli Baharudin  
Institute for Public Health Malaysia

Gan Wan Ying  
Universiti Putra Malaysia

Hanis Mastura Yahya  
Universiti Kebangsaan Malaysia

Khor Geok Lin  
Universiti Putra Malaysia

Mahenderan Appukutty  
Universiti Teknologi MARA

Mohd Nasir Mohd Taib  
Universiti Putra Malaysia

Moy Foong Ming  
Universiti Malaya

Norimah A. Karim  
Universiti Kebangsaan Malaysia

Rokiah Don  
International Medical University

Roseline Yap Wai Kuan  
Taylor’s University Malaysia

Rozita Abdul Rahman  
Ministry of Health Malaysia

Tan Sue Yee  
International Medical University

Viola Michael  
Ministry of Health Malaysia

Wong Jyh Eiin  
Universiti Kebangsaan Malaysia

Zalma Abdul Razak  
Ministry of Health Malaysia

Zaitun Yassin  
Nutrition Society of Malaysia
We take this opportunity to welcome you to the 1st Southeast Asia Public Health Nutrition (SEA-PHN) Conference, scheduled on 14 – 17 May of 2017 at Kuala Lumpur, Malaysia. The Conference, with the theme ‘Together in Advancing Public Health Nutrition’ aims to bring together diverse stakeholders to share and discuss the latest scientific knowledge, experiences, effective intervention policies, strategies, research programmes and regulatory updates to promote and sustain public health nutrition in the SEA region.

Several Southeast Asia countries are experiencing a rapid nutrition transition, where an increasing number of the countries in the region are facing a double burden of malnutrition, with persisting issues of undernutrition especially among children, and at the same time heading into an epidemic of obesity, diabetes and other non-communicable diseases related to over-nutrition. In cognisance of the similarities in the threat of double burden of malnutrition problems in the SEA region, the promotion of productive exchange of information, ideas and dialogue among multiple stakeholders in coordinating efforts, implementing nutrition research and intervention programmes in the region is desired. The holding of the 1st SEA-PHN Conference provides a platform for interaction and development of potential cross sectors collaborations; strengthen current partnerships in combating public health nutrition issues of the Southeast Asia region.

The scientific program of the Conference comprises plenary lectures, symposia, free paper presentations as well as poster session on the current problems of public health nutrition. Young researchers are invited to vie for prizes in the oral and poster competitions. A special feature shall be three roundtable discussions that will focus on nutrition promotion programmes at school, maternal nutrition and childhood obesity. This Conference is expected to gather public health nutrition professionals, researchers, policymakers from government ministries and health agencies, various stakeholders from the food, health and fitness industry from around the Southeast Asian.

We warmly welcome you to the first ever Public Health Nutrition Conference of the region! Together we can contribute towards advancing public health nutrition for the alleviation of the prevailing malnutrition problems.

Wishing you a fruitful Conference!

7 May 2017
Invited Speakers

Imelda Angeles-Agdeppa
Philippines

Pei Gee Chew
Australia

Andrew Hills
Australia

Benny Kodyat
Indonesia

Corazon Barba
Philippines

YiFang Chu
United States of America

Le Thi Hop
Vietnam

Koo Pei Fern
Singapore

Hercules Callanta
Philippines

Jodie Dodd
Australia

Tomoji Igarashi
Japan

Lokman Hakim bin Sulaiman
Malaysia

Mario Capanzana
Philippines

Umi Fahmida
Indonesia

Hideki Ishikawa
Japan

Le Bach Mai
Vietnam

Pauline Chan
Singapore

Rodolfo F. Florentino
Philippines

Doddy Izwardy
Indonesia

Motohiko Miyachi
Japan

Mary Chea
Cambodia

Hamid Jan
Jan Mohamed
Malaysia

Kunchit Udprasong
Thailand

Teruo Miyazawa
Japan

Chelsea Chang
Singapore

Hardinsyah Ridwan
Indonesia

Yoshio Kawahara
Japan

Mohd Ismail Noor
Malaysia
Invited Speakers

Muhammad Faid Abd Rashid
Malaysia

Robert Rastall
United Kingdom

May Khin Than
Myanmar

Florentinus G. Winarno
Indonesia

Cindy Nakatsu
United States of America

Malcolm Riley
Australia

Kraisid Tontisirin
Thailand

Pattanee Winichagoon
Thailand

Nik Rubiah Nik Abd Rashid
Malaysia

Charintip Somprasit
Thailand

Napaphan Viriyautsahakul
Thailand

Yueching Wong
Taiwan

Anadi Nitithamyong
Thailand

Kunlaporn Sukumaltakun
Thailand

Chin-Kun Wang
Taiwan

Zakaria bin Kamis
Brunei

Noor Asmah Ahmad Shah
Malaysia

Tahir Aris
Malaysia

Huijun Wang
China

Zalma Abdul Razak
Malaysia

Huynh Nam Phuong
Vietnam

Tahmeed Ahmed
Bangladesh

Wang Hongwei
China

Cut Novianti Rachmi
Indonesia

Celeste Tanchoco
Philippines

Nicholas West
Australia
Venue Layout Plan

LEGEND FOR SPONSORS AND EXHIBITORS

<table>
<thead>
<tr>
<th>Booth No.</th>
<th>Company Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 2</td>
<td>Yakult (M) Sdn Bhd</td>
</tr>
<tr>
<td>3, 4, 5</td>
<td>DuPont Nutrition &amp; Health</td>
</tr>
<tr>
<td>6</td>
<td>Ajinomoto (Malaysia) Berhad</td>
</tr>
<tr>
<td>7</td>
<td>Quaker Asia-Pacific</td>
</tr>
<tr>
<td>8, 9, 10</td>
<td>Herbalife Nutrition</td>
</tr>
<tr>
<td>11</td>
<td>InBody Asia Sdn Bhd</td>
</tr>
<tr>
<td>12</td>
<td>Mondelez International</td>
</tr>
<tr>
<td>13</td>
<td>Nutrition Division, Ministry of Health Malaysia</td>
</tr>
<tr>
<td>14</td>
<td>Southeast Asia Public Health Nutrition (SEA-PHN) Network</td>
</tr>
<tr>
<td>15</td>
<td>Nutrition Society of Malaysia &amp; ILSI SEA Region</td>
</tr>
<tr>
<td>16</td>
<td>Nestle Products Sdn Bhd</td>
</tr>
<tr>
<td>17</td>
<td>seca Asia Pacific Sdn Bhd</td>
</tr>
</tbody>
</table>
Information for Invited Speakers / Chairpersons

FOR SPEAKERS

Speaker Preview Room
Speaker Preview Room is located at Function Room Berlian on Ballroom Level, Hotel Istana, Kuala Lumpur and the opening hours are as follows:

15 May 2017: 8.00am - 6.00pm ● 16 May 2017: 8.00am - 6.00pm ● 17 May 2017: 8.00am - 5.00pm

You may submit or download your presentation materials at the speaker preview room during the opening hours.

Important Guideline for Speakers

1) Please report to the Speaker Preview Room at least ONE day prior to your presentation day to submit your final presentation materials. For Day 1 speakers, please submit presentation materials at 8am on 15 May 2017.
2) Please re-confirm your presentation timing and location with the Secretariat staff on duty.
3) Audio-visual testing facilities are available at the Speaker Preview Room. The staff on duty will assist you in testing and installing your presentation materials.
4) Please be present at your session room at least 15 minutes prior to the start of the session.

FOR CHAIRPERSONS

Please be present at your session room at least 10 minutes prior to the start of the session as explained in a separate set of advisory note provided for all chairpersons.

Information for Free Paper / Poster Presentations

FREE PAPER PRESENTATIONS

- Please report to the Speaker Preview Room at least ONE day prior to your presentation day to submit your final presentation materials.
- Please re-confirm your presentation timing and location with the staff on duty.
- Audio-visual testing facilities are available at the Speaker Preview room. The staff on duty will assist you in testing and installing your presentation materials.
- Please be present at your session room at least 10 minutes prior to start of the session.
- Please remember that the time allotted for oral sessions is 8 minutes for presentation and 2 minutes for questions and answers.

POSTER PRESENTATIONS

Mounting: 15 May 2017: 7.00am - 8.30am Dismantling: 17 May 2017: 4.00pm - 5.00pm

- Poster presentations area is located at Function Rooms Safir I & II on Ballroom Level, Hotel Istana, Kuala Lumpur
- Posters must be set up and dismantled according to the time given above.
- The Organising Committee bears no responsibility for any lost or damaged posters if the posters are not dismantled after the given time.
- Please ensure that no damage is done to the poster panel boards.
REGISTRATION COUNTER
Registration Counter is located at the Ballroom Level, Hotel Istana Kuala Lumpur. Opening hours of the Registration Counter:
- 14 May 2017: 5.00pm – 7.00pm
- 15 May 2017: 7.30am – 6.00pm
- 16 May 2017: 8.00am – 6.00pm
- 17 May 2017: 8.00am – 5.00pm

SCIENTIFIC SESSIONS
All scientific sessions shall be held in Mahkota I, Mahkota II and Mahkota III Ballroom, Ballroom Level, Hotel Istana, Kuala Lumpur.

POSTER PRESENTATIONS
Poster Presentations shall be held at Function Rooms Safir I and Safir II on Ballroom Level, Hotel Istana, Kuala Lumpur and the opening hours are as follows:
- 15 May 2017: 8.00am – 6.00pm
- 16 May 2017: 8.00am – 6.00pm
- 17 May 2017: 8.00am – 5.00pm

TRADE EXHIBITION
Trade Exhibition is located at Foyer, Ballroom Level, Hotel Istana, Kuala Lumpur. Opening hours for booths:
- 15 May 2017: 8.30am – 6.00pm
- 16 May 2017: 8.30am – 6.00pm
- 17 May 2017: 8.30am – 5.00pm

OFFICIAL LANGUAGE
The official language of the Conference is English.

CERTIFICATE OF ATTENDANCE
E-Certificate of Attendance will be given to all registered delegates upon request within 10 days after the Conference via website. Special certificates will be given to those participated in the Young Researchers’ Award Symposium, Free Paper Presentations and Poster Presentations. To request for the E-certificates, kindly write your full name and email address at the Registration Counter.

NAME BADGES
Registered delegates are to wear their name badges at all times during the Conference for identification and security purposes. Admission to all Conference sessions and official functions is based on name badges.
**LUNCH**
Lunch box will be served during the Lunch Symposia ONLY inside the respective ballrooms. Refer to the lunch voucher for the location of your lunch venue. Please present your lunch voucher to the staff on duty to enter the ballroom of your pre-booked lunch symposium.

**COFFEE BREAK**
Morning and afternoon refreshments shall be served around the trade exhibition area at the Foyer, Ballroom Level, Hotel Istana, Kuala Lumpur.

**CELLULAR PHONE**
As a courtesy to all delegates and speakers, cellular phones, pagers and others electronic devices must be operated in silent/vibrated mode throughout the Conference sessions. No telephone conversations are permitted in the session rooms.

**WI-FI**
Free WI-FI is available throughout the hotel. No password is required

**PARKING**
Parking in the hotel is charged at RM17 flat rate. Please have your parking ticket validated at the foyer area (please look for Hotel staff for assistance).

**BREASTFEEDING ROOM**
Function room Zamrud on Ballroom Level, Hotel Istana, Kuala Lumpur has been reserved as special area for Breast Feeding/Expressing Milk area. (Please approach the Conference Secretariat to obtain the access key to the room and further assistance)

**MUSLIM PRAYERS ROOM**
Surau is located on the Mezzanine Floor of Hotel Istana Kuala Lumpur.

**LIABILITY**
The Organising Committee will not assume any responsibility for accidents, losses or damages, as well as delays or modifications of the Conference programme.
**Programme at a Glance**

<table>
<thead>
<tr>
<th>Time</th>
<th>Sun, 14th May</th>
<th>Mon, 15th May</th>
<th>Tue, 16th May</th>
<th>Wed, 17th May</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730-0830</td>
<td>REGISTRATION/ POSTER VIEWING</td>
<td>Plenary Lecture 3</td>
<td>REGISTRATION/ POSTER VIEWING</td>
<td>Plenary Lecture 4</td>
</tr>
<tr>
<td>0830-0900</td>
<td>OPENING CEREMONY</td>
<td>Symposium 5 School-Age Children &amp; Adolescent</td>
<td>Symposium 6 New Methodologies in Dietary Assessment &amp; Food Composition Database</td>
<td>Coffee Break/Poster Viewing / Trade Exhibition</td>
</tr>
<tr>
<td>0900-0930</td>
<td>Coffee Break/Poster Viewing/ Trade Exhibition</td>
<td>Symposium 7 Obesity &amp; Other Diet-related NCDs</td>
<td>Symposium 8 Micronutrient Deficiencies</td>
<td>Coffee Break/Poster Viewing/ Trade Exhibition</td>
</tr>
<tr>
<td>0930-1000</td>
<td>Keynote Address</td>
<td>Poster Viewing/Trade Exhibition</td>
<td>Lunch Symposium 4</td>
<td>Lunch Symposium 7</td>
</tr>
<tr>
<td>1000-1030</td>
<td>Plenary Lecture 1</td>
<td>Symposium 1 Maternal Nutrition</td>
<td>Lunch Symposium 2</td>
<td>Lunch Symposium 8</td>
</tr>
<tr>
<td>1030-1100</td>
<td>Lunch Symposium 1</td>
<td>Symposium 2 Public Health Nutrition Policy</td>
<td>Lunch Symposium 3</td>
<td>Lunch Symposium 2</td>
</tr>
<tr>
<td>1100-1130</td>
<td>Weekend</td>
<td>Symposium 3 Infant &amp; Young Child Nutrition</td>
<td>Symposium 4 National Plan of Action for Nutrition (NPAN) in SEA</td>
<td>Poster Viewing/ Trade Exhibition</td>
</tr>
<tr>
<td>1130-1200</td>
<td>Lunch Symposium 4</td>
<td>Symposium 5 National Plan of Action for Nutrition (NPAN) in SEA</td>
<td>Symposium 9 Food-Based Dietary Guidelines in SEA</td>
<td>Symposium 10 Young Researchers’ Awards</td>
</tr>
<tr>
<td>1200-1230</td>
<td>Weekend</td>
<td>Symposium 6 Micronutrient Deficiencies</td>
<td>Symposium 10 Young Researchers’ Awards</td>
<td>Round Table Discussion 3</td>
</tr>
<tr>
<td>1230-1300</td>
<td>Poster Viewing/ Trade Exhibition</td>
<td>Round Table Discussion 2 Promoting Healthy Nutrition in Schools</td>
<td>Poster Viewing/ Trade Exhibition</td>
<td>PRIZE PRESENTATION &amp; CLOSING CEREMONY</td>
</tr>
<tr>
<td>1300-1330</td>
<td>Weekend</td>
<td>Round Table Discussion 1 Promotion of Maternal Nutrition</td>
<td>Free Paper Presentation 2</td>
<td>Coffee Break/Poster Viewing</td>
</tr>
<tr>
<td>1330-1400</td>
<td>Weekend</td>
<td>Free Paper Presentation 1</td>
<td>Free Paper Presentation 2</td>
<td>END</td>
</tr>
<tr>
<td>1400-1430</td>
<td>Weekend</td>
<td>Free Paper Presentation 1</td>
<td>Free Paper Presentation 2</td>
<td>Coffee Break/Poster Viewing</td>
</tr>
<tr>
<td>1430-1500</td>
<td>Weekend</td>
<td>Free Paper Presentation 2</td>
<td>Free Paper Presentation 2</td>
<td>END</td>
</tr>
<tr>
<td>1500-1530</td>
<td>Weekend</td>
<td>Free Paper Presentation 2</td>
<td>Free Paper Presentation 2</td>
<td>END</td>
</tr>
<tr>
<td>1530-1600</td>
<td>Weekend</td>
<td>Free Paper Presentation 2</td>
<td>Free Paper Presentation 2</td>
<td>END</td>
</tr>
<tr>
<td>1600-1630</td>
<td>Weekend</td>
<td>Free Paper Presentation 2</td>
<td>Free Paper Presentation 2</td>
<td>END</td>
</tr>
<tr>
<td>1630-1700</td>
<td>Weekend</td>
<td>Free Paper Presentation 2</td>
<td>Free Paper Presentation 2</td>
<td>END</td>
</tr>
<tr>
<td>1700-1730</td>
<td>Weekend</td>
<td>Free Paper Presentation 2</td>
<td>Free Paper Presentation 2</td>
<td>END</td>
</tr>
<tr>
<td>1730-1800</td>
<td>Weekend</td>
<td>Free Paper Presentation 2</td>
<td>Free Paper Presentation 2</td>
<td>END</td>
</tr>
<tr>
<td>1800-1930</td>
<td>Weekend</td>
<td>Free Paper Presentation 2</td>
<td>Free Paper Presentation 2</td>
<td>END</td>
</tr>
<tr>
<td>1930-2000</td>
<td>Weekend</td>
<td>Free Paper Presentation 2</td>
<td>Free Paper Presentation 2</td>
<td>END</td>
</tr>
<tr>
<td>2000-2200</td>
<td>Weekend</td>
<td>Free Paper Presentation 2</td>
<td>Free Paper Presentation 2</td>
<td>END</td>
</tr>
</tbody>
</table>

**Other related meetings for invited members**

1. Malaysian Journal of Nutrition Editorial Board Meeting, 4pm - 6pm, 14 May 2017 (Function Rooms Nilam & Delima);
2. 2nd NSM-Roundtable Discussion on Matters Related to CCNFSDU, 5.30pm – 9.30pm, 15 May 2017 (Function Rooms Nilam & Delima);
3. 5th Annual Meeting of the SEA-PHN Network, 9 am – 5 pm, 18 May 2017 (Mahkota Stateroom 2222, Level 22).
## Official Opening Programme
(Day 1, 15th May 2017)

<table>
<thead>
<tr>
<th>Time</th>
<th>Programme</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 am</td>
<td><strong>Arrival of Guest-of-Honour</strong>&lt;br&gt;Yang Berhormat Datuk Seri Dr S. Subramaniam&lt;br&gt;Minister of Health Malaysia</td>
</tr>
<tr>
<td>9.05 am</td>
<td><strong>Cultural Performance</strong>&lt;br&gt;Drums Symphony</td>
</tr>
<tr>
<td>9.25 am</td>
<td><strong>Welcome Remarks</strong>&lt;br&gt;By Dr Tee E Siong&lt;br&gt;Chairman of Organising Committee of the 1st Southeast Asia Public Health Nutrition Conference &amp; President of Nutrition Society of Malaysia</td>
</tr>
<tr>
<td>9.35 am</td>
<td><strong>Official Speech &amp; Opening of the 1st SEA-PHN Conference</strong>&lt;br&gt;By Yang Berhormat Datuk Seri Dr S. Subramaniam&lt;br&gt;Minister of Health Malaysia</td>
</tr>
<tr>
<td>9.50 am</td>
<td><strong>Conference Opening Gambit</strong>&lt;br&gt;Launch of the Recommended Nutrient Intake (RNI) Malaysia 2017&lt;br&gt;Momento Presentation to Guest-of-Honour</td>
</tr>
<tr>
<td>10.00 am</td>
<td><strong>End of Opening Ceremony</strong>&lt;br&gt;Tour of Trade Exhibition/Scientific Posters by Guest-of-Honour and Invited Guests</td>
</tr>
</tbody>
</table>
**Scientific Programme**  
(Day 1, 15th May 2017)

<table>
<thead>
<tr>
<th>Time</th>
<th>Mon, 15th May</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730-0830</td>
<td>REGISTRATION/ POSTER VIEWING</td>
</tr>
<tr>
<td>0830-0900</td>
<td></td>
</tr>
<tr>
<td>0900-0930</td>
<td></td>
</tr>
<tr>
<td>0930-1000</td>
<td></td>
</tr>
<tr>
<td>1000-1030</td>
<td>Coffee Break/Poster Viewing/Trade Exhibition</td>
</tr>
<tr>
<td>1030-1100</td>
<td>Keynote Address</td>
</tr>
<tr>
<td>1100-1130</td>
<td>Plenary Lecture 1</td>
</tr>
<tr>
<td>1130-1140</td>
<td>Symposium 1: Maternal Nutrition</td>
</tr>
<tr>
<td>1130-1200</td>
<td>Symposium 2: Public Health Nutrition Policy</td>
</tr>
<tr>
<td>1200-1230</td>
<td>Lunch Symposium 1 by Beneo</td>
</tr>
<tr>
<td>1230-1300</td>
<td>Lunch Symposium 2 by DuPont</td>
</tr>
<tr>
<td>1300-1330</td>
<td>Lunch Symposium 3 by Tate &amp; Lyle</td>
</tr>
<tr>
<td>1330-1400</td>
<td></td>
</tr>
<tr>
<td>1400-1430</td>
<td></td>
</tr>
<tr>
<td>1430-1500</td>
<td>Plenary Lecture 2</td>
</tr>
<tr>
<td>1500-1530</td>
<td>Symposium 3: Infant &amp; Young Child Nutrition</td>
</tr>
<tr>
<td>1530-1600</td>
<td>Symposium 4: National Plan of Action (NPAN) in SEA</td>
</tr>
<tr>
<td>1600-1630</td>
<td>Round Table Discussion 1: Promotion of Maternal Nutrition</td>
</tr>
<tr>
<td>1630-1700</td>
<td></td>
</tr>
<tr>
<td>1700-1730</td>
<td></td>
</tr>
<tr>
<td>1730-1800</td>
<td>Coffee Break/Poster Viewing</td>
</tr>
<tr>
<td>1800-1930</td>
<td>End of Day 1</td>
</tr>
</tbody>
</table>

**Time Table Legend**
- **Mahkota I Ballroom**
- **Mahkota II Ballroom**
- **Mahkota III Ballroom**
- **Mahkota I & II Ballroom**
<table>
<thead>
<tr>
<th>Time</th>
<th>Tue, 16th May</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730-0830</td>
<td>Registration/Poster Viewing</td>
</tr>
<tr>
<td>0830-0900</td>
<td><strong>Plenary Lecture 3</strong></td>
</tr>
<tr>
<td></td>
<td>The growth of nutrition activities in the Philippines: Lessons learned and challenges for the future</td>
</tr>
<tr>
<td></td>
<td>Dr Rodolfo Florentino</td>
</tr>
<tr>
<td></td>
<td>Chairman-President of Nutrition Foundation of the Philippines</td>
</tr>
<tr>
<td></td>
<td>Chairperson: Corazon Barba</td>
</tr>
<tr>
<td>0900-0930</td>
<td><strong>Symposium 5: School-Age Children &amp; Adolescent</strong></td>
</tr>
<tr>
<td></td>
<td>School-based intervention programs in Southeast Asia in improving nutritional status: successes and challenges</td>
</tr>
<tr>
<td></td>
<td>Imelda Angeles-Agdeppa</td>
</tr>
<tr>
<td></td>
<td>Interventions to support teenage pregnancies:</td>
</tr>
<tr>
<td></td>
<td>Ministry of Health's initiatives</td>
</tr>
<tr>
<td></td>
<td>Nik Rubiah Nik Abd Rashid</td>
</tr>
<tr>
<td></td>
<td>An overview on body image and disordered behaviors among</td>
</tr>
<tr>
<td></td>
<td>school-age children and adolescents in Taiwan and other Asian countries</td>
</tr>
<tr>
<td></td>
<td>Yueching Wong</td>
</tr>
<tr>
<td></td>
<td>Chairperson: Mohd Nasir Mohd Taib</td>
</tr>
<tr>
<td>0930-1000</td>
<td><strong>Symposium 6: New Methodologies in Dietary Assessment &amp; Food Composition</strong></td>
</tr>
<tr>
<td></td>
<td>Update on food composition programmes in South-East Asia:</td>
</tr>
<tr>
<td></td>
<td>ASEANFOODS</td>
</tr>
<tr>
<td></td>
<td>Kunchit Judprasong</td>
</tr>
<tr>
<td></td>
<td>Analytical aspects on functional components in Japanese official claims and food composition table</td>
</tr>
<tr>
<td></td>
<td>Tomoji Igarashi</td>
</tr>
<tr>
<td></td>
<td>What do technological developments mean for dietary surveys?</td>
</tr>
<tr>
<td></td>
<td>Malcolm Riley</td>
</tr>
<tr>
<td></td>
<td>Chairperson: Anadi Nitithamyong</td>
</tr>
<tr>
<td>1030-1100</td>
<td>Coffee Break/Poster Viewing/Trade Exhibition</td>
</tr>
<tr>
<td>1100-1130</td>
<td><strong>Symposium 7: Obesity &amp; Other Diet-related NCDs</strong></td>
</tr>
<tr>
<td></td>
<td>Community obesity prevention programme: Learning from the My Body is Fit and Fabulous (MyBFF) programme</td>
</tr>
<tr>
<td></td>
<td>Tahir Aris</td>
</tr>
<tr>
<td></td>
<td>NCD prevention strategies and action plans in China</td>
</tr>
<tr>
<td></td>
<td>Huijun Wang</td>
</tr>
<tr>
<td></td>
<td>Stunting in early childhood and risk of overweight/obesity in adolescence: evidence from 7 and 14 years cohort in Indonesia</td>
</tr>
<tr>
<td></td>
<td>Cut Novianti Rachmi</td>
</tr>
<tr>
<td></td>
<td>Chairperson: Norimah A. Karim</td>
</tr>
<tr>
<td>1200-1230</td>
<td><strong>Symposium 8: Micronutrient Deficiencies</strong></td>
</tr>
<tr>
<td></td>
<td>Micronutrient deficiencies among underfive children and reproductive-age women in Southeast Asia with focus on iron, zinc and vitamin D</td>
</tr>
<tr>
<td></td>
<td>Pattanan Winichagorn</td>
</tr>
<tr>
<td></td>
<td>Intervention programmes in alleviating micronutrient deficiencies in communities with low resources</td>
</tr>
<tr>
<td></td>
<td>Mary Chea</td>
</tr>
<tr>
<td></td>
<td>Rice fortification for an alternative micronutrient problem solution:</td>
</tr>
<tr>
<td></td>
<td>Do the evidence support?</td>
</tr>
<tr>
<td></td>
<td>Hardinsyah Ridwan</td>
</tr>
<tr>
<td></td>
<td>Chairperson: Imelda Angeles-Agdeppa</td>
</tr>
<tr>
<td>1230-1300</td>
<td><strong>Lunch Symposium 4</strong></td>
</tr>
<tr>
<td></td>
<td>by Ajinomoto</td>
</tr>
<tr>
<td></td>
<td>Amino acids and healthy muscle</td>
</tr>
<tr>
<td></td>
<td>Yoshio Kawahara</td>
</tr>
<tr>
<td>1300-1330</td>
<td><strong>Lunch Symposium 5</strong></td>
</tr>
<tr>
<td></td>
<td>by Herbalife Nutrition</td>
</tr>
<tr>
<td></td>
<td>Fit vs Fat: The role of balanced nutrition in combating obesity in Southeast Asia</td>
</tr>
<tr>
<td></td>
<td>Chin-Kun Wang</td>
</tr>
<tr>
<td>1330-1400</td>
<td>Poster Viewing/Trade Exhibition</td>
</tr>
<tr>
<td>1400-1430</td>
<td><strong>Symposium 9: Food-based Dietary Guidelines in SEA</strong></td>
</tr>
<tr>
<td></td>
<td>Update on development and implementation in Southeast Asia</td>
</tr>
<tr>
<td></td>
<td>Benny Kodyat; Mohd Ismail Noor; May Khin Than; Celeste Tanchoco; Chelsea Chang; Kunlaporn Sukumaltakun; Le Bach Mai</td>
</tr>
<tr>
<td></td>
<td>Chairperson: Kraisid Tontisirin &amp; Rokiah Don</td>
</tr>
<tr>
<td>1430-1500</td>
<td><strong>Symposium 10: Young Researchers' Awards</strong></td>
</tr>
<tr>
<td></td>
<td>Chairperson: Umi Fahmida &amp; Zainun Yassin</td>
</tr>
<tr>
<td>1500-1530</td>
<td><strong>Round Table Discussion 2: Promoting Healthy Nutrition in Schools</strong></td>
</tr>
<tr>
<td></td>
<td>Chairperson: Tee E Siong</td>
</tr>
<tr>
<td>1530-1600</td>
<td>Panelists: Luh Ade Wiradyani, Norimah A. Karim, Imelda Angeles-Agdeppa &amp; Napakan Viriyautsahakul</td>
</tr>
<tr>
<td>1630-1700</td>
<td><strong>Free Paper Presentation 1</strong></td>
</tr>
<tr>
<td></td>
<td>Chairperson: Roseline Yap &amp; Haris Mastura Yahya</td>
</tr>
<tr>
<td>1700-1730</td>
<td><strong>Free Paper Presentation 2</strong></td>
</tr>
<tr>
<td></td>
<td>Chairperson: Mageswary Lapchmanan &amp; Wong Jyh Elin</td>
</tr>
<tr>
<td>1730-1800</td>
<td>Coffee Break/Poster Viewing</td>
</tr>
<tr>
<td>1800-1930</td>
<td>End of Day 2/Break</td>
</tr>
<tr>
<td>1930-2000</td>
<td></td>
</tr>
<tr>
<td>2000-2200</td>
<td>Conference Dinner</td>
</tr>
</tbody>
</table>

**Conference Dinner**

**Venue:** Mahkota I Ballroom, Mahkota II Ballroom, Mahkota III Ballroom, Mahkota I & II Ballroom
# Scientific Programme

(Day 3, 17th May 2017)

<table>
<thead>
<tr>
<th>Time</th>
<th>Wed, 17th May</th>
</tr>
</thead>
<tbody>
<tr>
<td>0800-0830</td>
<td><strong>REGISTRATION/ POSTER VIEWING</strong></td>
</tr>
</tbody>
</table>
| 0830-0900 | Plenary Lecture 4  
Nutritional policies and strategic plan development in Thailand: Challenges and experience  
Emeritus Prof Dr Kraisid Tontisirin  
Senior Advisor for the Institute of Nutrition, Mahidol University, Thailand  
Chairperson: Rodolfo Florentino |
| 0900-0930 | Plenary Lecture 5  
Tackling the changing nutrition scene in Vietnam: Success and challenges  
Prof Dr Le Thi Hop  
President of Vietnam Nutrition Association (VINUTAS)  
Chairperson: Umaporn Suthutvoravut |
| 0930-1000 | Coffee Break/Poster Viewing/Trade Exhibition |
| 1000-1030 | Symposium 11: Physical Activity in Promoting Optimal Health  
+10 min of physical activity per day  
Motohiko Miyachi  
Interventions to promote physical activity  
Andrew Hills  
Promoting physical activity among the elderly  
Hercules Callanta  
Chairperson: Mahenderan Appukuttu |
| 1030-1100 | Symposium 12: Functional Ingredients & Foods in Health Promotion  
Role of prebiotics in promoting digestive health  
Anadi Nitithamyong  
Probiotics for upper respiratory illness in healthy active adults  
Nicholas West  
Regulatory status and scientific substantiation of health claims in SEA  
Pauline Chan  
Chairperson: Norrani Eksan |
| 1100-1130 | **FREE PAPER PRESENTATION 3**  
Chairperson: Rusidah Selamat & Roseline Yap |
| 1130-1200 | Lunch Symposium 7  
by Yakult  
Probiotics and prevention of colorectal cancer  
Hideki Ishikawa |
| 1200-1230 | Lunch Symposium 8  
by Mondelez  
Breakfast pattern of adults in Asia and its association with chronic disease development  
Hamid Jan Jan Mohamed  
Slowly digestible starch from cereal-based foods, metabolic interest at breakfast  
Pei Gee Chew |
| 1230-1300 | Free Paper Presentation 4  
Chairperson: Tan Sue Yee & Gan Wan Ying |
| 1300-1330 | Poster Viewing/ Trade Exhibition |
| 1330-1400 | **ROUND TABLE DISCUSSION 3: COMBATING CHILDHOOD OBESITY**  
Chairperson: Mohd Ismail Noor  
Panelists: Muhammad Yazid Jalaludin, Andrew Hills & Chelsea Chang |
| 1400-1430 | Poster Viewing/ Trade Exhibition |
| 1430-1500 | **PRIZE PRESENTATION & CLOSING CEREMONY** |
| 1500-1530 | Coffee Break/Poster Viewing |
| 1530-1600 | END |

**Mahkota I Ballroom**  
**Mahkota II Ballroom**  
**Mahkota III Ballroom**  
**Mahkota I & II Ballroom**
## Closing Ceremony Programme

(Day 3, 17\textsuperscript{th} May 2017)

<table>
<thead>
<tr>
<th>Time</th>
<th>Programme</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.30 pm</td>
<td><strong>Introduction</strong></td>
</tr>
<tr>
<td></td>
<td>By Master of Ceremony</td>
</tr>
<tr>
<td>3.35 pm</td>
<td><strong>Prize and Award Presentation Ceremony</strong></td>
</tr>
<tr>
<td></td>
<td>By Emeritus Prof Dr Mohd Ismail Noor</td>
</tr>
<tr>
<td></td>
<td>Vice-President of Nutrition Society of Malaysia</td>
</tr>
<tr>
<td></td>
<td>• Presentation of Winners of the Young Researchers’ Awards (Oral and Poster)</td>
</tr>
<tr>
<td></td>
<td>• Presentations</td>
</tr>
<tr>
<td></td>
<td>• Presentation of NSM Fellows Award</td>
</tr>
<tr>
<td></td>
<td>• Presentation of NSM Publication Prizes 2017</td>
</tr>
<tr>
<td></td>
<td>• Presentation of NSM Undergraduate and Postgraduate Prizes 2017</td>
</tr>
<tr>
<td></td>
<td>• Presentation of Prizes to Winners of the Undergraduate Poster Presenters</td>
</tr>
<tr>
<td>4.10 pm</td>
<td><strong>Closing Remarks and Summary of 1\textsuperscript{st} SEA-PHN Conference 2017</strong></td>
</tr>
<tr>
<td></td>
<td>By Dr Tee E Siong</td>
</tr>
<tr>
<td></td>
<td>Chairman of the Organising Committee</td>
</tr>
<tr>
<td>4.20 pm</td>
<td><strong>End of Ceremony &amp; Conference</strong></td>
</tr>
</tbody>
</table>
Roundtable Discussion (RTD) Sessions

General objectives of RTD
Provide a platform for workers in public health nutrition in Southeast Asia to discuss three key topics of common interest and concern in the region:
1) promoting maternal nutrition,     2) promoting healthy nutrition in schools    3) combating childhood obesity
a) Further increase awareness and importance among policy makers, researchers and public health workers
b) Review current status
c) Discuss successes and challenges in implementing programmes
d) Explore opportunities for collaboration

Discussion Topic 1: Promotion of Maternal Nutrition
4.30pm – 5.30pm, 15th May 2017
Chairperson : Emeritus Professor Dr Khor Geok Lin (Malaysia)
Panelists : Assoc Prof Rokiah Don (Malaysia)
           Emeritus Prof Dr Corazon Barba (Philippines)
           Prof Dr Kraisid Tontisirin (Thailand)

The importance of health and nutrition care across the life cycle is well recognised. The first 1,000 days of an infant’s life (9 months in the mother’s womb and first 2 years after birth) offer a timely opportunity for achieving optimal health and nutrition outcomes. These include reducing infant morbidity and mortality as well as attaining optimal growth and neurodevelopment. In this context, it is critically important to ensure appropriate preconception care, which is described as beginning in adolescence and provided before and between pregnancies.

The science of ‘developmental origins of health and disease’ (DOHaD) has gained much traction since it was initially promulgated more than two decades ago. Following on from this, there has been copious research linking lower birth weight with increased risk factors for later disease (high blood pressure, central obesity, insulin resistance, reduced glucose tolerance), and with increased cardiovascular and metabolic diseases. In Southeast Asia in general, the trends are escalating for prevalence of diabetes type II, obesity, hypertension, and cardiovascular diseases.

In this round table discussion, three eminent panel members from different countries will share their experiences and expertise in addressing the important subject of promoting maternal nutrition.
1. What is the status of your country’s policy, programmes and interventions on preconception care towards improving health and nutrition of women of reproductive age and during pregnancy? Are there lessons to be shared with other countries?
2. What are your thoughts about possible collaborations among the SEA countries to address the subject of DoHaD in the context of the region’s rising burden of non-communicable disease?

Discussion Topic 2: Promoting Healthy Nutrition in Schools
3.30pm – 4.30pm, 16th May 2017
Chairperson : Dr Tee E Siong (Malaysia)
Panelists : Dr Luh Ade Wiradyani (Indonesia)
           Prof Dr Norimah A. Karim (Malaysia)
           Dr Imelda Angeles-Agdeppa (Philippines)
           Dr Napaphan Viriyautsahakul (Thailand)

The dual problem of malnutrition exists among school children in the SEA region. Growth retardation and micronutrient deficiencies remain as important nutritional problems while overweight and obesity have become more important
Roundtable Discussion (RTD) Sessions

Threats to the health and wellbeing of the children. Various experts have recommended that measures to address these nutritional problems be systematically carried out, to ensure children are able to grow up optimally and achieve academic excellence. It is generally felt that schools are ideal for intervention programmes to be conducted to enable school children to be empowered with adequate knowledge on healthy eating and active living to prevent NCDs in later life.

This roundtable discussion session aims to discuss the status of nutrition intervention in schools, types of activities carried out and understand the challenges in implementing nutrition activities. The session will also explore the potential and opportunities for collaboration among SEA countries in these programmes.

To meet the objectives of the session, four panel members from different countries will share their experiences and expertise in the following topics:

1. Nutrition intervention promotion activities being systematically carried out or planned to be carried in primary schools eg systematic nutrition education, school lunch/meal projects, interactive nutrition activities
2a. Challenges in conducting nutrition activities in schools, eg response from ministry and school authorities, logistics, financial
2b. Potential for collaboration among nutritionists in SEA for joint school promotion activities

Discussion Topic 3: Combating Childhood Obesity
2.30pm – 3.30pm, 17th May 2017

Chairperson: Emeritus Prof Dr Mohd Ismail Noor (Malaysia)
Panelists: Prof Dr Andrew Hills (Australia)
Assoc Prof Dr Muhammad Yazid Jalaludin (Malaysia)
Ms Chelsea Chang (Singapore)

The prevalence of childhood obesity is increasing in all countries and the majority of overweight and obese children live in developing countries, where the rate of increase has been more than 30% higher than that of developed countries. Obesity is a complex, multifactorial problem, and the key drivers have been in the macro-environment which has become obesogenic. Thus interventions must be developed to reduce risk at multiple levels: individual/family, community and the broader food and physical activity environments. Intervention aimed at preventing childhood obesity would lead to a reduction in co-morbidities and to a reduction of the long-term burden of non-communicable diseases which are known to have serious social and economic consequences which most developing countries could ill-afford. Addressing childhood obesity thus has a compelling logic.

This roundtable discussion session aims to share experiences on the seriousness of Childhood obesity problem in their respective countries, efforts to curb the problem e.g. research/interventions/policy options (including issues and challenges), success stories from intervention programme (if any) and potential research collaboration in the SEA region.

To meet the objectives of the session, three panel members from different countries will share their experiences and expertise in the following topics:

1. The extent of the problem and the preventive strategies in-place or being planned in various countries.
2. Issues and challenges in implementation of the programmes and potential for collaboration in research and intervention strategies in Southeast Asia countries.
Lunch Symposia

15th May 2017, Monday • 1pm - 2pm

LUNCH SYMPOSIUM 1 (LS1) @ Mahkota I

Improving metabolism and health: What role can prebiotic fibres and slow-release carbohydrates play?
Professor Robert Rastall
Chairperson: Ms Anke Sentko

LUNCH SYMPOSIUM 2 (LS2) @ Mahkota II

The impact of soy on gut microbiome and its benefits across the lifespan
Dr Wang Hongwei
Chairperson: Dr Tee E Siong

LUNCH SYMPOSIUM 3 (LS3) @ Venue: Mahkota III

Gut microbiome, prebiotics and health implications
Professor Cindy Nakatsu
Ms Koo Pei Fern
Chairperson: Dr Kavita Karnik

16th May 2017, Tuesday • 12.30pm - 1.30pm

LUNCH SYMPOSIUM 4 (LS4) @ Mahkota I

Amino acids and healthy muscle
Dr Yoshio Kawahara
Chairperson: Dr Mahenderan Appukutty
### Lunch Symposia

**16th May 2017, Tuesday • 12.30pm - 1.30pm**

**LUNCH SYMPOSIUM 5 (LS5) @ Mahkota II**

| Diamond Sponsor | **Fit vs Fat: The role of balanced nutrition in combating obesity in Southeast Asia**  
Dr Chin-Kun Wang  
Chairperson: Dr Alex Teo |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>HERBALIFE NUTRITION</td>
<td></td>
</tr>
</tbody>
</table>

**LUNCH SYMPOSIUM 6 (LS6) @ Mahkota III**

| Gold Sponsor | **Oats & health: from farm to fork**  
Dr YiFang Chu  
Chairperson: Dr Tee E Siong |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>QUAKER</td>
<td></td>
</tr>
</tbody>
</table>

**17th May 2017, Wednesday • 1pm - 2pm**

**LUNCH SYMPOSIUM 7 (LS7) @ Mahkota II**

| Platinum Sponsor | **Probiotics and prevention of colorectal cancer**  
Dr Hideki Ishikawa  
Chairperson: Dr Tee E Siong |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yakult</td>
<td></td>
</tr>
</tbody>
</table>

**LUNCH SYMPOSIUM 8 (LS8) @ Mahkota III**

| Gold Sponsor | **Breakfast pattern of adults in Asia and its association with chronic disease development**  
Assoc Prof Dr Hamid Jan Jan Mohamed  
**Slowly digestible starch from cereal-based foods, metabolic interest at breakfast**  
Ms Pei Gee Chew  
Chairperson: Professor Dr Norimah A. Karim |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondelez</td>
<td></td>
</tr>
</tbody>
</table>
Young Researchers’ Awards (Oral)

Session : Symposium 10  
Date : 16 May 2017, Tuesday  
Time : 2.00pm - 3.30pm  
Venue : Mahkota III Ballroom

YRA-O-01. Production and physicochemical characterisation of capsaicin-loaded solid-lipid nanoparticles (SLNs) by microwave-assisted microemulsion technique  
Li LingYun, Shah RM, Eldridge DS, Harding IH, Palombo EA and Ginjom IR

YRA-O-02. Sedentary behaviour and cardio-metabolic health markers among breast cancer survivors  
Mohd Razif Shahril, Nor Syamimi Zakarai, Nurnazahiah Ali, Kow Ving Lok, Lua Pei Lin, Aryati Ahmad, Zunura’in Zahali, Hamid Jan Jan Mohamed, Suhaina Sulaiman

YRA-O-03. Risk factors for stunting among 0-23 month old children in Bali, West Java and East Nusa Tenggara Provinces in Indonesia  
Nadiyah, Dodik Briawan and Drajat Martianto

YRA-O-04. A randomised trial to test the effectiveness of breastfeeding relaxation therapy on maternal stress, breast milk composition and infant outcomes  
Nurul Husna Mohd Shukri, Wells J, Mukhtar F, Lee MH and Fewtrell M.

YRA-O-05. Dietary phytate, zinc to iron molar ratio, fat, iron, and calcium significantly predict the bioavailability of iron in the diets of pregnant women in rural Bangladesh: a cross-sectional study  

YRA-O-06. Psychological consequences of obesity associated with cognitive function in children aged 10-11 years in Kuala Lumpur, Malaysia  
Tung Serene En Hui, Mohd Nasir MT, Chin YS, Zalilah MS, Zubaidah JO and Yim HS

A cash prize of USD 500, complimentary conference registration and a certificate shall be awarded to two best YRA oral presentations.
<table>
<thead>
<tr>
<th>Date</th>
<th>YRA-P-01.</th>
<th>YRA-P-02.</th>
<th>YRA-P-03.</th>
<th>YRA-P-04.</th>
<th>YRA-P-05.</th>
<th>YRA-P-06.</th>
<th>YRA-P-07.</th>
</tr>
</thead>
</table>

A cash prize of **USD 300**, complimentary conference registration and a certificate shall be awarded to two best YRA poster presentations.
### Free Paper Presentations

**Session 1:** Free Paper Presentation 1  
**Date:** 16 May 2017, Tuesday  
**Time:** 4.30pm - 5.30pm  
**Venue:** Mahkota II Ballroom

**FP-03.** Association between lifestyle factors and metabolic syndrome among Chinese vegetarians in selected community centers in Kuala Lumpur and Selangor  
*Ching YK, Chin YS, Gan WY, Vasudevan R and Mahenderan A*

**FP-04.** Complementary breastfeeding as risk factor for the prevalence of stunting in children of 6-24 months at Yogyakarta municipality  
*Fahrini Yulidasa*

**FP-07.** The CSIRO Healthy Diet Score: an online survey to estimate compliance with dietary guidelines  
*Hendrie GA, Baird D, Golley RK and Noakes M*

**FP-08.** An evaluation of the effectiveness of home-based RUTF versus Supplementary Food in the treatment of severe acute malnutrition in the Philippines  
*Ivy WY Xia*, *Lincoln LH Lau*, Harold Doroteo and Milton Amayu

**FP-09.** Effect of high-and low-glycemic index and glycemic load test meals on bloodglucose, insulin, incretin hormones, and satiety in prediabietic subjects  
*Jureeporn M*, Ratchanee K, Prapaisri PS, Uruwan Y and Rin C

**FP-10.** Creating a healthier nutrition environment in secondary schools in Kuala Lumpur: the NuTeen project protocol and preliminary findings  
*Kandiah M*, Shashikala S, Tan CH, Ong YJ, Zalilah MS, Gan WY, Ulaganathan V

---

**Session 2:** Free Paper Presentation 2  
**Date:** 16 May 2017, Tuesday  
**Time:** 4.30pm - 5.30pm  
**Venue:** Mahkota III Ballroom

**FP-02.** Functional foods: Consumer perception of technology-based food innovation in Iran  
*Bazhan M*, Keshavarz-Mohammadi N, Kalantari N, Hosseini H and Alavi-Majd H

**FP-05.** Profiles of food shopping behaviour at street vendors: online survey in five countries  
*Februhartanty J* and Worsley A

**FP-06.** Conversion of infection status in patients pulmonary tuberculosis with multi-drugs resistant after receiving snack head fish and virgin coconut oil: a randomized, double-blind, controlled study  
*Hadju V*, Montolalu FC, Wahyuni S and Lawrence GS

**FP-13.** NCD risk factors among school children in selected schools in Manila and Quezon City, Philippines  
*Ma. Socorro Endrina-Ignacio*

**FP-14.** Obesity and polymorphism in FTO gene in multi-ethnic Malaysian adults  
*Mitra S R*, Tan P Y and Farahnaz Amini

**FP-21.** Association between dietary patterns and risk of nasopharyngeal carcinoma: a multi-centric hospital based case-control study in Malaysia  
*Ulaganathan V*, Lye MS, Loh SP, Yap YY, Kandiah M, Ban E and Nurulassikin SAR
<table>
<thead>
<tr>
<th>Session : Free Paper Presentation 3</th>
<th>Venue : Mahkota II Ballroom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date : 17 May 2017, Wednesday</td>
<td></td>
</tr>
<tr>
<td>Time : 12.00noon - 1.00pm</td>
<td></td>
</tr>
</tbody>
</table>

**FP-11.** S.M.A.R.T program improves nutrition knowledge, attitude and practices of primary school students

**Ling SN**, Benjamin A and Navindran G

**FP-15.** A sago worm as a good protein-rich food for rural children’s complementary feeding in Southeast Sulawesi, Indonesia

**Nirmala IR**, Trees, Suwarni and Pramono MS

**FP-16.** Sunlight exposure, northeast monsoon and vitamin D: cross-sectional and intervention study findings

**Noriyana A**, Wan Abdul Manan WM, Wan Mohd Izani WM and Hamid Jan JM

**FP-19.** Effect of nutrition education intervention on predictors and prevalence of anaemia among children aged 6 to 59 months in Shebelle zone, Somali Region, Eastern Ethiopia

**Rashid Abdi Guleed**, Nik Mazlan Bin Mamat, Tefera Belachew, Wan Azdie Mohamed Bin Abu Bakar and Nega Assefa

**FP-20.** Revitalizing the function of nutrition status survey (NSS) within the national surveillance system of child malnutrition in Indonesia

**Sugihantono A**, Izwardy D, Wulanjaru RG, Winarto AT, Nurlita H, and Wibowo L

**FP-22.** Evidence-based recommendations for balanced nutrition in managing obesity and related metabolic disorders

**Wang CK**

<table>
<thead>
<tr>
<th>Session : Free Paper Presentation 4</th>
<th>Venue : Mahkota III Ballroom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date : 17 May 2017, Wednesday</td>
<td></td>
</tr>
<tr>
<td>Time : 12.00noon - 1.00pm</td>
<td></td>
</tr>
</tbody>
</table>

**FP-01.** Validity of household dietary diversity score as a measure of food insecurity among households in Lucena City, Quezon

**Arias FP**

**FP-12.** Is plasma vitamin D status linked to sleep quality and eating pattern at night during pregnancy?


**FP-17.** Factors associated with cognitive development of infants at 6 and 12 months: preliminary findings from an infant cohort in Seremban

**Noriyana AR**, Zalilah MS, Mohd Nasir MT, Gan WY and Tan KA

**FP-18.** Video game is one of a promising media to modify knowledge and attitude on the importance of breakfast among elementary school children

**Pratiwi RA**, Angkasa D and Jus’at I

**FP-23.** A continuum of care analysis on adherence towards maternal and child nutrition programs and its association to child stunting in Indonesia

**Wiradnyani LA**, Khusun H, Achadi EL, Ocviyanti D, Atmarita, Roshita A, Hardinsyah and Shankar AH

**FP-24.** Estimating portion sizes from digital food images: Accuracy of estimation by nutrition professionals

**Wong JE**, Ainaa Fatehah A and Poh BK
Scientific posters have been grouped into the following themes:
A = Nutritional Status (Various Groups) and Community Interventions
B = Dietary Intake, Consumption Pattern and Diseases
C = Nutrients and Other Components in Foods / Products
D = Clinical Nutrition / Intervention Trials
E = Food Science and Technology
F = Experimental Nutrition

**Group A: Nutritional Status (Various Groups) and Community Interventions**

**PP-A01.** Nutritional status of adults in chosen slum flats in Jakarta, Indonesia
*Agatha*, Septian Suhandono, Kurnia Dwi Juliarti, Maulid Doni Rahman and Hardinsyah

**PP-A02.** Associations between overweight and obesity with cardiovascular risk factors in adolescents from three states in Malaysia
*Aishah E*, Gan WY, Nurainul Hana S, Azriyanti A and Appannah G

**PP-A03.** Pattern of skipping meals and its determinants among adolescent girls: Bangladesh perspective
*Akter F*, Mistry SK and Rahman M

**PP-A04.** Malnutrition identification according to Mini Nutritional Assessment - Short Form and dietary intake among community living elderly in Kuantan, Pahang
*Aliza Haslinda H*, Abdul Rahman M and Nur Izzati MR

**PP-A05.** Trend of under-nutrition among toddlers in various ethnicity in East Java, Indonesia
*Andri Rahmad Sudiarman*, Aulia Jauharun Nisak, Andhita Riana, Qonita Rachmah, Emalia Rhytmayanti and Trias Mahmudiono

**PP-A06.** Comparison of the diagnostic performance of body mass index and waist circumference measurements to identify obesity: in a group of Malaysian adults
*Azizan A*, Kee CC, Nur Hayati A, Aswir AR and Mohd Fairulnizal MN

**PP-A07.** The estimation of maternal weight gain during pregnancy with birth weight
*Azrimaializa* and Rozaliny Asri

**PP-A08.** The effect of fruit consumption and physical activity intervention on nutritional status (BMI/age) of obese children in elementary schools in Riau Indonesia
*Besti Verawati* and Nur Afrinis

**PP-A09.** The association of Indonesian healthy eating index with indicators of metabolic syndromes among adult women
*Briawan D*, Khomsan A, Rimbawan and Meiliani R

**PP-A10.** Management system of Thai Healthier Logo for combating NCDs
*Chavasit V*, *Kriengsinyos W*, Parinyasiri T, Rojjanawanicharkom A, Ditmetharoj M, Singsoon K and Phaichamanan M

Date: 15 - 17 May 2017
Venue: Function Rooms Safir I & II
PP-A11. Validation of exclusive breastfeeding practice by maternal recall with deuterium oxide dose to mother technique among mothers in Klang Valley
Chong GY, Nik Shanita S, Noor Zahila MI and Norimah AK

PP-A12. Food insecurity and nutritional status among Orang Asli (Mah Meri) women in Kuala Langat, Selangor, Malaysia
Chong SP, Geeta A and Norhasmah S

PP-A13. Factors affecting the nutritional status of congenitally blind Filipino in an institutional setting
De Guzman A, Balondo JJ, Bautro AG, Cua JL, So SL and Mendoza D

PP-A14. Correlates of malnutrition among depressed Filipino elderly in an institutionalized homecare setting: A Partial Least Square Study
De Guzman A, Andujare, KA, Cajecom KM, Montala Y and Tanquilut G

PP-A15. Prevalence and associated factors of obesity among adolescents with autism spectrum disorders (ASD) in the Philippines
De Guzman AB, Adviento EJO, Adviento, MCD, Balbesino, ACA, De Castro, KMA and Mendoza, DS

PP-A16. The role of alcohol consumption, food intake, and physical activity on the prevalence of obesity among Filipino call center agents
De Guzman AB, Cadiente J HQ, Calingasan PV, Loyola MAV, Pastrano HVM, Villaruel J HL and Mendoza DS

PP-A17. Examining the relationship of daily money allowance, sugar-sweetened beverages consumption, and level of nutrition knowledge on the nutritional status among a select group of Filipino adolescents
De Guzman AB, Fuertes BJ C, Liao EBB, Nava J KC, Santos GAL, and Mendoza DS

PP-A18. Factors affecting the nutritional status of Filipino elderly in home care settings
De Guzman AB, Asuncion EKV, Guevara PFV, Santos J KM, Teo SBB, Mendoza DS

PP-A19. The impact of nutrition education on university students’ knowledge and intake of street foods
De Guzman AB, Dalisay ALP, Magalong KJ G, Quimpo J T, Ramos VLM, and Mendoza DS

PP-A20. Partial least square regression modeling of the factors affecting the risk for obesity of graveyard shift call center agents

PP-A21. Food security status and its association with sociodemographic, psychosocial status and depression among Malaysian elderly in Mukim Ulu Kinta, Perak, Malaysia
Fazlini MF, Norhasmah S, Zalilah MS, Zuriati I, Farhana SM and Fadilah MN

PP-A22. Experiential-based module development and lesson plans on nutrition for primary and secondary school teachers in Indonesia
Februhartanty J, Wiradnyani LAA, Pramesthi IL, Rachman PH, Ermayani E and Syahab RF
Poster Presentations

PP-A23. The relationship between bone width and bone quality with bone mineral density among Indonesian children
Harahap H, Budiman B, Soekatri M and Sandjaja

PP-A24. Hydration status and water intake of women during and after Ramadan fasting
Hardinsyah, Nisa Mawadaturrohmah, Katon Pradipto Abinowo and Yayuk Farida Baliwati

PP-A25. Parent’s physical activity associated with preschoolers physical activity in Taska Permata Keluarga, Kuala Nerus
Hasmiza H and Teo PW

PP-A26. Effect of nutrition education using booklet and mobile phone communications on changes of motivation, self-efficacy, and breakfast practice in Indonesian adolescents
Indriasari R, Thasim S, Nyorong M

PP-A27. Can food demonstration and intensive counseling to pregnant women improve food diversity? Experience from ‘Maternal Nutrition Intervention’ project
Islam N, Islam M, Shabnam S, Afsana K and Rifat M

PP-A28. A regression model for predicting adiposity in Malaysian adult women
Juliana N, Nadeeya MN, Azmani S, Teng NIMF and Amin NA

PP-A29. Healthier logo in Thailand: Criteria and implementation
Kriengsinyos W, Chavasit V, Sirichakwal P, Mukdasakunphiban B, Maksonrige C and Temponglet N

PP-A30. Pattern of growth of exclusively breastfed infants 0-6 months of age, at Maternal Clinic Anny, Pasar Rebo, East Jakarta
Kusharisupeni, Wahyu Kurnia, Kusdinar Ahmad and Agatha

PP-A31. Physical activity and dietary intake among Universiti Sultan Zainal Abidin (UniSZA) students
Laila Ruwaida Mohd Zainuddin and Zulaikha Mohd Zailan

PP-A32. Mid-upper arm circumference value, haemoglobin and body mass index among pre-conception women in Bangai Regency Central Sulawesi, Indonesia
Lucy Widasari, Yustianty Monoarfa, Siti Maisuri Tadjuddin, Nurhaedar Djafar and Abdul Razak Thaha

PP-A33. Occurrence of infection and nutrition on public perception in East Lombok
Maria Holly Herawati and Eddie Noor WS

PP-A34. Factors affecting the occurrence of less nutrition in children in coastal communities in East Lombok
Maria Holly Herawati and Merry Lusiana

PP-A35. Positive deviation of growth in low birth weight infants until five months old
Mitra M
Poster Presentations

   Mok WKH, Poh BK, Wee LH, Koo HC, Lau XC, Devanthini DG, Ruzita AT

PP-A37. Development of a nutrition education module for preschool students
   Muharni, Lily RS, Fitri, Hesti A and Ayu K

PP-A38. Dyslipidemia and hypertension as risk factors for coronary heart disease
   Lubis, NDA and Thevar, P

PP-A39. Community volunteer programme: Will it help to improve the knowledge on balanced diet among the rural Orang Asli communities?
   Ng Rj, Eliza M, Mohd Idris O, Noriah B, Eliana M, N Izzah S, Rahimi H and Hakimin MK

PP-A40. Community understanding of 13 general messages of balanced nutrition in East Lombok District
   Noor Edi Widya Sukoco and Maria Holly Herawati

PP-A41. Understanding cultural factors affecting nutritional status of children under five in East Lombok
   Noor Edi Widya Sukoco and Ratna Widyasari

PP-A42. Influence of parental support for healthy diet and physical activity behaviour on health-related quality of life among normal weight and overweight Malay adolescents
   Noor Hafizah Y, Jeslina Devi M, Razinah S and Poh BK

PP-A43. Food insecurity, nutrient intakes and health-related quality of life among welfare recipients in Bangi and Kajang, Selangor, Malaysia
   Norhasmah S, Nik Aida Adibah NAA and Laily P

PP-A44. The effect of home gardening and nutrition education on food consumption and nutrition status children under five years in Riau Indonesia
   Nur Afrinis and Besti Verawati

PP-A45. Socio-demographic determinants of serum 25-hydroxyvitamin D 25(OH)D insufficiency among 13 years old adolescents in the southern region of Peninsular Malaysia
   Nur Athira AY, Nurainul Hana S, Azriyanti A and Appannah G

PP-A46. Evaluation of the ‘Healthy Worker’ multi-component workplace wellness programme targeting overweight and obese workers
   Nur Sufia S, Choo WY and Hazreen AM

PP-A47. Bringing fruit and vegetable (FV) market to the office: simply recreational or innovative?
   Nurlita H and Wibowo L

PP-A48. Infant appetite and temperament as predictors of infant growth
   Nurul Husna MS, Wells J and Fewtrell M
Poster Presentations

PP-A49. Social and economic predictors of stunting among Filipino adolescents
Padilla LM, Melse-Boonstra A, Ferrer EB, Barba CVC, and Feskens EJ

PP-A50. Design of a worksite nutrition education intervention to prevent obesity for university staff
based on trans theoretical model and social cognitive theory
Palomo K

PP-A51. The effect of food consumption and health examination on maternal nutritional status and
infant birth weight and length in Bogor municipality
Prita Dhyani Swamilaksita

PP-A52. Risk factors of dyslipidemia in male workers in a heavy equipment company in East Jakarta,
Indonesia
Rahmawati ND and Sartika RAD

PP-A53. PP-A50 Risk factors of hypertension in selected urban and rural areas in Indonesia
Sartika RAD and Fatmaningsih

PP-A54. Nutrition assessment of people living with human immunodeficiency virus (plhiv) in a
treatment hub in the Philippines
Reambillo-Navasero AL, Talavera MTM, De Juras AR, and Flor BPG

PP-A55. Process evaluation to sustain the improved performance of local government units in the
delivery of package of nutrition interventions in regions V and VI, Philippines
Reario MFD, Lafuente E, Bitantes R, Stormer A, Mundy G, Carpio ME

PP-A56. Empowering and mobilizing the youth for preconception health and nutrition promotion in the
Philippines
Ryan John Pascual, Aster Lynn Sur and Carmencita Padilla

PP-A57. #Folicacidph: utilizing social media in the promotion of folic acid awareness in the Philippines
Ryan John Pascual

PP-A58. The association between internet social media exposure with body image dissastisfaction and
eating disorder among adolescents in Shah Alam, Selangor
Sarina S and Tuan Mohd Qaedi TMA

PP-A59. Association of socio-demographic, eating behaviour and self-esteem characteristics with body
weight status among secondary school students in Cheras, Selangor
Sarina S and Rina Syahira R

PP-A60. Acculturation and non-communicable diseases (ncd) risk factors among nepal migrant workers
in Klang, Malaysia
Satvinder K, Leong KK, Saw YS and Nur Nabila AR

PP-A61. Examining the relationship of nutrition literacy and daily food allowance to the nutritional
status of a select group of farmers in the Philippines
Sideco JAM, de Guzman AB, García EMN, Paez YPG, Sy RJT, Toong NAG and Mendoza DS
PP-A62. Major determinants of abnormal total cholesterol level in Indonesia
   Siregar MH, Fatmah and Sartika RAP

PP-A63. Associations between socioeconomic status, maternal height risk, hemoglobin level, and sanitation and hygiene practices with stunting among Aboriginal children in Negeri Sembilan, Malaysia
   Siti Fathah M, Gan WY, Norhasmah S and Zalilah MS

PP-A64. Development of healthier choice initiative: Brunei Darussalam’s perspective
   Siti Munawwarah AT, Kamis HZ, Rawi SN and Kassim N

PP-A65. Weight loss behavior and its perceived barriers: findings from in-depth interviews with overweight adolescents
   Suriati S, Ajau D and Safiah MY

   Suwaibah AH, Rahimi H, Muhamad Naim I, Janaki M and Hoe HK

PP-A67. Relationship of nutrition knowledge with food habits and physical activity of adolescents in Bogor City
   Syartiwidya and Indriasari M

PP-A68. Associations between BMI, meal intake and physical activity with executive function among adolescents aged 13 to 16 years in Petaling Perdana, Selangor
   Tee JYH, Gan WY, Chin YS and Tan KA

PP-A69. Associations between socio-demographic characteristics, body weight status and eating behaviours with cognitive performance among primary school children in Batu Pahat district
   Teo CH, Chin YS, Kerk SB and Shahril Azian HM

PP-A70. Iodine deficiency in pregnant women living in a coastal area of Mon State, Myanmar
   Theingi Thwin, Moh Moh Hlaing, Mya Ohnmar, Sandar Tun, Thidar Khine, Wah Wah Win, Su Su Hlaing and Hla Phyo Lin

PP-A71. Efficacy of nutrition education by religious marital advisors on nutrition attitude and knowledge of young marriage couples in Bogor Indonesia
   Umami Z, Hardinsyah, Tania I and Suhando S

PP-A72. Physical activity, health and nutritional status of selected business process outsourcing employees: A comparison
   Vanessa Ley T. Reyes and Czarina Teresita S. Martinez

PP-A73. The effect of school environment on the body mass index (BMI) of school children: schools and obesity prevention
   Wafa SW, Ghazali R and Ahmad A
**Poster Presentations**

**PP-A74.** Development of recipe book as nutrition education media for weight reduction intervention programme  
Wan Nurul Najwa WN, Wirdah M, Raduan S and Ruzita AT

**PP-A75.** Development of new predictive equations for estimation of resting metabolic rate among Malay children  
Wee BS, Bulgiba AM, Ismail MN, Liu A, Deurenberg P and Poh BK

**PP-A76.** Attitude and readiness of elementary school teachers towards school-based nutrition education  
Wiradnyani LAA, Februhartanty F, Kekalih A and Anggraini R

**PP-A77.** Effectiveness of F.E.A.T (Fit, Eat, Active, Training) programme for addressing adult obesity in suburban Malaysia: study protocol for a quasi-experimental trial  
Wirdah M, Poh BK, Nor Farah MF, Norhayati I and Ruzita AT

**PP-A78.** Correlation of body mass index and total leukocyte count in adolescents  
Wisnusanti SU, Lestari LA and Helmyati S

**PP-A79.** Is fast food consumption associated with nutritional status of primary school children in Kuala Lumpur?  
Wu SK, Wong JE and Poh BK

**Group B: Dietary Intake, Consumption Pattern and Diseases**

**PP-B01.** The relationship between lifestyle of pregnant mothers and place of residence on maternal vitamin D intake status  
Aji AS and Lipoeto NI

**PP-B02.** High intake of phytoestrogen food sources and a routine exercise were associated with lower risk of primary dysmenorrhea among adolescent girls  
Angkasa D, Liza N, Laras S and Jus’at I

**PP-B03.** Relative validity of a semi quantitative food frequency questionnaire for estimating dietary Ω-3 fatty acids intakes among urban pregnant women in Indonesia  
Angkasa D, Agustina R, Witjaksono F, Adesanjaya T, Tambunan V and Khusun H

**PP-B04.** Intake of animal foods and their contribution to nutrient adequacy levels of Indonesian children 2-6 years  
Aviani Harfika and Hardinsyah

**PP-B05.** Development of dietary attitudes and habits scale for adolescents  
Benavides-de Leon R, Bagui L and Jayoma MJ

**PP-B06.** Infant and young child feeding practices of Penan children in rural Sarawak  
Bong MW, Norimah AK and Ismail MN
Poster Presentations

PP-B07. Factors of dietary intake and physical activity level associated with gestational weight gain among urban and rural pregnant women in Selangor
Dhivya M, Satvinder K, Yim HS and Rohana AJ

PP-B08. Fat intake and sedentary activity as dominant factors of diabetes among teachers in urban area
Diah M, Utari

PP-B09. Changing snack food behaviour among school children through a nutrition education program
Briawan D

PP-B10. Characteristics of major dietary patterns and their associations with socio-demographic and lifestyle factors
Eng JY, Moy FM, Bulgiba A and Rampal S

PP-B11. Evaluation of dietary habits in primary school children
Fatimah Mohamad, Fadzilah M, Nor, Nadzimah Mohd Nasir, Aiman F, Farah I, Nurul A, Syazwina, Shakira A

PP-B12. Factors associated with disordered eating among Malaysian female university students: Comparison among ethnicities
Gan WY, Chin YS, Appukutty M, Wong JE, Poh BK, Zalilah MS, Mohd Nasir MT and Kagawa M

PP-B13. Sodium and simple sugar intake as risk factors in occurrence of hypertension in obese adolescents
In Fatmawati, Martalena Br Purba and Emy Huriyati

PP-B14. Training for nutrition ambassador among junior high school students to promote the Indonesian Dietary Guidelines
Indriasari R and Gassali N

PP-B15. Association between water intake, hydration status, and cognitive performance of elderly women in nursing homes, Tangerang Indonesia
Juliani KD, Hardinsyah and Avicenna M

PP-B16. Association between fast food accessibility and overweight among children 5-18 years old in Peninsular Malaysia
Kee CC, Cheong YL, Lim KH, Sumarni MG, Mohd Khairuddin CI, Muhammad Fadhli M, Noor Ani A, Ahmad FY, Amal NM

PP-B17. Fruits and vegetables intake of Malaysian preschoolers: findings from the South East Asian Nutrition Survey (SEANUTS Malaysia)
Lee ST, Chong KH, Ng SA, Khouw IT and Poh BK

PP-B18. Inadequate intake of micronutrients by healthy Malaysian toddlers: Project Bambino
Misra S, Shyam S, Khor GL·Fong B, Chong HZM, Sulaiman N, Lee YL

PP-B19. Validation of a Food Frequency Questionnaire among a multi-ethnic working population in the Klang Valley, Malaysia
Moy FM, Eng JY, Lew TSY, Rampal S
Poster Presentations

PP-B20. Development and evaluation of a semi-quantitative food frequency questionnaire for estimating omega-3 and omega-6 fatty acid intakes in Indonesian children Muhammad Ridwan Ansari, Rina Agustina, Helda Khusun, Erfi Prafi antini, Fitrianna Cahyaningrum and Inge Permadhi

PP-B21. Dietary supplement use among university athletes in Thailand Muktabhant B and Rukpanid N

PP-B22. Dietary vitamin D, calcium and body fat among adolescents in Jakarta, Indonesia Nadiyah and Nova Andriani

PP-B23. Intake of fiber, PUFA, omega-3 and calcium was associated with the reported incidence of primary dysmenorrhea among adolescent girls in Surabaya, Indonesia Nazari PE and Mahmudiono T

PP-B24. The dietary perceptions and practices among community-dwelling elderly Norain Zainudin, Aliza Haslinda Hamirudin, Nor Azlina A. Rahman, Suriati Sidek

PP-B25. Exploring and developing practice model on induced lactation in Malaysia: A qualitative research methodology Norsyamlina CAR


PP-B27. Nutritional status and micronutrient intake of female students in Faculty of Public Health, Gorontalo University Nuryani, Yeni Paramata and Zul Adhayani Arda

PP-B28. The relation of dietary snacking with nutritional status in elementary school students in Gorontalo regency Rahmawati and Nuryani

PP-B29. Association of adolescents’ knowledge, attitude and practice (KAP) of the Ten Kumainments and their nutritional status Reambillo-Navasero A and Talavera MTM


Poster Presentations

PP-B32. Prevalence and factors influencing exclusive breastfeeding practice in Malaysia: Findings from National Health And Morbidity Survey 2016

PP-B33. Red palm oil as a source of beta-carotene to address vitamin A deficiency
   **Sarafhana D**

PP-B34. The association between body image perception, eating behaviour and weight management knowledge among secondary school children in SMK Seksyen 9, Shah Alam, Selangor
   **Sarah Mahirah MS** and Ainor Farahin A

PP-B35. The association of stress and body weight status with emotional eating among young adults in Shah Alam, Selangor
   Sarina S, Suhadri A and **Sarah Mahirah MS**

PP-B36. School canteen food environment: qualitative insights from students and parents
   **Shashikala S**, Tan LM and Mimalini K

PP-B37. Effect of healthier choice logo on purchase decision among customers of restaurants in Brunei Darussalam
   **Siti Munawwarah AT**, Wong LH, Kamis HZ and Kassim N

PP-B38. Food supplement consumption and its perceived benefits among IIUM students: a comparison study between health-related and non-health-related undergraduate students
   **Suriati S** and Farhana SSM

PP-B39. The association of maternal pre-pregnancy body mass index and breastfeeding initiation
   **Syahrul Bariah AH**, Jun HC and Binns CW

PP-B40. Calcium, vitamin D intake, physical activity and bone mineral density among Malay and Chinese female secondary school students in Malacca
   Syazwani Saidah CY, **Aminah A** and Norlida MD

PP-B41. Impact of air pollution on food intake among indoor and outdoor workers: a comparison
   **Thavin KMS**, Tan ESS, Cheah SC, Lim HS, Seghayat MS Normina AB and Tan CK

PP-B42. Eucheuma denticulatum ethanolic extract reduced adipogenesis and inflammatory markers while enhancing glucose uptake in 3T3-L1 adipocytes
   **Vimala B**, June Chelyn L, Mohd Fairunizal MN, Brownlee IA, Syahida A and Amin I

PP-B43. Nutritional knowledge, dietary intake and its association with nutritional status of Thai school age children in Nakhon Si Thammarat province
   **Warasri S**, Thitima B, Yaowapa S, Pattaraphorn L, Kanokwan T and Jureeporn N

PP-B44. Anthropometry status and dietary diversity analysis of SMAN 1 Dramaga Bogor students
   **Wilda Yunieswati**
Poster Presentations

**Group C: Nutrients and Other Components in Foods / Products**

**PP-C01.** FoodTrack™ – development and application of a novel Australian food and nutrient database

**Hendrie GA,** Cleanthous X, Freyne J, Gibson S, Harrap K, and Noakes M

**PP-C02.** Nutritional quality of sago worm as rural children’s food in Southeast Sulawesi, Indonesia

**Nirmala IR,** Trees, Suwarmi and Pramono MS

**PP-C03.** Pecah Kaca (Strobilanthes crispus) leaves inhibit lipid metabolism and modulate leptin secretion in human adipocytes in vitro

**Norhasnida Zawawi,** Zulaikha Tajuddin, Russly Abdul Rahman, Maznah Ismail

**PP-C04.** Antioxidant and antihypertension activities of selected Malaysian ulam, vegetables and herbs

**Norhayati MK** and Abdul Salam B

**PP-C05.** Protective effect of Tualang honey against kainic acid-induced oxidative stress in the rat cerebellum and brain stem

**Nur Shafika MS,** Sirajudeen KNS, Swamy M, Muzaimi M, Mohd Asnizam A, and Siti Amrah S

**PP-C06.** Antibacterial effects of citrus juices against Streptococcus pyogenes


**PP-C07.** Gender and breast feeding moderate the association between dietary intakes of gangliosides and its blood levels among Malaysian toddlers

**Shyam S,** Misra S, Khor GL, Fong B, Chong HZM, Sulaiman N, Lee YL

**PP-C08.** Honey stimulates production of IL-8 chemokine by HT-29 intestinal epithelial cells

**Siva Gowri P,** Nurul Azmawati M, Zarini I, Wan Shahida WS and Anuar S

**PP-C09.** A comparative study on lipids and fatty acid analysis in fish and shellfish for excluding chloroform

**Suzuri K,** Murayama S, Ito H, Nakasato T and Igarashi T

**PP-C10.** Iodine content in commonly condiment and iodine enrichment in the feeding to Nile tilapia (Oreochromis Niloticas)


**Group D: Clinical Nutrition / Intervention Trials**

**PP-D01.** The difference in mother’s motivation and compliance in giving Taburia (multimicronutrient powder) to children with different CIE Taburia packaging in Sidoarjo, Indonesia

Aang Sutrisna, **Annas Buanasita,** Maria Ratnawati, Jawawi and Lilik Rosidah
Poster Presentations

PP-D02. Effect of soybean co-ingestion with carbohydrate on postprandial glycaemic-induced reactive oxygen species in healthy men
Albert TYW, Abdul Aziz A, Mohamad Shariff AH and Sareena HH

PP-D03. The effect of tempe drink intervention on total cholesterol and blood pressure in hypertension and hypercholesterolemia subjects
Ansarullah A, Hardinsyah, Marliyati SA and Astawan M

PP-D04. The predictive effect of sugar to dietary intake and lifestyle factors among children with attention deficit/hyperactivity disorder
De Guzman A, Nazal EB, Ballesteros ML, Labog BM, Isooka M, Tan JP and Mendoza D

PP-D05. Characteristic differences between young adults with and without family history of type 2 diabetes
Fong KY, Mohd Yusof Barakatun-Nisak, MA Hassali

PP-D06. Is there any correlation between total number of fecal Escherichia coli and soil-transmitted helminths infection?
Helmyati S, Kandarina BJI, ES Rahayu and Juffrie M

PP-D07. Glycaemic effect and palatability of brown rice
Law WK, Teo RYX, Ooi YBH and George R

PP-D08. Nutrition and lifestyle behaviour among Malaysian adults with metabolic syndrome: A qualitative perspective
Muhammad Daniel Azlan M, Quek KF, Kadir KA and Ramadas A

PP-D09. Personal, organizational, environmental, and political factors influencing self-care management of diabetics as mediated by social support: basis for an empowerment program
Mbiriri AL, Balagtas M, Estrada M, Mergal V, Dorado L, Galang D, Rodriguez J

PP-D10. The effect of simple carbohydrate restriction on metabolic syndrome risk factors in obese adolescents
Nailufar F

PP-D11. Perceived barriers of breastfeeding among postnatal mother at Pontian Health Clinic
Norshafawati AA and Norasikin M

PP-D12. Prevalence and risk factors of hyperglycemia and obesity in hypertensive patients in Indonesia
Sartika RAD and Ardiningsih ES

PP-D13. Serum 25-hydroxyvitamin D and risk of nasopharyngeal carcinoma at recruitment: a hospital based case-control study in Malaysia
Ulaganathan V, Lye MS, Loh SP, Yap YY, Kandiah M, Ban EZ and Nurulassikin SAR

PP-D14. The effect of tempe drink intervention on lipid profile in hypercholesterolemic subjects
Wirawanti IW, Hardinsyah, Briawan D and Astawan M
Poster Presentations

**Group E: Food Science and Technology**

PP-E01. Screening of aflatoxin M1 occurrence in selected milk and dairy products in Terengganu, Malaysia
A. Farah Nadira, **J. Rosita**, M.E. Norhaizan, S. Mohd Redzwan

PP-E02. Quality characteristics of barley perling by-products with different cultivars and particle size
**Baek SY**, Lee YJ, Jang GY, Li MS, Kim MY, Oh NS and Jeong HS

PP-E03. Ultrasound-assisted extraction of antioxidant, total phenol and flavonoid from water and etanolic extract of Trigona spp. propolis collected from three provinces of Indonesia
**Fikri AM**, Sulaeman and Marliyati S

PP-E04. Developing fortified rice product rich in micronutrients for preventing anaemia of Indonesian teenage girls
**Hardinsyah**, Slamet B, Septian S, Nazhif G, Dodik B, Purnawati H and Giri A

PP-E05. TempeCal : The innovative product based on tempeh
**Hasnah H**, NorFasihah R, Nauwal Fatihah AG and Nurul Umi Aiza MA

PP-E06. Physicochemical and radical scavenging properties of functional fruit beverages during storage
Hoo YPA, Yim HS and **Chong PN**

PP-E07. Infl uence of organic acids and heat treatment on ginsenoside conversion
**Jang GY**, Lee YJ, Li MS, Kim MY, LEE SH, Kang TS, Lee JS and Jeong HS

PP-E08. Changes in estrogenic activity of black soybean (glycine max L) with high hydrostatic pressure treatment and pre-germination
**Kim MY**, Jang GY, Lee YJ, Li MS, Oh NS, Baek SY and Jeong HS

PP-E09. Optimisation of fermented maman (Cleome Gynandra L.) as probiotic food high in Lactic acid bacteria (LAB)
**Muharni**, Lily RS and Ayu K

PP-E10. Changes in isoflavone composition and estrogenic activity of soybean (glycine max) with germination
**Oh HA**, Kim MY, Jang GY, Lee YJ, LI MS, Baek SY, Oh NS, Song MS and Jeong HS

PP-E11. High hydrostatic pressure treatment for enhancement of shelf-life and chemical characteristics of Angelica keiskei vegetable juice
**Oh NS**, Kim MY, Jang GY, Lee YJ, Li MS, Song MS and Jeong HS

PP-E12. Kelulut honey suppresses iNOS expression and NO production in lipopolysaccharides-induced RAW 264.7 murine macrophages cell line
Ooi TC and **Razinah S**
Poster Presentations

PP-E13. Effect of Adding Extra Dragon Fruit as Natural Dyes Based on making traditional cake as “Kue Talam” with pure basic taro (colocasia esculenta) on Glycemic index, Content of Nutrition and Power Received
   Retno Herowati, Prita Dhyani Swamilaksita and Putri Ronitawati

PP-E14. Aflatoxin B₁ and aflatoxin M₁ binding by Lactobacillus casei Shirota and Bifidobacterium breve Rose Ameliya S, Shafiqah KK and Mohd Redzwan S

PP-E15. Food safety knowledge, attitudes and practices of food handlers at night markets in Selangor Siti Nursabrina S, Nur Atiqah M and Mohd Redzwan S

PP-E16. Degradation features of ginsenoside Rb₁, Re and Rg₁ with citric acid by thermal treatment Song MS, Lee YJ, Jang GY, Li MS, Kim MY, Beak SY, Oh NS, Oh HA and Jeong HS

PP-E17. Functional and antioxidant properties of novel snack crispy crackers substituted with dried indigenous vegetables powder Warasri S, Jureeporn N, Arjaree N·Paweena P and Chantira W

Group F: Experimental Nutrition

PP-F01. Coleus amboinicus leaves extract to attenuate creatinine and macrophage inhibitory factor (MIF) in gout arthritis induced mice Lailatul Muniroh, Triska Susila Nindya and Rondius Solfaine

PP-F02. Study on the effect of glutamate on satiety and perceived hunger among primary schoolchildren in Malaysia Lim SY, Noor Hafizah Y, Wong J E, Hasnah H and Poh BK
NSM Poster Presentations
(Undergraduates)

A cash prize of **RM250** and a certificate shall be awarded to three best undergraduate poster presenters.
Scientific posters have been grouped into the following themes:
A = Nutritional Status (Various Groups) and Community Interventions
B = Dietary Intake, Consumption Pattern and Diseases
C = Nutrients and Other Components in Foods / Products
D = Clinical Nutrition / Intervention Trials
E = Food Science and Technology
F = Experimental Nutrition

**Group A: Nutritional Status (Various Groups) and Community Interventions**

A-UG-01. Social media use, body image and body weight status: comparison between university students with and without disordered eating in Universiti Putra Malaysia
Eow SY and Gan WY

A-UG-02. Comparing player’s experience (enjoyment, self-efficacy and perceived exertion) between exergame and aerobic dance exercise among primary school student in Kota Bharu, Kelantan
Fatin Dayana NA and Hafzan HY

A-UG-03. Agreement between PAQ-C and pedometer in classifying physical activity levels of children aged 7 to 10 years in Kuala Lumpur, Malaysia
Goh CX, Wong JE and Poh BK

A-UG-04. Development of the equation to estimate body weight among Malaysian elderly
Mastura MK, Hanis Mastura Y and Suzana Shahar

A-UG-05. Development and acceptability evaluation of a nutrition education module to prevent obesity among KEMAS preschoolers
Alif O, Koh D and Poh BK

A-UG-06. Development of interactive game-based nutrition education module for primary school children: C.H.E.F (Choose Healthy Eating and Fitness)
Nur Rashidah R, Hanis MY and Razinah S

A-UG-07. The beauty of facebook in promoting healthy lifestyle
Nurul Atifah A, Wirdah M, Raduan S and Ruzita AT

**Group B: Dietary Intake, Consumption Pattern and Disease**

B-UG-01. Associations between carbohydrate intake, white rice consumption, and dietary flavonoids with indices of obesity among Malaysian adults
Chong HK and Ng TKW

Lee ZL and Chin YS
NSM Poster Presentations

B-UG-03. Dietary glycemic index and glycemic load are associated with blood pressure among Malaysian adults
  **Ng CY**, Shyam S and Tan SS

B-UG-04. Nut consumption among adults in Klang Valley and its association with selected CVD risk factors
  **Tan YM** and Mohamad M

B-UG-05. The association of dietary glycaemic index and glycaemic load with body weight status in Malaysian adults
  **Thye HJ**, Tan SS and Shyam S

B-UG-06. Determination of healthful food decision making in response to traffic light colour-coded nutrition labelling in pre-packaged foods of two major types of retail food outlets in Kelantan
  **Tiong W** and Foo LH

B-UG-07. Dietary intake and healthy eating index among Malaysians young adults
  **Yap WL** and Satvin K

**Group C: Nutrients and Other Components in Foods / Products**

C-UG-01. Total lipid and vitamin E content in conventional and free-range eggs of chicken, duck and quail
  **Chong SS**, Huzwah K and Mohd Sokhini AM

C-UG-02. Proximate composition of chicken burgers from night stall and selected fast food restaurants
  **Nur Amirah U** and Azrina A

C-UG-03. Proximate composition analysis of *Nephelium mutabile* Seed (Pulasan’s Seed), *Anacardium occidentale* (Almond) and *Prunus dulcis* (Cashew)
  **Syuhada R** and Amin I

**Group D: Clinical Nutrition / Intervention Trials**

D-UG-01. Serum nitric oxide level is associated with blood pressure among Malaysian adults
  **Chan BCW**, Chung YL, Ch’ng YX, Darsheka W, Snigdha M, Chong HZ and Tan SS

D-UG-02. Association of serum nitric oxide with body mass index and waist circumference among Malaysian adults
  **Ch’ng YX**, Chung YL, Darsheka W, Chan BCW, Chong HZ, Snigdha M, Tan SS

D-UG-03. Association of serum vitamin D and nitric oxide (NO) Levels with lipid profile among Malaysian adults in Klang Valley
  **Chung YL**, Ch’ng YX, Chan BCW, Darsheka W, Chong HZ, Snigdha M and Tan SS

D-UG-04. Association of serum vitamin D and serum nitric oxide levels with fasting blood glucose level among Malaysian adults
  **Darsheka W**, Chan BCW, Ch’ng YX, Chung YL, Snigdha M, Chong HZ and Tan SS
Group E: Food Science and Technology

E-UG-01. Physicochemical and morphological properties of chicken sausages added with selected vegetables
   Asmieda MJ and Wan Rosli WI

E-UG-02. Nutritional and physico-chemical properties of baked-based products formulated with natural sweetening agents
   Faezah Nasri and Wan Rosli WI

E-UG-03. Comparison of antioxidant content and activity by different solvents and polarities of pulasan rind
   Muhammad Syafiq MS and Azrina A

E-UG-04. Determination of total microorganisms count and Vibrio species profile in freshwater fish
   Nor Aqilah MA and Shariza AR

E-UG-05. Sensory preference and detection threshold for sweet taste among undergraduate university students
   Nur Asyirah A and Marina AM

E-UG-06. Determination of total microorganisms count and Vibrio spp. profile in crustaceans
   Nurul Ain A and Shariza AR

E-UG-07. Nutritional composition and sensory acceptability of traditional kueh (Cek Mek Molek) incorporated with pumpkin
   Siti Sarah N and Norfarizan-Hanoon NA

E-UG-08. Development of diabetic friendly drink formulated with winter melon (Benincasa hispida) using different natural sweeteners
   Syakirah Nasehah YO and Wan Rosli WI

E-UG-09. Physicochemical, sensory evaluation, radical scavenging activity, and consumer acceptance of a prune-based functional drink during storage
   Ting CG, Yim HS and Chong PN

Group F: Experimental Nutrition

F-UG-01. Investigation of inflammation biomarkers on the obese rats treated with Spondias dulcis (Kedondong fruit)
   Chen ZS and Zulhabri O

F-UG-02. The potential of Pithecellobium bubalinum (kerdas) and Pithecellobium jiringa (jering) seeds to inhibit pancreatic lipase, α-amylase and α-glucosidase activities in vitro
   Zulika A, Nurul Husna S and Hasnah B
Nutrition Society of Malaysia (NSM) Award / Prizes 2017
NSM Fellows Award

The Fellows of NSM are elected by recommendation of the Council based on their outstanding professional and meritorious contributions to the field of nutritional sciences. They consist of Life or Ordinary Members of the Nutrition Society of Malaysia nominated based on their regular contributions to or support of the activities organised by NSM for no less than 10 years.

The NSM Fellows are nominated based on outstanding and meritorious contributions to the field of nutritional sciences as indicated by:

A. Nutrition research projects/programmes  
B. Publications  
C. Consultations (including Working Groups/Technical Committee)  
D. Inventions/Innovations/Patents  
E. Awards  
F. Community Service

For 2017, in commemoration of the 32nd Scientific Conference of the Nutrition Society of Malaysia, the 15th Council is pleased to present NSM Fellows Award to the following members:

- Assoc Prof Dr Foo Leng Huat (L 1109)  
- Assoc Prof Dr Hazizi Abu Saad (L 1531)

Approved by the 32nd Annual General Meeting of the NSM on 31 March 2017.
Two types of NSM Prizes are awarded under the Education Fund of the Nutrition Society of Malaysia, according to the Bye-Laws of the Society. The NSM Postgraduate Prize is awarded for a thesis accepted for a PhD or MSc degree whereas the Undergraduate Prize is awarded for a thesis accepted for a basic/first degree. Each prize comprises a cash award and a certificate, as follows: RM 1,000 for a PhD thesis, RM 750 for MSc thesis and RM 500 for the undergraduate prize.

In 2017, NSM is awarding five Postgraduate Prizes; two for PhD and three for MSc, with a total cash award of RM4,250. Four undergraduates receive Undergraduate Prizes with a total cash of RM 2,000. The total cash award for this year is RM6,250.

The recipients for the PhD thesis prizes are:

1. **Dr Sarega Nadarajan**  
   Anti-hypercholesterolemia and antioxidant effects of Belalai Gajah (Clinacanthus Nutans) extracts and Proto-catechuic acid rich fraction, in vivo and in vitro  
   Supervisor: Prof Dr Maznah Ismail  
   Co-supervisors: Assoc Prof Dr Norhaizan Mohd Esa & Dr NorHasnida Zawawi  
   University: Department of Nutrition and Dietetics, Faculty of Medicine & Health Sciences, Universiti Putra Malaysia Malaysia

2. **Dr Koo Hui Chin**  
   The Great-Child Trial™: Whole Grain and Healthy Balanced Diet Intervention to Manage Childhood Obesity  
   Supervisor: Prof Dr Ruzita Abd Talib  
   Co-supervisors: Prof Dr Poh Bee Koon  
   University: Nutrition Science Programme, School of Healthcare Sciences, Faculty of Health Sciences, UKM Kuala Lumpur
The recipients for the MSc thesis prizes are:

1. **Lydiatul Shima Ashari**  
The Association of Metabolic Syndrome Risk Factors with Serum High-Molecular Weight Adiponectin and Urinary Metabolites Among the Orang Asli in Malaysia  
Supervisor: Assoc Prof Dr Hamid Jan Jan Mohamed  
Co-supervisors: Assoc Prof Dr Zafarina Zainuddin & Prof Dr Teh Lay Kek  
University: Nutrition and Dietetics Programme, School of Health Sciences, Universiti Sains Malaysia

2. **Shu Ping Soon**  
Factors associated with glycemic level among individuals with Type 2 diabetes mellitus in Hospital Serdang  
Supervisor: Assoc Prof Dr Chan Yoke Mun  
Co-supervisors: Assoc Prof Dr Mary Huang, Dr Muhammad Mikhail Joseph & Dr Ng Ooi Chuan  
University: Department of Nutrition and Dietetics, Faculty of Medicine & Health Sciences, Universiti Putra Malaysia

3. **Nur Nadzirah Binti Aziz**  
The Objective Measurement of Sedentary Behaviours Using ActivPALTM Professional Physical Activity Monitor and its Association with Dietary Intake and Health-Related Quality of Life Among Obese  
Supervisor: Dr Sharifah Wajiahah Wafa Binti Hj. Syed Saadun Tarek Wafa  
Co-supervisor: Dr Mohd Razif Shahril  
University: School of Nutrition and Dietetics, Faculty of Health Sciences, Universiti Sultan Zainal Abidin (UniSZA)
The recipients for the undergraduate thesis prizes are:

1. **Cheng Khor Err**  
   Food addiction and its associated factors among white collar workers in Small and Medium-sized enterprises (SMEs)  
   Supervisor: Dr Chin Yit Siew  
   University: Department of Nutrition and Dietetics, Faculty of Medicine & Health Sciences, Universiti Putra Malaysia

2. **Syaznie Enre**  
   Motivators and Barriers in Weight Reduction Among Overweight and Obese Adults in Alor Gajah, Malacca: A Qualitative Study  
   Supervisor: Prof Dr Ruzita Abd Talib  
   University: Nutrition Science Programme, School of Healthcare Sciences, Faculty of Health Sciences, UKM Kuala Lumpur

3. **Erliza Nur Bt Md Kamarulzaman**  
   The association between eating habits and physical activity with depression among school-going adolescents in Kelantan  
   Supervisor: Dr Soo Kah Leng  
   University: Nutrition and Dietetics Programme, School of Health Sciences, Universiti Sains Malaysia

4. **Ng Yeng Yi**  
   Association of salivary amylase activity with dietary carbohydrate quality and fasting blood glucose among healthy Indian adults in Malaysia  
   Supervisor: Dr Sangeetha Shyam  
   Co-Supervisor: Dr Valsala R & Dr. Snigdha Misra  
   University: Division of Nutrition & Dietetics, School of Health Sciences, International Medical University
The NSM Publication Prizes are aimed at encouraging and promoting local research publications in nutrition science. Prizes are awarded by the Nutrition Society of Malaysia with financial support from Corporate Members of the Society.

Three categories of NSM Publication Prizes were offered in 2017. These are for different fields of nutrition research, namely: Maternal Nutrition; Dairy Nutrition and Mobility and Musculoskeletal Health and Nutrition.

Members are encouraged to apply for these Publication Prizes which are offered in 2018. The announcements for these prizes are given in this Programme book. Further updates on these prizes shall be announced in the NSM website in 2018: www.nutriweb.org.my.

NSM Publication Prize: Maternal Nutrition

For the Publication Prize in the field of Maternal Nutrition, for the year 2016-2018, these prizes are sponsored by Fonterra Brands (M) Sdn Bhd. The intention was to provide one award each year, each to carry a cash prize of RM2,000 and a certificate by NSM.

For the year 2017, one application was received for this category. The Selection Committee decided not to award the publication prize to the applicant.

NSM Publication Prize: Dairy Nutrition

For the Publication Prize in the field of Dairy Nutrition, for the year 2016-2018, these prizes are sponsored by Fonterra Brands (M) Sdn Bhd. There shall be one award each year, each to carry a cash prize of RM2,000 and a certificate by NSM.

For the year 2017, three applications were received for this Prize. The Selection Committee decided to award prizes to two of the applicants as follows:

Name of recipient: Emeritus Prof Dr Khor Geok Lin (L 006)
Department of Nutrition and Dietetics, International Medical University, Kuala Lumpur
Publication: Correlation between dietary intake and serum ganglioside concentrations: a cross sectional study among Malaysian toddlers.

Name of recipient: Dr Mohd Redzwan Sabran (O 2238)
Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
Publication: Effect of supplementation of fermented milk drink containing probiotic Lactobacillus casei Shirota on the concentrations of aflatoxin biomarkers among employees of Universiti Putra Malaysia: a randomised, double-blind, cross-over, placebo-controlled study.
British J of Nutrition 115:39–54, 2016; DOI:10.1017/S0007114515004109

NSM Publication Prize: Mobility and Musculoskeletal Health and Nutrition

For the Publication Prize in the field of Mobility and Musculoskeletal Health and Nutrition, for the year 2016-2018, these prizes are sponsored by Fonterra Brands (M) Sdn Bhd. There shall be 1 award each year, each to carry a cash prize of RM2,000 and a certificate by NSM.

For the year 2017, no applications for this Prize were received.
Announcements of
NSM Publication Prizes 2018

Applications are invited for:

1. Maternal Nutrition

Members of the Nutrition Society of Malaysia (NSM) are invited to apply for the NSM Publication Prize: Maternal Nutrition

Objective:
To encourage and promote local research publications in the field of maternal nutrition.

The Prize:
There shall be a maximum of 1 award each year, each to carry a cash prize of RM2,000 and a certificate by the NSM. For the years 2016-2018, this Prize shall be sponsored by Fonterra Brands (M) Sdn Bhd.

Applications for the Prize:
Members of NSM are invited to submit their publications following a prescribed procedure given below. Applications shall be considered by a Selection Committee. The selection shall be based on a set of prescribed criteria described below.

Presentation of awards:
Prizes are to be presented during the opening ceremony of the Annual Scientific Conference of the Nutrition Society of Malaysia. Winners shall be invited to attend the ceremony, at his/her own expense, to receive the prize from the Guest of Honour officiating the opening ceremony.

Application procedure:
1. The NSM Council shall invite applications for the Publication Prize through NutriWeb (www.nutriweb.org.my), research institutions, academia and government departments.
2. Applicants must be Malaysian citizens and Ordinary (with no outstanding membership fees) or Life members of NSM.
3. Deadline for receipt of applications shall be announced in NSM website.
4. Applicants must submit 10 copies of each published paper and the following details for consideration by the Selection Committee:
   a. Name
   b. NSM membership number
   c. Address of work place
   d. Address for correspondence
   e. Email, phone and fax
   f. A note indicating intent to apply for consideration for the publication prize and stating the number of publications submitted as well as the full details of each publication (author(s), title of publication, journal details)
5. Provide a statement stating why the submitted publication(s) should be considered for the Prize, pointing out, for example, significance of study and findings, its usefulness and impact.
Announcements of NSM Publication Prizes 2018

6. All applications must reach the President at the following address before the stipulated deadline:
   President
   Nutrition Society of Malaysia
c/o 46, Jalan SS22/32
   47400 Petaling Jaya
   Selangor DE

7. All documents stated in items 4 and 5 should also be emailed to the President at: president@nutriweb.org.my to reach him before the deadline stated.

Criteria for Selection:
1. Publication(s) submitted for consideration by the Selection Committee must be in the field of maternal nutrition in the Malaysian context, arising from human intervention, epidemiology or clinical studies or critical reviews.
2. The publication(s) must be in the English language, published in a peer reviewed journal, in the year 2010 and later. There is no limit to the number of publications submitted for consideration.
3. The applicant must be the first author of the publication(s) submitted for consideration.
4. Selection of winners shall be based on multiple criteria, including relevance to focus area of Publication Prize, relevance to national nutrition scene, soundness of research methodology and overall presentation of the publication.
5. Criteria for selection may be amended from time to time by the NSM Council.
6. Decision of the Selection Committee is final.

5 May 2017

2. Dairy Nutrition

Members of the Nutrition Society of Malaysia (NSM) are invited to apply for the NSM Publication Prize: Dairy Nutrition.

Objective:
To encourage and promote local research publications in the field of dairy nutrition.

The Prize:
There shall be a maximum of 1 award each year, each to carry a cash prize of RM2,000 and a certificate by the NSM. For the years 2016-2018, this Prize shall be sponsored by Fonterra Brands (M) Sdn Bhd.

Applications for the Prize:
Members of NSM are invited to submit their publications following a prescribed procedure given below. Applications shall be considered by a Selection Committee. The selection shall be based on a set of prescribed criteria described below.
Presentation of awards:
Prizes are to be presented during the opening ceremony of the Annual Scientific Conference of the Nutrition Society of Malaysia. Winners shall be invited to attend the ceremony, at his/her own expense, to receive the prize from the Guest of Honour officiating the opening ceremony.

Application procedure:
1. The NSM Council shall invite applications for the Publication Prize through NutriWeb (www.nutriweb.org.my), research institutions, academia and government departments.
2. Applicants must be Malaysian citizens and Ordinary (with no outstanding membership fees) or Life members of NSM.
3. Deadline for receipt of applications shall be announced in NSM website.
4. Applicants must submit 10 copies of each published paper and the following details for consideration by the Selection Committee:
   a. Name
   b. NSM membership number
   c. Address of work place
   d. Address for correspondence
   e. Email, phone and fax
   f. A note indicating intent to apply for consideration for the publication prize and stating the number of publications submitted as well as the full details of each publication (author(s), title of publication, journal details)
5. Provide a statement stating why the submitted publication(s) should be considered for the Prize, pointing out, for example, significance of study and findings, its usefulness and impact.
6. All applications must reach the President at the following address before the stipulated deadline:
   President
   Nutrition Society of Malaysia
   c/o 46, Jalan SS22/32
   47400 Petaling Jaya
   Selangor DE
7. All documents stated in items 4 and 5 should also be emailed to the President at: president@nutriweb.org.my to reach him before the deadline stated.

Criteria for Selection:
1. Publication(s) submitted for consideration by the Selection Committee must be in the field of dairy nutrition in the Malaysian context, arising from human intervention, epidemiology or clinical studies or critical reviews.
2. The publication(s) must be in the English language, published in a peer reviewed journal, in the year 2010 and later. There is no limit to the number of publications submitted for consideration.
3. The applicant must be the first author of the publication(s) submitted for consideration.
4. Selection of winners shall be based on multiple criteria, including relevance to focus area of Publication Prize, relevance to national nutrition scene, soundness of research methodology and overall presentation of the publication.
5. Criteria for selection may be amended from time to time by the NSM Council.
6. Decision of the Selection Committee is final.

5 May 2017

3. Mobility and Musculoskeletal Health and Nutrition

Members of the Nutrition Society of Malaysia (NSM) are invited to apply for the NSM Publication Prize: Mobility and Musculoskeletal Health & Nutrition

Objective:
To encourage and promote local research publications in the field of Mobility & Musculoskeletal Health & Nutrition.

The Prize:
There shall be a maximum of 1 award each year, each to carry a cash prize of RM2,000 and a certificate by the NSM. For the years 2016-2018, this Prize shall be sponsored by Fonterra Brands (M) Sdn Bhd.

Applications for the Prize:
Members of NSM are invited to submit their publications following a prescribed procedure given below. Applications shall be considered by a Selection Committee. The selection shall be based on a set of prescribed criteria described below.

Presentation of awards:
Prizes are to be presented during the opening ceremony of the Annual Scientific Conference of the Nutrition Society of Malaysia. Winners shall be invited to attend the ceremony, at his/her own expense, to receive the prize from the Guest of Honour officiating the opening ceremony.

Application procedure:
1. The NSM Council shall invite applications for the Publication Prize through NutriWeb (www.nutriweb.org.my), research institutions, academia and government departments.
2. Applicants must be Malaysian citizens and Ordinary (with no outstanding membership fees) or Life members of NSM.
3. Deadline for receipt of applications shall be announced in NSM website.
Announcements of NSM Publication Prizes 2018

4. Applicants must submit 10 copies of each published paper and the following details for consideration by the Selection Committee:
   a. Name
   b. NSM membership number
   c. Address of work place
   d. Address for correspondence
   e. Email, phone and fax
   f. A note indicating intent to apply for consideration for the publication prize and stating the number of publications submitted as well as the full details of each publication (author(s), title of publication, journal details)

5. Provide a statement stating why the submitted publication(s) should be considered for the Prize, pointing out, for example, significance of study and findings, its usefulness and impact.

6. All applications must reach the President at the following address before the stipulated deadline:
   President
   Nutrition Society of Malaysia
   c/o 46, Jalan SS22/32
   47400 Petaling Jaya
   Selangor DE

7. All documents stated in items 4 and 5 should also be emailed to the President at: president@nutriweb.org.my to reach him before the deadline stated.

Criteria for Selection:
1. Publication(s) submitted for consideration by the Selection Committee must be in the field of nutrition of Malaysian infant and children (up to 18 years), arising from human intervention, epidemiology or clinical studies or critical reviews.
2. The publication(s) must be in the English language, published in a peer reviewed journal, in the year 2011 and later. There is no limit to the number of publications submitted for consideration.
3. The applicant must be the first author of the publication(s) submitted for consideration.
4. Selection of winners shall be based on multiple criteria, including relevance to focus area of Publication Prize, relevance to national nutrition scene, soundness of research methodology and overall presentation of the publication.
5. Criteria for selection may be amended from time to time by the NSM Council.
6. Decision of the Selection Committee is final.

5 May 2017
The Southeast Asia Public Health Nutrition (SEA-PHN) Network gratefully acknowledges contributions from the following to the 1st SEA-PHN Conference 2017:

### DIAMOND SPONSORS

- [DuPont](#)
- [Herbalife Nutrition](#)

### PLATINUM SPONSOR

- [Yakult](#)

### GOLD SPONSORS

- Eat Well, Live Well. [Ajinomoto](#)
- [beneo Institute](#)
- [Mondelez International](#)
- [Quaker](#)
- [Tate & Lyle](#)

### BRONZE SPONSOR

- [Mead Johnson Nutrition](#)

### SPONSOR FOR YOUNG RESEARCHERS’ AWARDS & NSM POSTER COMPETITION 2017

International Life Sciences Institute Southeast Asia Region

### DINNER SPONSOR & ADVERTISER

Fonterra Brands (Malaysia) Sdn Bhd

### EXHIBITOR & ADVERTISER

InBody Asia Sdn Bhd

### EXHIBITORS

- Nestle Products Sdn Bhd
- seca Asia Pacific Sdn Bhd

### CONTRIBUTION TO TRAVEL BURSARY FOR YOUNG NUTRITIONISTS

Dutch Lady Milk Industries Berhad
1st Malaysia Nutrition Leadership Programme 2017

Enhance Your Management, Communication & Leadership Skills

Application is Now Open!
Calling Young Nutritionists!

Young, aspiring professionals in the field of food and nutrition are invited to submit their application to be selected as part of the inaugural Nutrition Leadership Programme, initiated by the Nutrition Society of Malaysia.

The Programme focuses on honing the participants’ application of soft-skills and acquiring the requisite knack towards enhancing leadership competency among nutrition professionals.

WHO SHOULD ATTEND

✓ Aged 40 years and below
✓ Possess a Master’s Degree OR a minimum of 5 years working experience in food and nutrition
✓ Proficient in English Language
✓ Highly motivated individuals and demonstrate a passion in the field of nutrition

Date:
4 – 8 August 2017
(Fri-Tue)

Venue:
Eagle Ranch Resort,
Port Dickson,
Negeri Sembilan

www.eagleranch.com.my

COURSE STRUCTURE

1. SELF-DISCOVERY
   • Awaken the superhero within!
   • Who am I?
   • Engaging and influencing people

2. COMMUNICATING EFFECTIVELY
   • The art of engaging and conversing
   • Bringing presentation skills to life

3. EFFECTIVE LEADERSHIP
   • Profile of a leader in current era
   • Leading across generations, building trust and inspiring people

4. CREATING AN EFFECTIVE TEAM
   • Team-building outdoor adventures
   • Dealing with conflict, confrontations, lack of motivation

Professional trainers will be conducting modules through lectures, games, role play, case studies and discussions.
About MyNLP
The MyNLP is an initiative and brainchild of the Nutrition Society of Malaysia with the objective of assisting the development of future leaders in the field of human nutritional sciences in Malaysia through proper training. Realizing there is a need to enhance leadership skills and foster greater communication and networking among young nutrition professionals (who are in the early-mid career), MyNLP is established to provide knowledge and skills towards enhancing leadership competency among nutrition professionals. It is envisioned that MyNLP is able to provide a platform of convergence to connect and provide networking opportunities among food and nutrition professionals across the country and also within the South-East Asian region.

Important Dates:
Application Opens From:
31 Mar, 2017

Application Closes On:
4 Jun, 2017

Notification of Acceptance & Accept Offer:
16-21 Jun, 2017

Pax Deposit or Full Course Fees:
4 Jul, 2017

Course Commences:
4 Aug, 2017

Course Fees*

**Government sector:**
RM2,000 / pax
(ministries and agencies, public institutions of higher learning, research institutions, healthcare facilities)

**Private sector:**
RM4,000 / pax
(industries, institutions of higher learning, research institutions, healthcare facilities)

* Registration fee covers seminar material, F&B (full-board – 5D, 4N basis) and accommodation (twin sharing). Fee excludes travelling of participants to course venue. The course fee is heavily subsidised by NSM especially for participants from the government sector.

This is a unique programme to groom young nutrition talents with leadership competencies.

Important Notes:
1. Only a limited number of participants shall be accepted.
2. Please apply by completing the application form (download from NSM’s website) and attach a written Personal Statement (not more than 500 words), on why you wish to be a participant in this programme, and a particular aspect of nutrition which you are highly passionate about. Email your application to: secretary@nutriweb.org.my
3. Priority shall be accorded to members of Nutrition Society of Malaysia.
4. The top 2 applicants with the best written Personal Statement (as judged by the Council Members of Nutrition Society Malaysia) will be able to participate in the Programme at a discounted rate amounting to 50% off the Normal Course Fees.

For more information, visit: www.nutriweb.org.my
For enquiries, contact: Dr Mahenderan Appukutty / Muhaini Hussin / Nurul Asyikin
Email: secretary@nutriweb.org.my /mynlp@nutriweb.org.my
More flavor with less salt. With umami seasoning AJI-NO-MOTO®, you can!

Excessive salt in your diet can put your health at serious risk from high blood pressure, heart attack and even stroke. A low-sodium diet is critical to the health of patients suffering from these and other ailments as well as the elderly. AJI-NO-MOTO® with the umami taste properties of monosodium glutamate (MSG) helps you cut back on salt intake and still enjoy flavorful foods. Here are some findings of studies that show how the pure glutamate content of AJI-NO-MOTO® helps reduce sodium by replacing part of the salt with MSG.

Pure MSG enhances the palatability of a Japanese clear soup.

A small quantity of sodium glutamate (the same amino acid present in AJI-NO-MOTO®) improved the palatability of a Japanese clear soup prepared with a reduced amount of table salt. When MSG is used, the content of salt can be reduced as much as a 30% without the loss of taste. 1)

Even if you must suddenly reduce salt intake, soups can still taste good with MSG.

Salt is often used as a flavor enhancer, so a sudden reduction of salt in food preparation causes an initial decline in the taste of foods. It is possible to overcome this effect by adding a moderate amount of MSG to low-salt soups. Different soups like leek-potato, minestrone, lentil or mushroom soups with low amount of salt can be made more palatable and have higher taste intensity with MSG. 2)

Other glutamate salts also enhance the taste of low-salt foods.

MSG and other glutamate salts share a unique characteristic: taste enhancement! With MSG, you not only enjoy a low-salt diet without sacrificing delicious taste, but also benefit from enjoying all savory bites and getting the full nutritional value of the meal. People under strict sodium restrictions due to illness or other reasons can use calcium di-glutamate instead of MSG for tasty umami-rich dishes without any added sodium seasoning. 3) 4)

MSG is your tasty ally in the pursuit of a low-salt life.

We all know a low-salt diet is an effective way to enjoy a healthier dietary life. But like many things, it is easier said than done. However, as noted in a report issued by the Committee on Strategies to Reduce Sodium Intake, IMO*, “…it is possible to maintain food palatability with a lowered overall sodium level in a food when MSG is substituted for some of the salt.” These benefits were also introduced in a white paper issued by the Academy of Nutrition and Dietetics. *IMO=Institute of Medicine of the National Academies, USA

1) Yamaguchi S. and Takashuki C. “Interactions of monosodium glutamate and sodium chloride on salinity and palatability of a clear soup” J Food Sci. 45, 82-45 (1984)
The BENEÖ-Institute – A network of minds.
Knowledge to connect nutrition and health.

We never stop looking for new solutions to make nutrition better and healthier.
You want to have access to the latest scientific research and legislation related to BENEÖ’s fibres and functional carbohydrates? Let us answer your questions regarding physiology, nutrition and regulatory affairs. The BENEÖ-Institute – centre of expertise based on substantiated science.

Join our Lunch Symposium:
Improving metabolism and health – What role can prebiotic fibres and slow-release carbohydrates play?
15th May 2017, 01:00 – 02:00 pm
Hotel Isabas, Room Mahkota 1

Ingredients make up the food we eat, the beverages we drink, and the supplements we take. But what makes some ingredients fresher, tastier, and safer than others? It's what's inside that matters. Open the door to DuPont Nutrition & Health and you'll see a team of solvers, providing the most innovative solutions in the food industry. We start with an ingredient portfolio that's wider and deeper than most, but what truly sets us apart are the ingredients you can't see — our consumer insights, breadth of research, and scientific capabilities. Want to see what else we can bring to the table? Come find out what's really inside DuPont Nutrition & Health. Visit dupont.com/itswhatinside to learn more.

Welcome to the Global Collaboratory.

DuPont Nutrition & Health
DUTCH LADY NUTRI PLAN™
TAILORED NUTRITION FOR
SMART MILESTONES

As children grow, their ability to learn develops too. Dutch Lady 4-Step Nutri Plan™ is a tailored nutritional programme which helps support children’s progression at every smart milestone.

1-2 years old

2-4 years old

4-6 years old

6 years and above

www.smartmoments.com.my
BAHARU
Anlene
HEART-PLUS™
DENGAN FORMULA
DWI-AKSI

Jagalah JANTUNG
& Pergerakan anda!

3 indikator Jantung yang sihat

- Tahap KOLESTEROL Optima
- TEKANAN DARAH Optima
- Tahap GULA DARAH Optima

Dengan
Sterol Tumbuhan
Omega 3 (DHA +EPA)
Kolagen
Protein
Kalsium
Does your kid’s milk have DHA and GA®?*

85% of brain growth occurs in the first 3 years of life.

Your child is born with 100 billion brain cells, but not all are connected. Most of the connections form in the first 3 years. By age 3, 1,000 trillion brain cells connections have formed.

The right nutrition and interaction may help in brain cells connections.

Let’s help them to Grow Amazing!

References:

*GA® makes no Garlic oxidase.
*Compared to previous formulation.
HAVE LOW GI DIET FOR YOUR HEALTH

Incorporating low GI foods as part of your healthy, well balanced diet can provide many benefits. Low GI foods:

• Keeps You Feeling Full For Longer
• A Better Choice For Weight Management
• Provides Steady And Sustained Energy Release

www.herbalife.com

This product is not intended to diagnose, treat, cure or prevent any disease.
When a child starts learning, one discovery leads to another. Nutrition and stimulation fuel your child’s continuous learning.

**Enfagrow A+** new advanced formula with 75mg DHA, PDX, GOS, and Wellmune® Beta-Glucan® helps prepare your child for better learning.

The benefits of the new blend of nutrients are scientifically supported by clinical study published in **PEDIATRICS**, the journal of the American Academy of Pediatrics.
belVita
Breakfast

Energy to Start Your Day!

✓ Specially designed for Breakfast
✓ Made with Wholegrain Cereals
✓ Contain 8 important vitamins and minerals

Available in major Hypermarkets and Supermarkets. 160g at RM5.20* and 80g at RM2.90*

*Prices indicated are for West Malaysia only
Kickstart Your Morning with Quaker® Oats

Beta Glucan helps to REDUCE CHOLESTEROL®

* 3g of soluble fiber from oatmeal daily may help reduce cholesterol.

www.quaker.com.my
@QuakerMalaysia
Learn about gut microbiome and emerging research regarding its role in health and disease with renowned bacterial ecologist, Professor Cindy Nakatsu, PhD (Purdue University, USA). Dr. Nakatsu will also explore the influence of diet, especially prebiotic fibres in modulating gut microbiota during the session. “Gut Microbiome, Prebiotics and Health Implications”.

Date: Monday, 15th May, 2017  
Time: 1:00 - 2:00 PM  
Ballroom: Mahkota III

Open to registered SEA-PHN conference participants

Tate & Lyle, a global provider of ingredients and solutions to food, beverage and other industries, invests in research and innovation to help meet today’s nutrition, health and wellness needs by addressing sodium and calorie reduction as well as fiber and protein enrichment in food and beverages. Tate & Lyle works with its food and beverage manufacturers to make food healthier and tastier, creating extraordinary food for consumers.

To learn more about Tate & Lyle, visit www.tateandlyle.com or www.foodnutritionknowledge.info.
WHY CHOOSE YAKULT?
The reasons are many.

- Research on intestinal health: 129 papers
- Research on infectious diseases: 107 papers
- Research on immunity: 177 papers
- Yakult’s R&D scientists: 404 people
- Research on product development: 1005 papers

The science behind Yakult
The Early Nutrition eAcademy Southeast Asia (ENeA^SEA) develops innovative eLearning for practicing doctors in the field of early nutrition.

EU, Thai and Malaysian partners are jointly developing science-based education, tailored to the needs of the Southeast Asian region. Our goal is to offer the latest recommendations for everyday practice and maximise outreach to the wider healthcare community. (HCPs e.g. obstetricians, gynaecologists, paediatricians).

ENeA^SEA addresses this need by offering:
- a curriculum dedicated to the specific public health concerns and professional requirements in Southeast Asia
- targeted eLearning modules in English language
- Individualized training packages to specifically meet the user’s needs using an automated content matching processes (mass customization).

ENeA^SEA is designed for professional sub-specialisation and integration in pre- and post-graduate study programmes.

By working together we can improve health and wellbeing one person at a time!

www.enea-sea.eu

@EarlyNutrition
The Southeast Asia Public Health Nutrition (SEA-PHN) Network is a partnership of key stakeholders in the region, namely nutrition societies, government agencies to promoting public health nutrition among the population and alleviating nutrition problems in the region.

Please visit our website at http://sea-phn.org for more information.

Sign up for Free to download nutrition related documents at our resource area.
Objectives & Activities 1:
Promote, advance and disseminate scientific knowledge of food and nutrition
- Organise scientific conferences/seminars
- Publish Malaysian Journal of Nutrition/Berita NSM
- Consultation with health, regulatory & scientific bodies
- Research on specific community groups

Objectives & Activities 2:
Promote healthy nutrition and active living amongst the community
- Conduct roadshows, exhibitions, talks & workshops for the public
- Implement community nutrition programmes, e.g. Nutrition Month Malaysia,
- Publish educational materials

For more information:
www.nutriweb.org.my
Email president@nutriweb.org.my