



IMPROVING LIVES THROUGH NUTRITION

~ Commemorating the 40th Anniversary of Nutrition Society of Malaysia ~

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**NSM Commemorates
40 Years of Advancing Nutrition**

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Preface

The Nutrition Society of Malaysia is 40!
A significant milestone for NSM!

From a humble beginning in 1985, when it was officially registered as a professional body, NSM is now one of the main players in promoting nutrition science and public health nutrition in Malaysia and the Southeast Asian region.

With over 1000 members, NSM is “home” to all related professionals interested in the promotion, advancement of nutrition science. Members have benefited from participating in the variety of scientific meetings organised; the opportunity to network and collaborate with nutrition fraternity in the country and the region; career guidance and professional development programmes; opportunities to serve as members of NSM working groups or committees; and opportunity to volunteer and be engaged in various NSM community nutrition promotion programmes.

NSM today is a leader in many areas of nutrition research and community nutrition promotion, fully engaged in all aspects of food and nutrition activities in the country. Members serve in technical committees of government ministries, particularly the Ministry of Health and provide professional advice in the development of policies, strategic plans and intervention programmes. Over the decades, we have worked in strategic collaboration with other like-minded professional bodies and corporate companies in implementing nutrition research and community nutrition promotion.

In the region, NSM has played a key role in strengthening regional collaboration in nutrition science. We initiated the formation of a Southeast Asia Public health Nutrition (SEA-P N) Network in 2014 which has provided a platform for collaboration in implementation of a number of nutrition activities. NSM will be hosting the 15th Asian Congress of Nutrition in 2027 and will take over as secretariat for the Federation of Asian Nutrition Societies from September 2027.

This commemorative booklet serves to document the birth of NSM 40 years ago and traces the journey over the decades of significant contributions to nutrition science and the community at large; not only in the country, but also in the Asia region. It documents the invaluable contributions of the council members and members of NSM over the decades to these activities. It also documents the success stories of the multistakeholder collaboration of NSM with various professional bodies and corporate companies in implementing multitude of programmes and activities.

Dr Tee E Siong
Chair, Editorial Committee,
NSM 40th Anniversary Commemorative Booklet
20 July 2025



IMPROVING LIVES THROUGH NUTRITION

Editorial Committee, NSM 40th Anniversary Commemorative Booklet

Chair:

Dr Tee E Siong

MAHPC (NUTR) 00001
Immediate-Past President,
Nutrition Society of Malaysia
Chair, Southeast Asia Public
health Nutrition Network

Members:

Prof Dr Mahenderan

Appukutty

MAHPC (NUTR) 00003
President,
Nutrition Society of Malaysia

Dr Roseline Yap Wai Kuan

MAHPC (NUTR) 00552
Honorary Treasurer,
Nutrition Society of Malaysia

Dr Tan Sue Yee

MAHPC (NUTR) 01167
Council Member,
Nutrition Society of Malaysia

Ms Muhaini Hussin

Fellow,
Nutrition Society of Malaysia



Birth of Nutrition Society of Malaysia

– Champion of nutrition science and public health nutrition

1985 was a historical year for nutrition in Malaysia; Nutrition Society of Malaysia (NSM) was born. NSM was deemed as an important scientific organisation to meet the needs of the nutrition situation in the country.

In the early days of development of the country, in the 1930s, a great deal of focus was on tackling nutrient deficiencies in the country, especially amongst underprivileged communities. After independence in 1957, with improved health care and facilities, and increased affluence, the nutrition situation shifted markedly. Over the past several decades, there have been dramatic increases in diet-related chronic diseases related to overnutrition, whilst undernutrition problems persisted among some communities, especially the vulnerable groups.

It became clear that all stakeholders must contribute towards understanding the nutrition problems and in the alleviation of the double burden of malnutrition problems in the country. It is imperative that a nutrition science professional body must be one of these stakeholders.

A small group of 36 concerned nutrition and food scientists met in the Institute for Medical Research (IMR) on 26 November 1983 to discuss the formation of a nutrition society for the country. The formation of a nutrition society was unanimously approved in this inaugural meeting and proceeded to form a Protem Council to prepare for its registration. A formal application to the Registrar of Societies (ROS) for its registration was submitted on 21 January 1984. The Nutrition Society of Malaysia (Persatuan Pemakanan Malaysia) was officially registered by the ROS on 4 September 1985 as a not-for-profit professional body.

Objectives of the NSM were clearly spelt out in the Rules of NSM.

OBJECTS OF NUTRITION SOCIETY OF MALAYSIA

- To promote, advance and disseminate the scientific knowledge of food and nutrition.
- To protect and promote the interest of nutrition scientists in the country.
- To inform and acquaint the public and the Government with matters related to food and nutrition.
- To facilitate communication and foster friendship between nutrition scientists.
- To undertake activities and functions, in line with the above, for the absolute and strict benefit of duly registered members of the Society.

The newly minted scientific organisation got down to business. The first annual general meeting of the NSM was held on 1 March 1986 and the Rules of NSM were endorsed.

The first NSM Council was elected into office. The founding President was the late Dr Chong Yoon Hin, who was also the first Malaysian Head of the Nutrition Division of the Institute for Medical Research appointed in 1965. The first annual scientific conference was held on the same date.



The late Dr Choon Hin,
Founding President of NSM,
1985-1993

President	: Dr Chong Yoon Hin
Vice-President	: Dr Mohd Ismail Noor
Hon. Secretary	: Mr Tee E Siong
Assistant on Secretary	: Dr Khor Geok Lin
Hon. Treasurer	: Mrs Ng Soong Lek
Council Members	: Dr Fatimah Arshad
	Puan anariah iman
	Puan Mimi amzah
	Mrs Uma Thevendran

Two voting members of the Society who were previously in the Pro-tem Council, Mr. Tony Ng Kock Wai and Mr. Lim Ju Boo, were co-opted as Honorary Auditors.

(extracted from first Nutrition Bulletin of the NSM, 1 August 1986)

From that point on, there was no turning back. The NSM went on full steam ahead to implement activities to meet its objectives. Annual general meetings were held as mandated by the ROS. NSM Councils were elected biennially in accordance with the rules of NSM to function as the management body of the Society.

Annual General Meetings of NSM

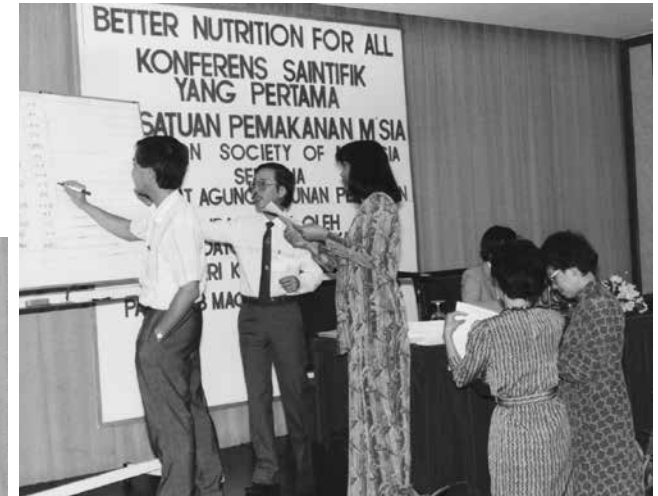
Holding an Annual General Meeting (AGM) is mandatory under the Rules of NSM. It meets legal requirements and encourages networking among members. The required procedure for organising an AGM is prescribed in Section 13 of the Rules.

One of the important administrative roles of NSM AGMs is the election of the NSM Council, every other year, through a well-defined election process. The NSM Council, the management body of the Society, plans and manages all operations and activities of the organisation. Details of duties of the office bearers are prescribed in section 10 of the Rules.

1st Annual General Meeting

Presided by the late Dr Chong Yoon Hin

- 1st March 1986
- Election of first Council of NSM



Annual general meetings for 39 years

- provided a platform for members to review and discuss the annual activities and financial status of the society as well as networking among members



NSM 19 TH COUNCIL	
Position	Name
President	Dr. Tan E-Siong
Vice-President	Assoc. Prof. Mahendran A.
Hon. Secretary	Dr. Chin Yik Siew
Hon. Treasurer	Dr. Roseline Yap
Aud. Hon. Secretary	Dr. Satvinder Kaur
Council Members	1. Puan Khairul Zarina
	2. Dr. Wang Jyh Elin
	3. Dr. Yassin Goh
	4. Dr. Amutha Ramasini
Hon. Internal Auditor	1. Dr. Gan Wan Ying
	2. Dr. Sharifah Wafa



NSM 20th Council 2024-2026

Promotion of Nutrition Science

A main objective of NSM is to promote, advance and disseminate the scientific knowledge of food and nutrition.

To meet this objective, a wide range of scientific activities have been carried out in the past 4 decades.



NSM Annual Scientific Conferences

– a key platform for the sharing of knowledge of nutrition science, networking and professional development

A key scientific activity of NSM for the past 40 years

- the largest nutrition scientific meeting in the country
- a scientific event that all members look forward to enrich themselves, to share knowledge
- To provide a platform for all to be updated in the development of nutrition science in the country and elsewhere
- To serve as an avenue for the sharing of research findings and experiences in nutrition interventions
- To provide opportunities for networking

1st Annual Scientific Conference – 1st March 1986

Exciting landmark
beginning

Theme:
Better Nutrition for All

130
participants



The late Dr Chong Yoon Hin (on right), founding President of NSM introducing Dr JC Waterloo, who delivered keynote lecture on "Observations on nutrition in the first year of life"



The inaugural conference was officiated by the then Minister of Health, YB Datuk Mak Hon Kam (centre in photo)



40 years without a break...



Sharing scientific updates...



ive of activities, networking ...



Collaboration of corporate members of NSM in promoting nutrition science



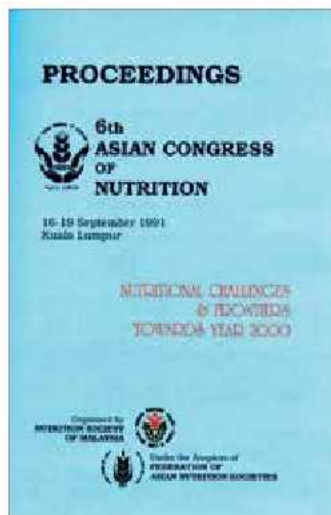
Sharing of scientific developments by corporate companies



Scientific Meetings on Contemporary Topics

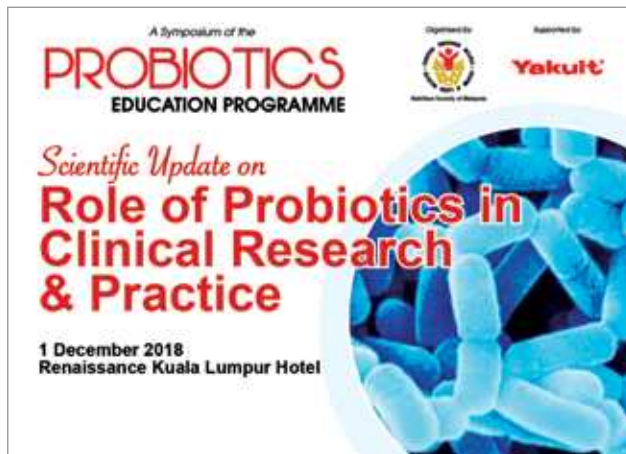
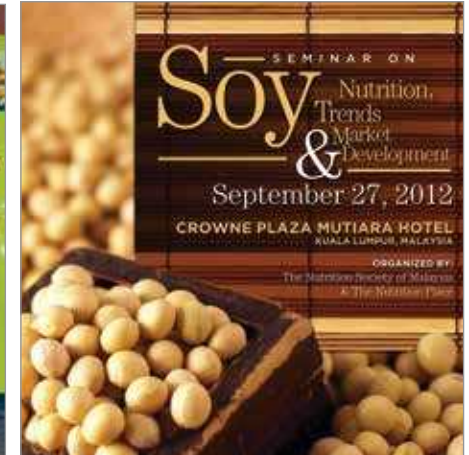
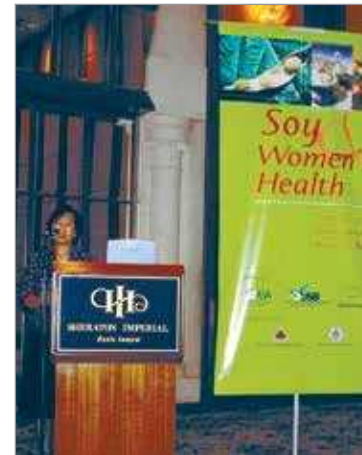
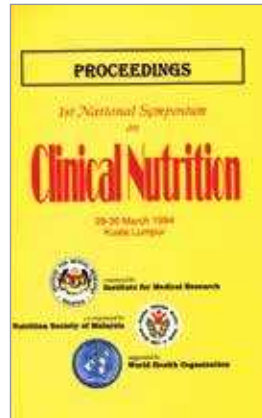
– furthering the promotion of nutrition science to its members

Key regional conferences organised by NSM.



NSM will be hosting the 15th Asian Congress of Nutrition in 2027!

NSM supported other scientific institutions in organising numerous in-depth updates on contemporary nutrition topics*



Roundtable Discussions on CCNFSDU

Series of 8 roundtable discussions (RTDs) have been organised, from 2016

- to provide a platform for key stakeholders to interact and share views on agenda items on the upcoming Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) sessions of common interest in Southeast Asia
- attended by regulatory officials from SEA countries attending CCNFSDU meetings, relevant scientists from academia and industry
- All the sessions were convened by Dr Tee E Siong, President of NSM and chaired by Ts Norrani Eksan, Senior Director of Food Safety & Quality Programme of MOH



The 5th and 6th sessions (2022 and 2021) were held online due to COVID-19 restrictions on travel

Meeting of the minds ...



Delegates to the 8th Round Table Discussion on issues Session to
Codex Committee on Nutrition & Foods for Special Dietary Uses (CCNFSDU)
29 August 2024, Avante Hotel, Petaling Jaya, Malaysia



Malaysian Journal of Nutrition

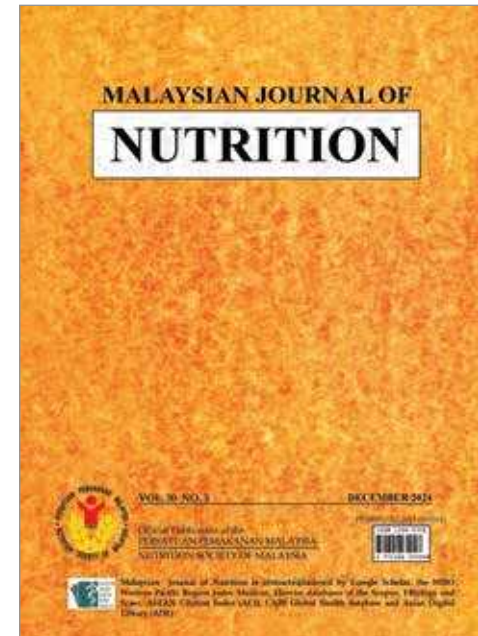
– 30 years of disseminating food and nutrition research

Since its inaugural issue in 1995, the Malaysian Journal of Nutrition (Mal J Nutr) has been a pivotal platform for advancing nutrition science in Malaysia and the Southeast Asian region. For three decades, the journal has consistently upheld high standards in disseminating peer-reviewed research, critical reviews, and evidence-based insights that inform practice, policy, and innovation in the field of nutrition.

Mal J Nutr contributions have significantly shaped the academic and professional discourse on a broad spectrum of topics, including nutritional biochemistry, community nutrition, food science, public health nutrition, and the role of nutrition in disease prevention and management.

Mal J Nutr is ranked among the top journals in the Malaysian Citation Index (MyCite) by the Ministry of Education Malaysia and is widely regarded as one of the region's leading English-language nutrition journals.

Mal J Nutr is abstracted/indexed by Elsevier's Scopus database, Google Scholar, the WHO Western Pacific Region Index Medicus (WPRIM), ASEAN Citation Index (ACI), CABI Global Health database and Asian Digital Library (ADL), reflecting its growing international recognition. In its continued pursuit of excellence, Mal J Nutr adopted an online manuscript submission and review system since 2018.



<https://nutriweb.org.my/mjn/>

Mal J Nutr 26(1): i-ii, 2020
doi: <https://doi.org/10.31246/mjn-editorial-26-1>

Editorial

Nutrition, Immunity and COVID-19

Hamid Jan B. Jan Mohamed¹ & Tee E Siong²

¹Professor in Nutrition, Nutrition and Dietetics Programme, School of Health Sciences, Universiti Sains Malaysia, Kelantan; ²President, Nutrition Society of Malaysia, Kuala Lumpur

Mal J Nutr 29(2): 163-241, 2023

SPECIAL INVITED REVIEW

Review of recommended energy and nutrient intake values in Southeast Asian countries

E Siong Tee^{1,2}, Rodolfo F Florentino^{3,4}, Nalinee Chongviriyaphan^{5,6}, Hardinsyah Ridwan^{7,8}, Mahenderan Appukutty^{9,10} & Truong Tuyet Mai¹¹

¹Southeast Asia Public Health Nutrition Network; ²Nutrition Society of Malaysia; ³Nutrition Foundation of the Philippines, Inc; ⁴Nutrition Association of Thailand; ⁵Food and Nutrition Society of Indonesia; ⁶Vietnam Nutrition Association

Mal J Nutr 30(2): 167-179, 2024

Infant feeding practices and associated factors during the COVID-19 pandemic: Findings from an online cross-sectional study in Indonesia

Judhiastuty Februhartanty^{1,2}, Cahya Ayu Agustin² & Athiya Fadlina²

¹Department of Nutrition, Faculty of Medicine, Universitas Indonesia - Dr. Cipto Mangunkusumo Hospital, Jakarta, Indonesia; ²Southeast Asian Ministers of Education Organization - Regional Centre for Food and Nutrition (SEAMEO REC/FON)/ Pusat Kajian Gizi Regional (PRGR) Universitas Indonesia, Jakarta, Indonesia; ³Department of Nutrition, Faculty of Food Technology and Health, Sahid University, Jakarta, Indonesia

Mal J Nutr 31(1): 063-073, 2025

Zinc deficiency and its correlates among infants aged 6-11 months in rural areas of Thanh Hoa province, Vietnam

Van Doanh Pham¹, Thi Minh Nguyet Tran², Thi Thuy Dung Le³, Van Chuyen Hoang⁴, Tuyet Thi Le⁵ & Thuy Nga Tran⁶

¹Faculty of Chemical and Food Technology, Ho Chi Minh City University of Technology and Education, Ho Chi Minh City, Vietnam; ²National Institute of Nutrition, Vietnam; ³Institute of Medical and Pharmaceutical Education, Thu Dau Mot University, Binh Duong; ⁴Faculty of Biology, Hanoi National University of Education, Hanoi, Vietnam

INTERNATIONAL WEBINAR

"Manuscript Writing & Publication"

July 16th, 2024

LIVE zoom

08 AM - 11 AM (Bakorda Time)
09 AM - 12 PM (Kuala Lumpur Time)

Contributions to Nutrition Research

– for the formulation of science-based policies and intervention programmes

MyBreakfast Study

MyBreakfast Study is a comprehensive nationally representative study to obtain a battery of data among school children aged 6 to 17 years in Malaysia, initiated by NSM in 2013. These included breakfast habits, food consumption pattern, weight and height and physical activity. This research has produced a total of 4 publications.

<https://www.nutriweb.org.my/index.php?mybreakfast-study>

Healthy Kids Programme (HKP)

Healthy Kids Programme (HKP), launched in August 2010, is a collaborative project between NSM, Nestle Malaysia, and the Ministry of Education (MoE). The aim of the 3-year research component was to develop, implement and evaluate effectiveness of a nutrition educational package to improve nutrition knowledge and promote active lifestyle among school children aged 7 to 12 years. Refer to Other Nutrition Promotion Programmes for roll out of HKP to schools.

<https://www.nutriweb.org.my/index.php?healthy-kids-programme>



Malaysian Healthy Diet Score Online Survey (MHDOS)

The Malaysian Healthy Diet Score Online Survey (MHDOS) is an international research project led by NSM in collaboration with The Commonwealth Scientific and Industrial Research Organisation (CSIRO) and Nutrition Division, Ministry of Health Malaysia (MOH). This research aimed to evaluate the diet quality of Malaysian adults and their compliance with the Malaysian Dietary Guidelines 2020 through an online survey, which was completed over nine months (1 December 2022 – 31 August 2023).

<https://nsm-mhdos.org.my/>

Food Group	Score
Vegetables	10
Fruits	10
Whole grains, wholegrain cereals, bread, pasta & tubers	10
Fish, poultry, eggs, meat and legumes	10

Are You Eating Healthily?

FIND OUT BY TAKING THE Malaysian Healthy Diet Online Survey (MHDOS)

OBJECTIVES

- To know the diet quality of Malaysian adults
- To measure the compliance with the Malaysian Dietary Guidelines (2020)

BENEFITS

- You will receive an individual report based on your survey responses within 3-4 days, with feedback on your 'Healthy Diet Score' & suggestions on how to improve your diet

WHO CAN PARTICIPATE

- Adults (18-69 years old)
- Malaysian (born in Malaysia)
- Not pregnant or lactating
- Not having special diet due to medical conditions

HOW TO PARTICIPATE

- Scan the QR code or open the URL, log in: <https://bit.ly/MHDOS>
- Select your language of choice (English, Malay, Mandarin, Tamil)
- Answer the online survey (15 minutes)

FOR FURTHER INFORMATION CONTACT:

Name: Dr. Siew Ah Kien, ahkien@nsm.gov.my or ahkien@nsm.gov.my

Mal J Nutr 29(2): 273-283, 2023

Malaysian Healthy Diet Online Survey (MHDOS): Study rationale and methodology

Jyh Eiin Wong^{1,2}, Fui Chee Woon^{1,3}, Yit Siew Chin^{1,4}, Wai Siew Teh⁵, Rusidah Selamat⁵, Ahmad Ali Zainuddin⁶, Gilly A Hendrie⁷ & E Siong Tee^{1*}

Malaysia School Nutrition Promotion Programme (MySNPP)

The NSM Malaysia School Nutrition Promotion Programme (MySNPP) comprises two components: (i) nutrition education session for parents and students using the Good Nutrition Key to Healthy Children (GNKHC) modules developed by Southeast Asia Public Health Nutrition Network (SEA-PHN) and (ii) provision of a nutritious meal to students during their mid-morning or afternoon recess. Monitoring and evaluating these programmes demonstrated that the programme empowered the children to improve their nutrition knowledge, attitude and practices, and improved their nutrient intake and was able to bring about reduced underweight/obesity.



Building UK-SEA partnership – Research on nutrition policies and action plans in Malaysia to promote the implementation of double burden of malnutrition prevention in school-age children

This is a collaborative research project initiated in 2024 between University of Leeds (UoL), NSM, International Life Sciences Institute (ILSI) SEA region, and Universiti Putra Malaysia (UPM). Through i) document review, ii) key informant interviews (KII) and focus group discussions (FGD), and iii) strategy review workshop, the research aimed to develop informed policy recommendations and interventions for Malaysian school-age children for the prevention of double burden of malnutrition.



Malaysia Nutrition Leadership Programme

– contributions to shaping tomorrow's nutrition leaders



Launched in 2017, Malaysia Nutrition Leadership Programme (MyNLP) is a groundbreaking initiative by NSM designed to develop future leaders in nutrition. Two training programmes have been organised over the years, both in collaboration with the SEA-PHN Leadership programme to enable participants from the Southeast Asia countries to participate.

Through hands-on workshops, expert mentoring, and strategic networking, these programmes foster leadership, innovation, and collaboration among professionals. With a strong emphasis on multidisciplinary thinking and evidence-based action, it empowers participants to address real-world nutrition challenges across various sectors.



Series of webinars to strengthen capacity building

Focuses on five essential competencies – resilience, tenacity, critical thinking, problem-solving, and initiative, which are essential for success in the dynamic and evolving field of nutrition.

WEBINAR SERIES ON NUTRITION CAREER JOURNEY 4/2022: CORPORATE SECTOR - GLOBAL PERSPECTIVE

Gain insights into leadership roles, opportunities and challenges of nutritionists in the global setting.

Dr. Kit Phanvijhitsiri
R&D Life Sciences Manager at PepsiCo - Quaker

FRIDAY 17 JUNE 2022
TIME 3:00-4:30 PM
ZOOM MEETING

REGISTER NOW!

Exclusively for Fresh Nutrition Graduates & Final Year Students!

For more information: www.nutriweb.org.my mynip@nutriweb.org.my

WEBINAR SERIES ON NUTRITION CAREER JOURNEY 3/2022: GOVERNMENT SECTOR

Gain insights into leadership roles, opportunities and challenges of nutritionists in the government setting.

Mr. Mohd Razaf Mubassil
Assistant Officer in Nutrition (Government Sector) at NLP

FRIDAY 18 JUNE 2022
TIME 2:45-4:30 PM
ZOOM MEETING

REGISTER NOW!

Exclusively for Fresh Nutrition Graduates & Final Year Students!

For more information: www.nutriweb.org.my mynip@nutriweb.org.my

WEBINAR SERIES ON NUTRITION CAREER JOURNEY 2/2022: SELF-EMPLOYED NUTRITIONIST

Gain insights into leadership roles, opportunities and challenges of self-employed nutritionists.

Dr. Esh Saleh
Nutritionist at NLP

FRIDAY 23 JUNE 2022
TIME 3:45-4:00 PM
ZOOM MEETING

REGISTER NOW!

Exclusively for Fresh Nutrition Graduates & Final Year Students!

For more information: www.nutriweb.org.my mynip@nutriweb.org.my

WEBINAR SERIES ON NUTRITION CAREER JOURNEY 1/2022: CORPORATE SECTOR

Gain insights into leadership roles, opportunities and challenges of nutritionists in the corporate setting.

Mrs. Nur Hafizah Md Yusoff
Nutritionist at NLP

FRIDAY 24 JUNE 2022
TIME 3:45-4:30 PM
ZOOM MEETING

REGISTER NOW!

Exclusively for Fresh Nutrition Graduates & Final Year Students!

For more information: www.nutriweb.org.my mynip@nutriweb.org.my

WEBINAR ON NUTRITION CAREER JOURNEY 2024

Gain insights into leadership roles, challenges and opportunities of nutritionists in different settings.

Syaza Lyana Bt Idris
CEO/Chief Nutritionist Jamsayheart Nutrition Consultancy Sdn Bhd

Mohammad Affendy Bin Mohd Akhbar
Nutritionist PKD Gua Musang, Kelantan

Kan Pei Fern
Regulatory Science Innovation Manager Abbott Laboratories (Singapore) Pte. Ltd

Webinar on Nutrition Career Journey: Self-Employed Nutritionist

Guest Speaker: **Madam Surainee Wahab**
Director of AAA Vision Academy

Programme Details: **Friday 13 August 2021 5:30-7:00pm Zoom Meeting**

Gain insights into leadership roles, opportunities and challenges of self-employed nutritionists.

Exclusively for Fresh Nutrition Graduates & Final Year Students

REGISTER NOW!

Webinar on Nutrition Career Journey: Government Sector

Guest Speaker: **Madam Zalma Abd Razak**
Director of Nutrition Division Ministry of Health Malaysia

Programme Details: **Friday 18 June 2021 3:00-4:30pm Zoom Meeting**

Gain insights into leadership roles, challenges and opportunities of nutritionists in the government setting.

Exclusively for Fresh Nutrition Graduates & Final Year Students

REGISTER NOW!

For more information: mynip@nutriweb.org.my secretary@nutriweb.org.my www.nutriweb.org.my

Webinar on Nutrition Career Journey: Corporate Sector

Guest Speaker: **Ms Wong Mei Ching**
Group Corporate Nutrition Manager Nestle Products Sdn Bhd

Programme Details: **Friday 30 July 2021 5:30-7:00pm Zoom Meeting**

Gain insights into leadership roles, opportunities and challenges of nutritionists in the corporate setting.

Exclusively for Fresh Nutrition Graduates & Final Year Students

REGISTER NOW!

For more information: mynip@nutriweb.org.my secretary@nutriweb.org.my www.nutriweb.org.my

Webinar on Nutrition Career Journey: Global Perspective

Guest Speaker: **Ms Cyndy Au**
Global Regulatory Strategy Lead (Asia Pacific) PP

Programme Details: **Friday 30 July 2021 5:30-7:00pm Zoom Meeting**

Gain insights into leadership roles, opportunities and challenges of nutritionists in the global setting.

Exclusively for Fresh Nutrition Graduates & Final Year Students

REGISTER NOW!

For more information: mynip@nutriweb.org.my secretary@nutriweb.org.my www.nutriweb.org.my

Webinar on Nutrition Career Journey 2025

Gain insights into leadership roles, challenges and opportunities of nutritionists in different settings.

Mr. Thirukkanesh Sanvashyam
Nutritionist LKRN Pulau Pinang

Dr. Teoh Ai Ni
Policy Researcher (Nutrition) Research Institute

Ms. Farin Umairah Bt. Mohd Kerl
Nutrition Content Creator (PKR Consultancy)



NSM Postgraduate Initiative

– a platform for postgraduate NSM members to network

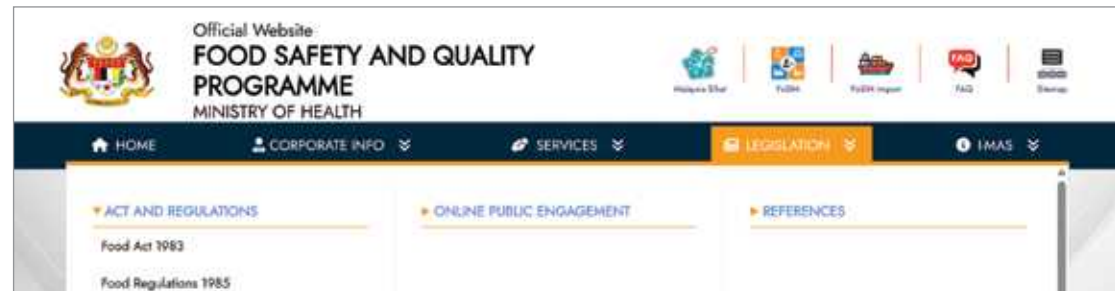
The NSM Postgraduate Initiative (NSM-PGI), launched in 2024, is a platform to enable postgraduates who are also NSM members to facilitate sharing of academic and non-academic information and resources. It serves as a channel for friendship building amongst its members. Acting as a self-managed platform, it will maintain connectivity to NSM.

Through study visits and networking, mentorship, and research support, NSMPGI aims to foster a vibrant community of young scholars actively contributing to NSM's mission. It also supports succession planning for NSM Council.



National Policies, Regulations & Guidance Documents

Being the key nutrition profession in the country, NSM has contributed significantly to the development of national policies, regulations and guidance documents in food and nutrition over the past decades. NSM has been a member of the National Coordinating Committee on Food and Nutrition (NCCFN) and National Food Safety and Nutrition Council which oversee the formulation and implementation of nutrition policies and strategies in the country. NSM Members contributed to expertise and know-how in numerous technical committees to enable evidence-based decisions to be made.



Nutrition Policies and Plans of Action for Nutrition

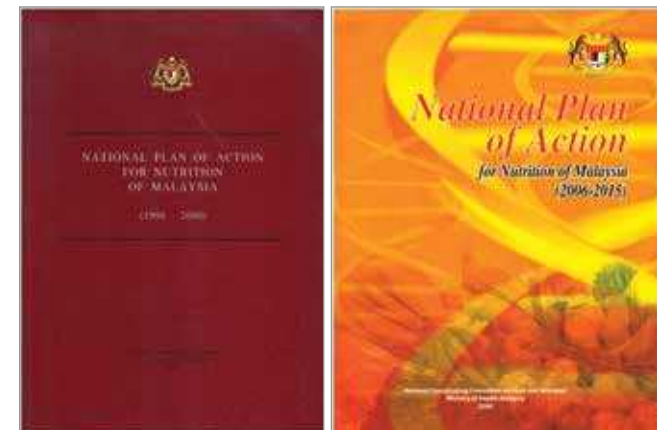
National Nutrition Policy of Malaysia

NSM has contributed to the development of both editions of National Nutrition Policy of Malaysia (NNPM), a key framework to elevate the nutritional status of the population, reduce diet-related non-communicable diseases (NCDs) and strengthen food and nutrition security.



National Plan of Action for Nutrition of Malaysia

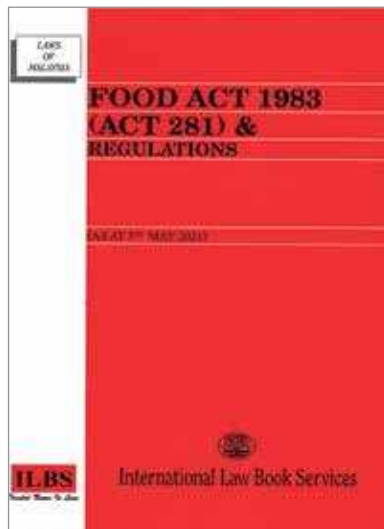
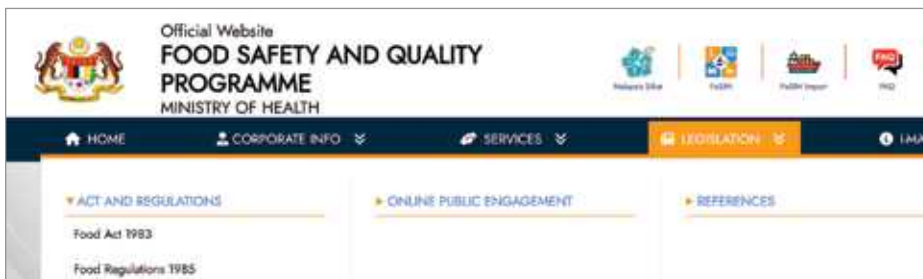
NSM has participated in the development of National Plan of Action for Nutrition of Malaysia (NPANM) from the first edition in 1990s till present. These documents serve as comprehensive blueprint for achieving optimal nutritional well-being of Malaysians through various strategies and programmes.



National and International Food Regulations

NSM contributed actively to the drafting and updating of Malaysia Food Regulations 1985 from 1980s. NSM representative participated actively in meetings of the Advisory Committee on Food Legislation and the Expert Committee on Nutrition, Claims and Advertisement of the Food Safety & Quality Programme (FSQP, previously known as the Food Safety & Quality Control Division), Ministry of Health Malaysia.

On the international scene, NSM supported FSQP in meetings of Codex Alimentarius, especially those of the Codex Committee on Nutrition and Foods for Special Dietary Use (CCNFSDU) and Codex Committee on Fats & Oils (CCFO).



<https://hq.moh.gov.my/fsq/peraturanperaturan-makanan-1985>



<https://hq.moh.gov.my/fsq/codex?>

Nutrient Recommendations and Dietary Guidelines

Recommended Nutrient Intakes (RNI)

NSM has participated in the development of the Recommended Nutrient Intakes (RNI), along experts from various ministries, universities, research and academic institutions and professional organisations to provide updated recommended nutrient intake for Malaysians for various activities in food and nutrition.



Recommended Nutrient Intakes (RNI) for Malaysia 2017 Summary Table 2: Vitamins												
Age	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Panthenic (mg)	Pyridoxine (mg)	Folate (µg)	Vitamin C (mg)	Vitamin E (mg)	Vitamin K (µg)	Vitamin B12 (µg)	Vitamin A (µg)	Vitamin D (µg)
Infants (0-12 months)	0.5	0.4	2	0.7	0.1	30	15	0.5	2.5	0.5	500	10
Infants (0-6 months)	0.2	0.2	1	0.3	0.05	15	7.5	0.25	1.25	0.25	250	5
Infants (6-12 months)	0.3	0.3	1.5	0.4	0.07	22.5	11.25	0.375	1.875	0.375	375	7.5
Children (1-3 years)	0.5	0.4	2	0.7	0.1	30	15	0.5	2.5	0.5	500	10
Children (3-5 years)	0.6	0.5	2.5	0.8	0.12	36	18	0.6	3	0.6	600	12
Children (5-12 years)	0.9	0.8	3.5	1.2	0.18	54	27	0.9	4.5	0.9	900	18
Children (13-18 years)	1.1	1.0	4.0	1.4	0.22	66	33	1.1	5.5	1.1	1100	22
Adults (19-30 years)	1.1	1.0	4.0	1.4	0.22	66	33	1.1	5.5	1.1	1100	22
Adults (31-50 years)	1.2	1.1	4.5	1.5	0.24	72	36	1.2	6	1.2	1200	24
Adults (51-70 years)	1.2	1.1	4.5	1.5	0.24	72	36	1.2	6	1.2	1200	24
Adults (71+ years)	1.2	1.1	4.5	1.5	0.24	72	36	1.2	6	1.2	1200	24
Elderly (71+ years)	1.2	1.1	4.5	1.5	0.24	72	36	1.2	6	1.2	1200	24
Pregnant (19-30 years)	1.5	1.3	5.0	1.8	0.28	84	42	1.5	7.5	1.5	1500	28
Pregnant (31-50 years)	1.5	1.3	5.0	1.8	0.28	84	42	1.5	7.5	1.5	1500	28
Pregnant (51-70 years)	1.5	1.3	5.0	1.8	0.28	84	42	1.5	7.5	1.5	1500	28
Pregnant (71+ years)	1.5	1.3	5.0	1.8	0.28	84	42	1.5	7.5	1.5	1500	28
Lactating (19-30 years)	1.5	1.3	5.0	1.8	0.28	84	42	1.5	7.5	1.5	1500	28
Lactating (31-50 years)	1.5	1.3	5.0	1.8	0.28	84	42	1.5	7.5	1.5	1500	28
Lactating (51-70 years)	1.5	1.3	5.0	1.8	0.28	84	42	1.5	7.5	1.5	1500	28
Lactating (71+ years)	1.5	1.3	5.0	1.8	0.28	84	42	1.5	7.5	1.5	1500	28

Malaysian Dietary Guidelines

NSM members have contributed their expertise to the development of various versions of national food-based dietary guidelines over the decades, commencing from the first edition in 1999. These government-endorsed guidelines are to provide specific recommendations and advice on healthy diets and lifestyles to the general Malaysian population, as well as to specific groups of the population.



Note: refer to chapter on NSM educational publications which highlight the publication of educational leaflets based on some of the national Dietary Guidelines

NSM and Allied Health Professions Act

The Allied Health Professions (AHP) Act 774 was gazetted in 2016 and enforced on 1 July 2020 by the Malaysian Allied Health Professions Council (MAHPC) which governs the registration of allied health practitioners and regulates the practice and ethics & professional conducts of a registered practitioner.

The first MAHPC was established in July 2020 and Dr Tee E Siong was elected as Council member to represent Nutritionists. He was re-elected into the 2nd MAHPC.



LAW OF MALAYSIA

Act 774

ALLIED HEALTH PROFESSIONS ACT 2016



Nutritionist is one of the 16 professions under the AHP, which aims to:

- regulate the practice of nutritionists in Malaysia
- enhance the status of nutritionists
- safeguard interest of consumers

NSM plays a key role in the drafting of the Act and its implementation:

- provides information to members of the AHP, e.g. through website
- highlights importance of registration through engagement and briefing sessions
- emphasises importance of ethical and professional practice
- provides opportunities to obtain continuous professional development points when this is implemented



SECOND SCHEDULE

[Section 9 and 10]

LIST OF ALLIED HEALTH PROFESSIONS

1. Audiologist
2. Dietitian
3. Entomologist (Public Health)
4. Physiotherapist
5. Medical Physicist
6. **Nutritionist**
7. Clinical Psychologist

Projects for Community Nutrition Promotion

NSM is guided by the simple belief that as more people understand food and nutrition, the better they are empowered to take care of their health and well-being. Over 4 decades, NSM has implemented community out-reach programmes to combat the double-burden of malnutrition for the general population, as well as amongst vulnerable groups especially mothers, infants and children.

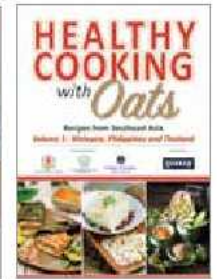
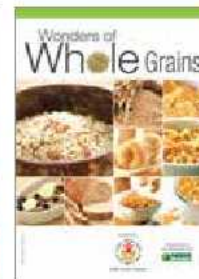
We have published a variety of nutrition educational materials. We are committed to improve lives through nutrition.



Malaysia School Nutrition Promotion Programme (MySNPP)



PROBIOTICS
EDUCATION PROGRAMME



Nutrition Month Malaysia



Over 23 Dedicated Years to Community Nutrition Empowerment!

Nutrition Month Malaysia (NMM), established in 2002, and spearheaded by NSM, was envisioned as an annual campaign to support the government's healthy lifestyle promotion efforts. Dr Tee E Siong, then President of NSM, has chaired the National Steering Committee (NSC) since its inception.

The NSC, currently with representatives from the Nutrition Society of Malaysia (NSM), the Malaysian Dietitians' Association (MDA), and the Malaysian Society of Body Composition (MSBC) plans and implements a variety of activities during NMM every year.



Fun-filled food and nutrition fair

Organised 17 fun-filled carnivals in shopping malls, with a variety of activities educational activities for all in the family.

Now in its 23rd year, NMM continues to champion science-based, engaging efforts to promote healthy eating and active living. Each year brings a new theme, but the mission remains: to build a healthier, nutrition-aware Malaysia.



NMM activities continued to reach out to the public during the COVID-19 locked down days via 3 virtual fairs



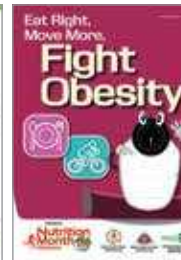
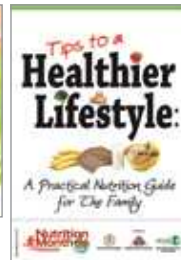
NMM goes to schools

Visited 160 primary schools, 175 kindergartens and conducted interactive nutrition activities.

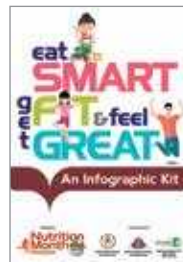


Publication of variety of educational materials for all in the family

One key activity of NMM is the publication of a variety of educational materials on healthy eating and active living.



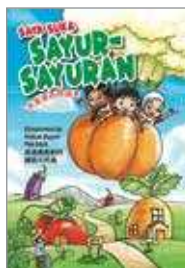
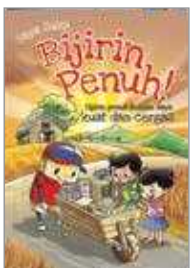
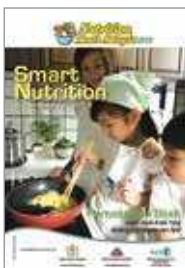
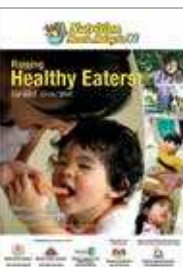
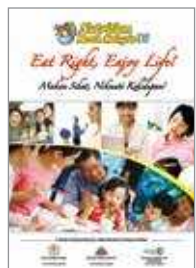
Published over 125 articles in English, Bahasa Malaysia & Chinese Newspapers.



Uploaded numerous infographic postings in NMM social media platforms.



Published 17 practical guidebooks, 5 recipes books and 1 mini-booklet, and video clips covering a variety of topics, for all in the family.



Collaboration with corporate companies

From 2008, NMM partnered with corporate sponsors in the spirit of public-private partnership to expand its reach. What began with newspaper articles has grown into large-scale nutrition carnivals, signature publications, and impactful education campaigns. NMM stands as a proud symbol of NSM and its collaborating partners dedication to promote healthier Malaysians.



Besides product sampling, visitors to the NMM annual nutrition fairs also participated in a variety of educational activities.



NSM Nutrition Roadshows

In line with the objectives of the Society “to inform and acquaint the public and the Government with matters related to food and nutrition”, NSM embarked on a series of “Nutrition Road Shows” in different parts of the country, many of which were in collaboration with several organisations including Ministry of Health, Malaysian Paediatric Association and National Diabetes Institute.

Roadshows 1997-2005



From the first Road Show, conducted in SRK Convent Sentul (1), Kuala Lumpur on 21 June 1997, members of NSM reached out to various communities.

1 Nutrition Screening – BMI, body fat, and blood glucose & cholesterol



2 Nutrition Consultation – dietary advice and healthy eating tips by nutritionists



3 Healthy cooking – promotion of NSM recipe books and tips on healthy cooking



Key activities to promote healthy eating and active living included



There were huge crowds in all the events, attended by people of all races and age groups

NSM Nutrition Roadshows 2.0

NSM Nutrition Roadshows was revived in 2020 with version 2.0. However, the COVID-19 pandemic struck that year, which necessitated NSM to shift to online promotion via the social media platforms: Facebook, Instagram & TikTok.

Virtual activities

Festive Card with Nutrition Message, Nutrition Educational Posters, NutriQuote by Nutritionists, Healthy Recipe Cards with Tips, NSM Nutritionist's Kitchen, NutriFun Quiz, Healthy Nutrition Goals & Practices.



Virtual events

Parent Child Cooking Competition, Healthy Cooking TikTok Competition, Nutrition Poster Contest, and Fun Run /Walk challenges.



NSM was determined to continue to bring the messages of healthy eating and active living to the public, even during the COVID-19 lock-down period.

We are back with physical roadshows starting from 2023!

NSM is of the belief that the more people understands healthy nutrition, the better they can care for their health and well-being.

1 Nutrition and Health Talks to the Community



2 Nutrition Screening and Dietary Consultation



3 Interactive Activities on Healthy Eating & Active Living



Miscellaneous Community Nutrition Promotion Programmes

NSM collaborated with various professional bodies in the implementation of numerous miscellaneous nutrition promotion programmes over the decades. The programmes cover mainly the vulnerable groups including mother and infants and children. Programmes also include disseminating nutrition information to the general public. Most of these programmes were implemented in collaboration with many corporate members of the NSM.

Mother and infant nutrition – for a healthy start to life



Young child nutrition – for healthy growth & development of toddlers and preschool children



Nutrition Society of Malaysia

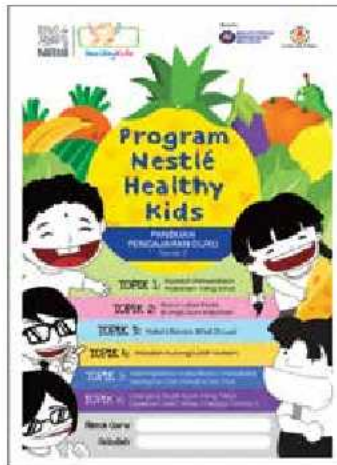
Cooking from the Heart



Positive Parenting Malaysia



School children – to promote active learning



General public – empowering healthier choices

PROBIOTICS

EDUCATION PROGRAMME



Promoting healthy meal preparation

For decades, NSM has promoted healthier meal preparation among various groups and published a series of cookbooks.

The Star ePaper - The Star Malaysia - 28 Sep 2014 - Page #92 9/28/14, 1:34 PM

12 campus

Health begins in the kitchen

THE Nutrition Society of Malaysia (NSM) and cooking video portal TryMasak recently launched Uni-Chef, a competition that aims to promote healthy eating and healthy cooking.

The competition, which will focus on recipes that use healthy ingredients, is open to students from colleges and universities in Malaysia.

Statistics from various research groups indicate that as many as 15% of toddlers and preschool children and 39% primary school students in Malaysia could be overweight or obese.

For this reason, "healthy recipes for primary school children" is the theme for the competition.

NSM president Dr Tee E Siong said, "Uni-Chef aims to help create a new generation of society that is more aware and knowledgeable about healthy eating."

"It also hopes to become one of the main sources of reference for parents in providing healthy food for their children."

The initiative's main sponsor is Gas Petronas.

"We believe Uni-Chef has great potential to spread awareness on several topics including healthy eating, lifestyle, nurturing young talent and safe cooking practices," said Perurus Dagangan Berhad general manager for LPG Business Division Nik Fauzania Nik Afandi.

Uni-Chef 2014 is open to all diploma and degree students in public and private institutions.

Winners will receive cash prizes totalling RM12,500.

To participate, students simply need to upload their healthy recipes on Uni-Chef's official website at www.trymasak.my/uni-chef.

The closing date for registration is Oct 1.

NSM will then select the 40 best healthy recipes and the respective students will be invited for a cooking demo video recording session.

All 40 videos be uploaded on the Uni-Chef website for public voting and the top 10 videos chosen by popular vote will then move on to the final, which will be held at Taylor's University Lakeside Campus, Preling Jaya.

The finalists will use their recipe to prepare dishes during the event and a panel of judges will then decide the winner of Uni-Chef 2014.

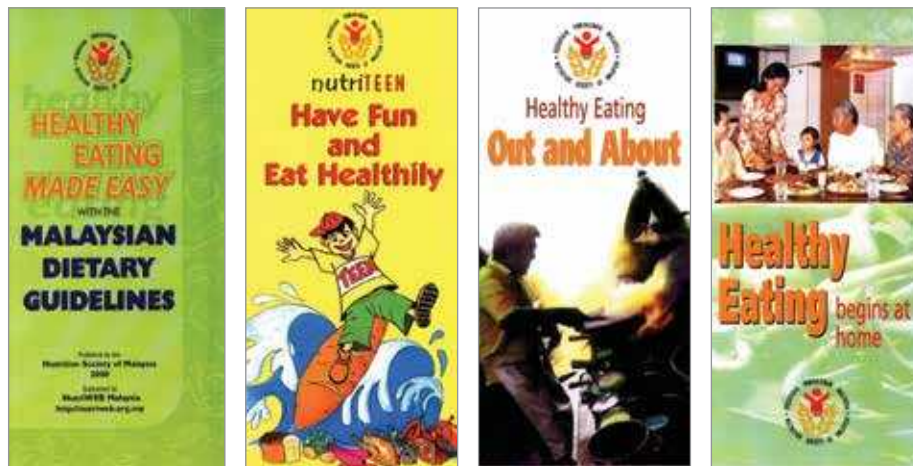


Delicious goodness: Nik Fauzania (far left) and Dr Tee E Siong (centre) watching a healthy cooking demonstration by Chef Khair Anwar during the launch of the competition.

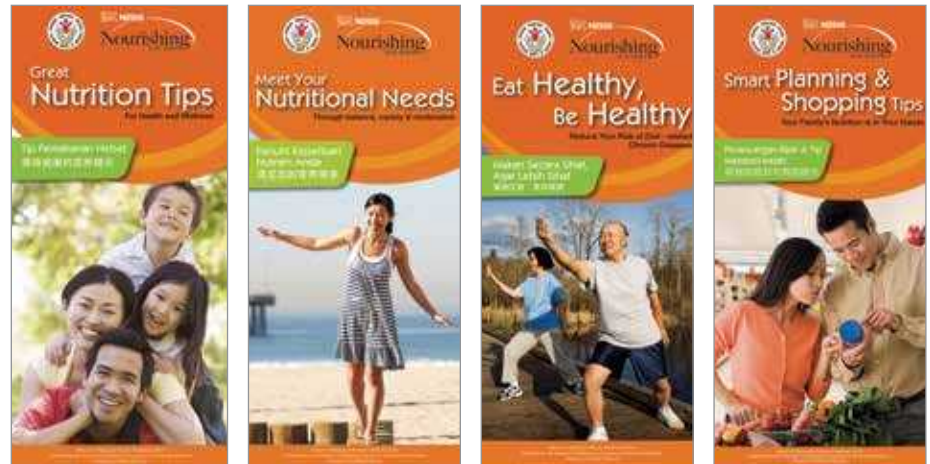


Variety of Nutrition Educational Publications

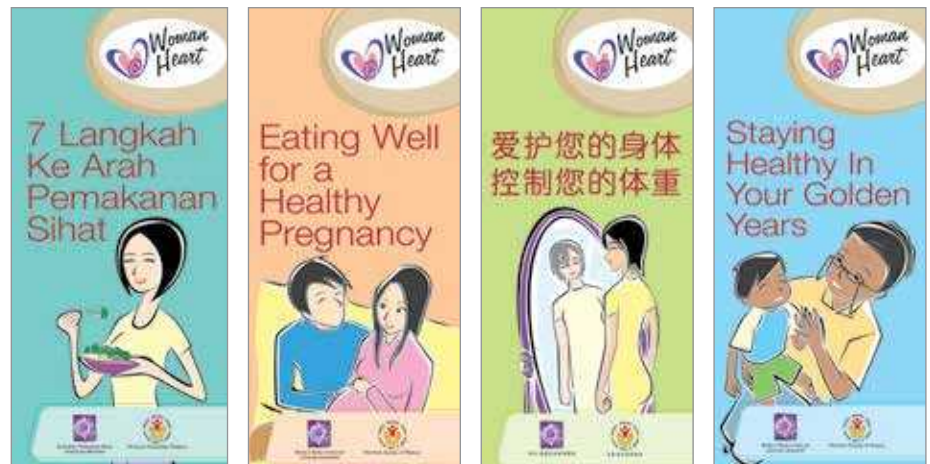
Empowering the community with sound nutrition knowledge is key to enabling them to take steps to prevent nutritional disorders. With this in mind, NSM has published numerous booklets, brochures, leaflets and press articles covering a wide range of topics for different age groups.



Adapted from official national dietary guidelines 2000, 2010, these brochures provided consumers with easy-to-understand messages and tips to adopt healthy eating and active living practices.

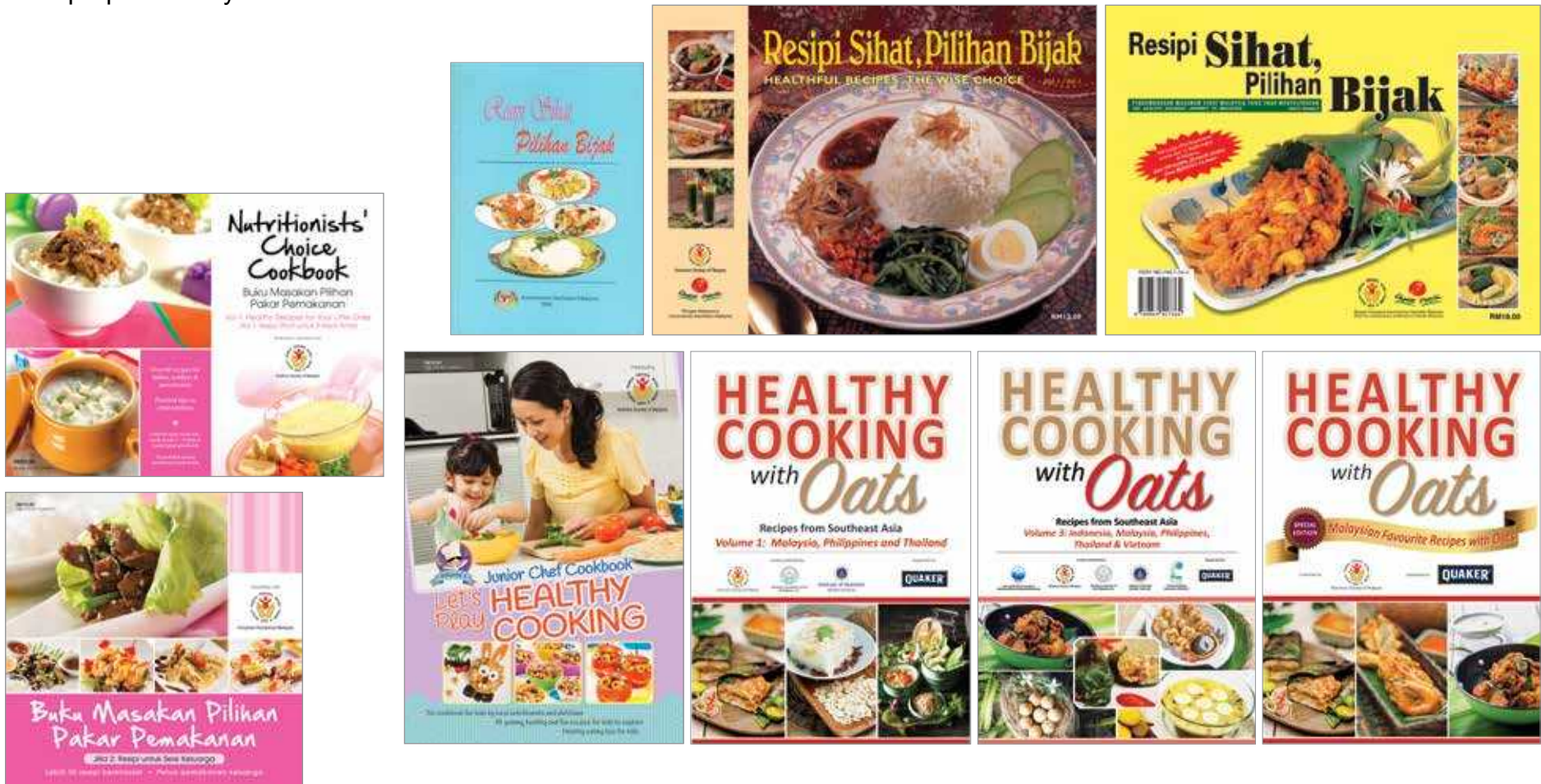


eneral dietary guidelines brochures



Healthy recipe cookbook series

These serve as useful guides for: preparing healthy meals for infants and young children; preparing popular Malaysian dishes in healthier ways, including incorporating oats; encouraging meal preparation by school children.



Besides these booklets, brochures and leaflets, a large number of educational articles have been published in the main languages in the local newspapers.

Maternal & infant nutrition

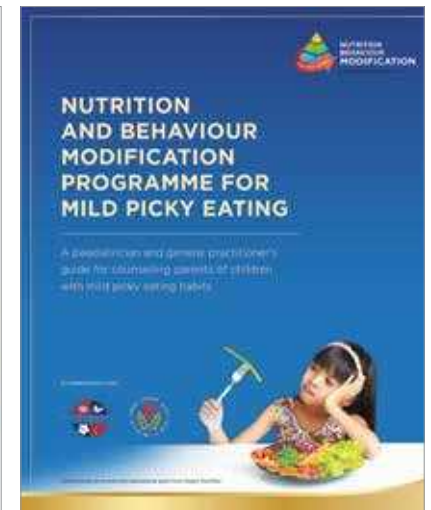
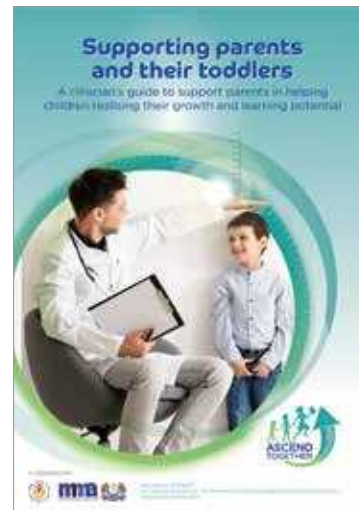
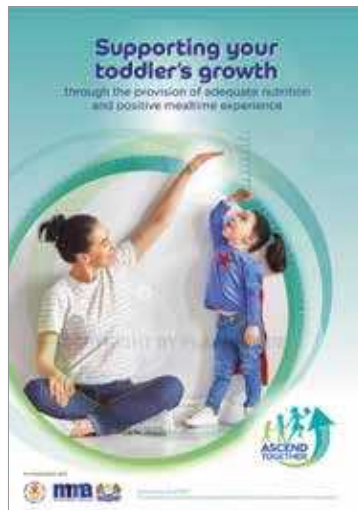
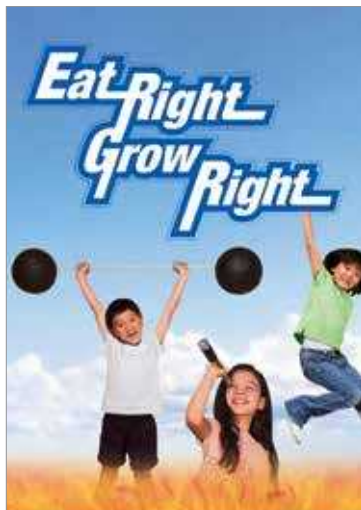
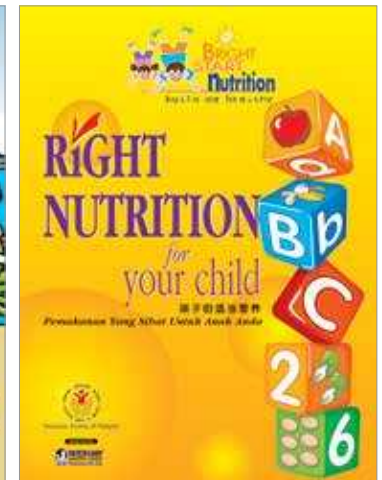
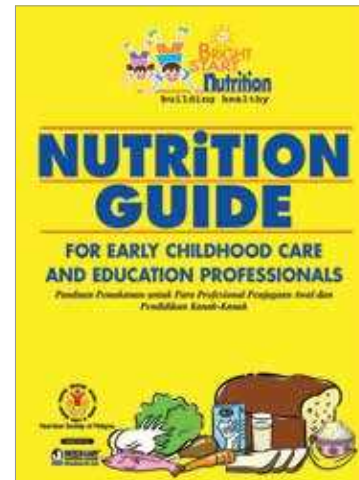
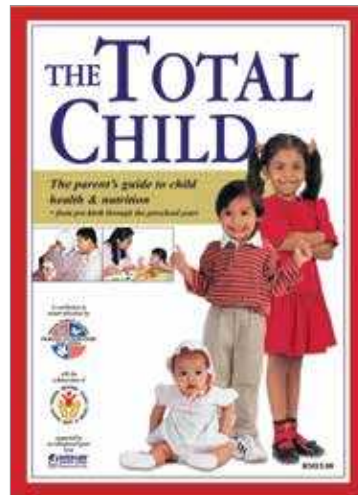
Educational materials for these vulnerable groups are crucial for the promotion of healthy nutrition during the first 1000 days.



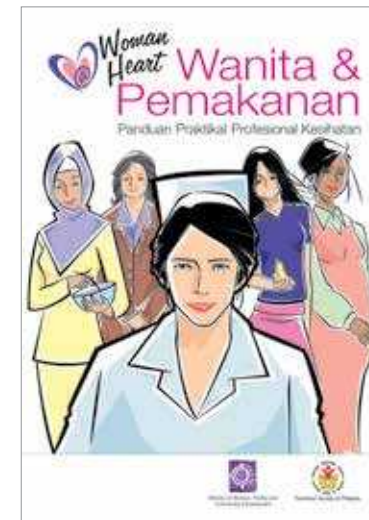
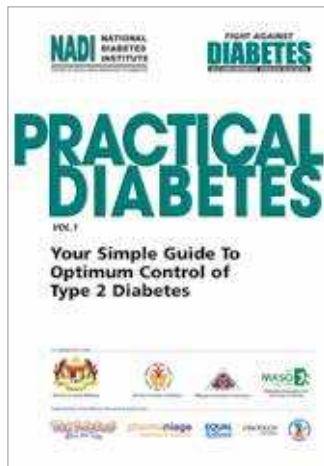
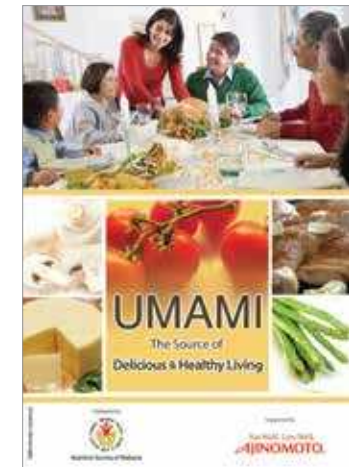
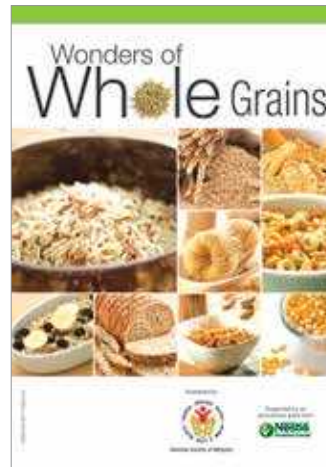
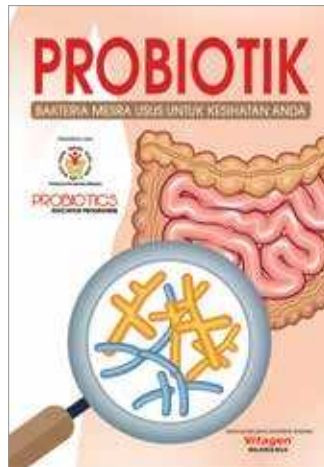
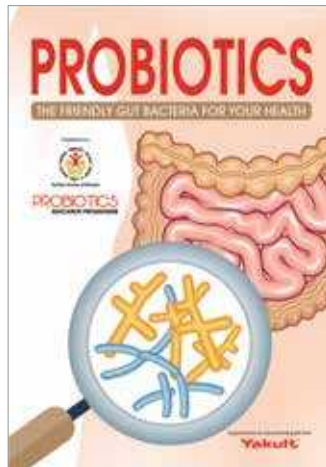
These huge number of educational publications have been made possible as a result of collaboration with several professional organisations, e.g. MOH, MPA, NADI and many corporate companies.

Childhood nutrition

Educational materials for these vulnerable groups are crucial for the promotion of healthy nutrition during the first 1000 days and children.



Nutrition information on specific topics



Most of these educational publications are still available for free download in the NSM website (<https://nutriweb.org.my/index.php?mainpage-public>), making it the professional website with the most variety of non-commercial nutrition information in the country and the region.

Regional Networking and Collaboration

The NSM is affiliated to key regional and international nutrition networks and collaborates with several scientific organisations for scientific advancement. Members of NSM have benefited tremendously from such opportunities for exposure to global developments of nutrition science, sharing of research findings, collaborations in research projects.

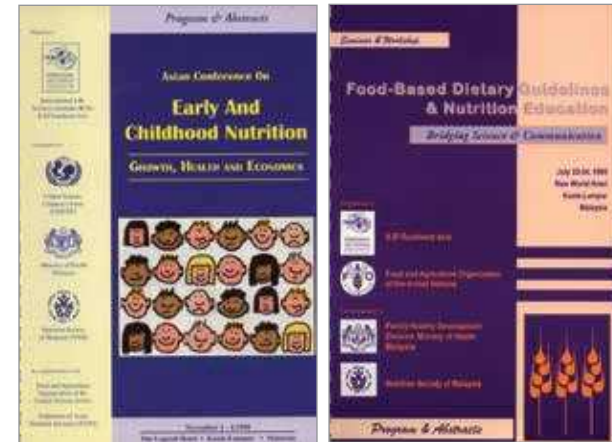


NSM-ILSI Three Decades of Scientific Collaborations



With the objective of continuously providing opportunities to NSM members to be updated on nutrition advances in the region and the world, NSM has collaborated with International Life Scientific Institute (ILSI) SEA Region in organising numerous scientific meetings in Malaysia. With the opportunities provided to co-organise with ILSI in many regional conferences on contemporary nutrition topics, more members have been able to attend and meet renowned international speakers. In addition, NSM has also co-hosted many scientific meetings with ILSI Malaysia Country Community on nutrition and food regulation topics that are of greater practical relevance to Malaysia.

The wide range of food and nutrition regional conferences organised include maternal, infant and child nutrition, dietary guidelines, as well as specific topics such as polyphenols, nutrition and cognition, microbiome etc.

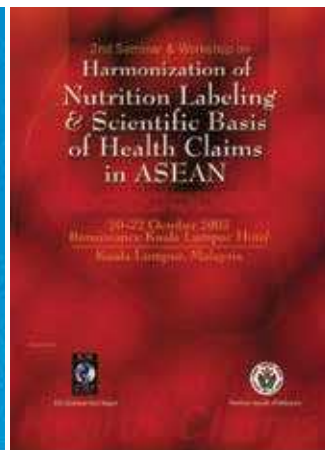
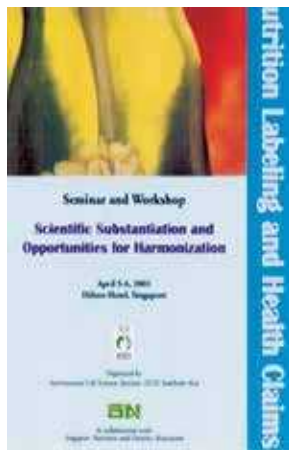


The first scientific collaborations with ILSI SEA Region





NSM co-hosted a series of seminars and workshops with ILSI SEA Malaysia Country Committee on matters related to nutrition labelling and claims regulations in SEA countries. These meetings, from 2001 till 2023, have provided a platform for updating of current regulations and discussed opportunities for harmonisation. These sessions have been well participated by regulatory officials from the region, food and nutrition scientists from academia and food industry.



NSM also collaborated with ILSI Malaysia Country Committee in organising a number of scientific meetings on specific topics of relevance to research and public health in the country.



Southeast Asia Public Health Nutrition Network



Southeast Asia Public Health Nutrition (SEA-PHN) Network is a multi-stakeholder collaboration for public health nutrition promotion. Seven food and nutrition societies/association in SEA work with like-minded corporate companies to foster interactive networking and conduct collaborative projects.



Inaugurated on 2nd June 2014 in Kuala Lumpur in conjunction with the 31st Scientific Conference of the Nutrition Society of Malaysia

Member Societies/Associations of the Network



Food and Nutrition Society of Indonesia



Nutrition Society of Malaysia



Nutrition Foundation of the Philippines, Inc.



Nutrition Association of Thailand



Vietnam Nutrition Association



Lao Nutrition Association



Myanmar Nutrition & Dietetics Association

Associate Members of the Network

Corporate Partners (2014-2023):



PEPSICO



TATE & LYLE



Current Corporate Partners (2024-2025):



Herbalife

Our Key Activities

1. Collaborative project on Nutrition Promotion for School Children



2. Organisation of regional public health nutrition conferences and webinars



Two Southeast Asia Public Health Nutrition conferences organised in 2017 and 2024. Seven webinars have been conducted since year 2021 on different topics related to public health nutrition.

3. Southeast Asia Public Health Nutrition Leadership Programme



Participated by mid-level nutrition workers from five SEA countries: Indonesia, Malaysia, Philippines, Thailand, Vietnam

Crucial initiatives aimed at enhancing leadership capabilities on nutrition

4. Research on key nutrition publications e.g. FBDGs, NPANs, RNIs in SEA countries



All publications and reports are available from SEA PHN Network's website: <https://sea-phn.org/resources>

The Way Forward

We strive to continue to **make a difference in public health nutrition in Southeast Asia!**

SEA Probiotics Scientific & Regulatory Experts Network



Mission

1. To share updates on the latest probiotics and microbiome research and knowledge through publications and scientific meetings.
2. To provide a common platform for sharing of probiotics clinical trial guidelines and regulations within the region.
3. To provide information for updating Southeast Asian probiotics regulations in line with latest international standards and guidelines.

Leadership



Chair:
Prof Dr Hardinsyah, MS
President,
Food and Nutrition
Society of Indonesia



Co-Chair:
Dr E-Siong Tee
President,
Nutrition Society of
Malaysia

Initiators of Network (2019):



Prof Dr Hardinsyah, MS
President, Food and Nutrition
Society of Indonesia



Dr E-Siong Tee
President, Nutrition Society
of Malaysia



Ms Cyndy Au
Regional Director, Regulatory &
Scientific Affairs, Asia Pacific,
Dupont Nutrition & Biosciences



Mr Adhi Lukman
Chairman, Indonesian Food
and Beverage Association

Advisors



**Assoc Prof Dr Lee
Yuan Kun**
Yong Loo Lin School
of Medicine, National
University of Singapore



**Prof Dr Chalut
Santivarangkna**
Institute of Nutrition,
Mahidol University,
Thailand



Prof Dr Lilis Nuraida
IPB University, Bogor,
Indonesia



**Ir Tetty Helfery
Sihombing, MTP**
Independent Food
Regulatory Expert,
akarta, Indonesia

Several in-person and virtual meetings were held among the stakeholders to discuss scientific and regulatory developments in the SEA region.



Mal J Nutr 27(3): 507-530, 2021

REVIEW

Status of probiotic regulations in Southeast Asia countries

Tee E Siong^{1,2}, Hardinsyah^{1,3} & Cyndy Au Sook Sum^{1,4}

¹Southeast Asia Probiotics Scientific & Regulatory Experts Network; ²Nutrition Society of Malaysia; ³IPB University Indonesia; ⁴Singapore Management University

NSM & Federation of Asian Nutrition Societies



The Federation of Asian Nutrition Societies (FANS), established in 1973, is a professional non-profit organization comprising national, regional nutrition societies and related organizations.

Mission: To provide evidence-based nutrition, representing Asian voice and fostering advancements in science, public engagement, and policy matters with a global reach on the development of nutritional sciences and their applications for human well-being.

One of the main activities of FANS is to organise a series of Asian Congress of Nutrition (ACN), the first being held in yderabad, India, in 1971.

FANS celebrated its 50th anniversary during the 14th ACN in Chengdu, China, 14-17 September 2023.



Nutrition Society of Malaysia became a member of FANS in 1986 and hosted the 6th ACN in Kuala Lumpur from 16-19 September 1991.



NSM is hosting the ACN a second time – the 15th ACN in September 2027 in KLCC, Kuala Lumpur.

To provide a platform for:

- sharing the scientific and evidence-based nutrition findings for tackling of prevailing nutrition issues;
- developing and implementation of effective food and nutrition policies and programmes;
- enhancing capacity-building efforts; and
- providing opportunities for networking and collaborations among all stakeholders in the region.



**Mark your diary –
make a date with 15th ACN!**

Reflections & Way Forward

This commemorative book is testament to the contributions of the Nutrition Society of Malaysia to the development of nutrition science and public health nutrition for the past 40 years. NSM has been recognised as one of the major players in the advancement of nutrition science in the country and the region. NSM has contributed actively to the development of relevant policies and strategic plans. NSM has tirelessly executed a large variety of community nutrition promotion programmes.

These achievements have been possible with the strategic collaboration approach undertaken by NSM. These success stories are testimony that multistakeholder collaboration among government agencies, professional organisations and the corporate companies will enable more activities to be implemented, to reach out to more intended recipients.

NSM will not rest on its laurels. We are mindful of our responsibility to our members and to the nation to continue to strive to meet its objectives. We will collaborate with all key stakeholders in the alleviation of the problems of double burden malnutrition in the country which have not reduced over the years and indeed have worsened in some areas. We offer to continue to provide input into policy development processes, ensuring that policies are established based on available data.

NSM is of the view that the continued high prevalence of double-burden of malnutrition in the country indicates that it cannot be business as usual. There must be rethinking of the approaches to the intervention strategies. There must be greater efforts to put in place what is needed for the prevention of nutritional disorders, as emphasised in the Health White Paper for Malaysia 2023. NSM offers its experiences and expertise and will be happy to collaborate with all key stakeholders in these efforts.

We are of the belief that we need to be truly working together – all of government, all stakeholders, if we are to beat the malnutrition problems.

NSM will continue to champion the promotion of nutrition science and public health nutrition.

**Editorial Committee,
NSM 40th Anniversary Commemorative Booklet**

Editorial Committee, NSM 40th Anniversary Commemorative Booklet

CHAIR



Dr Tee E Siong

MEMBERS



**Prof Dr Mahenderan
Appukutty**



**Dr Roseline
Yap Wai Kuan**



Dr Tan Sue Yee



Ms Muhaini Hussin

Messages from Collaborating Organisations

NSM has collaborated with several key scientific organisations in the country as well as others in the region. Over several decades, NSM has partnered these organisations in conducting numerous scientific meetings and implementing joint research.

We value these collaborations and sincerely acknowledge their unwavering support over the decades.



**FOOD SAFETY AND QUALITY
PROGRAMME**
MINISTRY OF HEALTH





KEMENTERIAN KESIHATAN MALAYSIA
MINISTRY OF HEALTH MALAYSIA
Bahagian Pemakanan
 Aras 1, Blok E3, Kompleks E
 Pusat Pentadbiran Kerajaan Persekutuan
 62590 PUTRAJAYA
 MALAYSIA

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 8892 4503
 Faks : 03-8892 4511/12

Message from the Nutrition Division
Celebrating 40 Years of Excellence

As a monumental 40th anniversary of the Nutrition Society of Malaysia (NSM), it is an opportune moment to reflect on the journey we've had in advancing the nutrition science in improving the health and well-being of our communities. Nutrition Division, Ministry of Health Malaysia is indeed grateful to work with NSM in striving to meet its objectives and to empower individuals and societies to make informed and health-conscious decisions.

Over the past four decades, NSM has played an active role in fostering nutrition promotion, publication and collaboration. Through rigorous educational initiatives and advocacy, NSM has contributed to the collective mission of enhancing nutrition standards, promoting balanced diets and addressing the global challenges of malnutrition, obesity and dietary-related diseases.

NSM has been integral in supporting and implementing a wide range of impactful nutrition programs. This includes nationwide nutrition education campaigns. NSM's work has helped empowered healthcare professionals, policymakers, and communities to adopt evidence-based approaches to nutrition. Key programs, such as scientific conferences and symposia, *Malaysia Nutrition Leadership Programme (MyNLP)*, *Healthy Kids Programme*, community-based nutrition interventions and scientific/ educational publication have allowed us to extend our outreach and advocating food and nutrition and preventing of diet-related non-communicable diseases.

Additionally, NSM's contribution to the development of the *nutrition strategic plans and guidelines* has been invaluable. As part of the stakeholders, NSM has participated in work of various committees under the Nutrition Division. These committees have contributed to the national and global nutrition policies, including dietary guidelines, nutritional standards, and public health interventions aimed at vulnerable populations.

We extend our deepest gratitude to NSM, whose dedication and passion continue to inspire positive change within the global nutrition community. The road ahead holds even more promise, and as we embark on the next 40 years, we remain resolute in our shared mission: to continue advancing scientific nutrition knowledge, promoting better health and fostering a future where optimal nutrition is accessible to all.

Here's to the past 40 years of achievement and to a future filled with even greater success in advancing the science of nutrition and improving lives around the world.

Nutrition Division
Ministry of Health Malaysia

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 (Please quote our reference number when replying)



PERSATUAN DIETITIAN MALAYSIA
(MALAYSIAN DIETITIANS' ASSOCIATION)

16th MDA Council

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 Vice President: Prof Dr Winnie Chee
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 Dr Ng Ai Kah
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 Mr Georger Thye Choong

Malaysian Dietitians' Association

G3A, Incubator 1,
 Technology Park Malaysia,
 Bukit Jalil, 57000 Kuala Lumpur

Dr. Tee E. Siong, PhD
 Chair, Editorial Committee
 Immediate-Past President
 Nutrition Society of Malaysia

29th May 2025

Message from the Malaysian Dietitians' Association (MDA) for NSM 40th Anniversary Commemorative Publication

Dear Dr. Tee,

Warmest greetings from the Malaysian Dietitians' Association (MDA).

On behalf of the MDA, I would like to extend our sincere congratulations to the Nutrition Society of Malaysia (NSM) on the occasion of its 40th Anniversary. This milestone reflects NSM's enduring commitment to advancing nutrition and science for human health and well-being and promoting healthier populations across Malaysia and the Southeast Asian region.

In support of the commemorative publication marking this special occasion, we are pleased to submit MDA's message for inclusion, as follows:

"Heartiest congratulations to the Nutrition Society of Malaysia (NSM) on 40 remarkable years of championing nutrition and science for human health and well-being! The Malaysian Dietitians' Association (MDA) is proud to journey alongside NSM in promoting health and positioning nutrition as a foundational pillar in disease prevention, management, and control. We look forward to continuing this impactful collaboration for a healthier Malaysia."

PROF DR BARAKATUN-NISAK MOHD YUSOF

President
 Malaysian Dietitians' Association (MDA)

Malaysian Dietitians' Association

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PROGRAM KESELAMATAN DAN KUALITI MAKANAN
(FOOD SAFETY AND QUALITY PROGRAMME)
KEMENTERIAN KESIHATAN MALAYSIA
(MINISTRY OF HEALTH MALAYSIA)
ARAS 4, MENARA PRISMA
NO. 26, JALAN PERSIARAN PERDANA
PRESINT 3, 62675 PUTRAJAYA
WILAYAH PERSEKUTUAN PUTRAJAYA

Tel : 603 - 8885 0797
Laman Web : <https://hq.moh.gov.my/fsq>

Our reference : KKM.200-12/1/34JLD.10(37)
Date : 10 Mac 2025

Nutrition Society Malaysia

To whom it may concern,

CONGRATULATORY MESSAGE FOR THE NUTRITION SOCIETY OF MALAYSIA 40TH ANNIVERSARY

Congratulations to Nutrition Society of Malaysia (NSM) on its 40th anniversary and achievement. On behalf of the Food Safety and Quality Program, Ministry of Health Malaysia, I would like to extend our warmest congratulations to the NSM for your outstanding contributions to the field of nutrition and food safety and health in Malaysia. Over the years, the NSM has consistently demonstrated a strong commitment to advancing nutrition knowledge, promoting public health and food safety initiatives, and ensuring the well-being of our community through scientific research, education, and collaboration with various stakeholders.

2. NSM plays a vital role in the Advisory Committee on Food Legislation (JPPM), the highest committee responsible for approving proposed amendments under the Food Act 1983. As an inter-agency body comprising experts from various fields, the committee benefits greatly from NSM's insights and expertise. We sincerely appreciate NSM's commitment to this role, particularly in making proposals and recommendations that contribute to the development of food safety and quality standards. We look forward to NSM's continued involvement in shaping policies that enhance public health and nutrition.

3. Another remarkable role played by NSM is in the Expert Committee on Nutrition, Claims, and Advertisement, where the NSM actively shares its expertise as a key member. Through the Expert Committee NSM has made significant contributions in ensuring the accurate and responsible communication of nutrition-related information, particularly in areas such as nutrition labeling and claims. The committee has also played a crucial role in shaping nutrition labelling regulation, health claims, and advertising practices, ensuring that consumers receive transparent, evidence-based information to make informed dietary choices.

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Apart from that, NSM also is a key member of the National Codex Subcommittee on Nutrition and Foods for Special Dietary Uses. This platform plays a crucial role in international discussions on food standards related to nutrition and special dietary products, ensuring Malaysia's alignment with global best practices.

4. The Nutrition Society of Malaysia and its members have also made a lasting impact in supporting Malaysia's work in Codex Alimentarius, particularly within the Codex Committee on Fats and Oils (CCFO). Since Malaysia first hosted and chaired the CCFO at the 21st session in 2009, NSM's then-President, Dr. Tee E Siong, played an instrumental role in the Malaysia Technical Team. His vast expertise in Codex matters and nutrition provided invaluable support to Malaysia's first CCFO Chairperson, Madam Noraini Dato' Mohd. Othman, helping to navigate discussions, achieve consensus, and articulate key points with discretion and diplomacy. This unwavering support has continued under Malaysia's second CCFO Chairperson, Madam Norrani Eksan, as demonstrated in the most recent session in 2024. The Ministry of Health Malaysia (MOH) deeply values NSM's dedication, leadership, and expertise in advancing Malaysia's work in Codex.

5. We extend our heartfelt appreciation and congratulations to NSM for its continuous efforts in shaping nutrition policies and contributing to the betterment of food safety and public health. Your commitment and expertise are truly commendable, and we look forward to many more years of meaningful collaboration. We are confident that this partnership will continue to thrive and inspire even greater achievements in the future.

Thank you.

Your sincerely,


(Ts. NORRANI BINTI EKSAN)

Former Deputy Director General of Health (Food Safety and Quality)
Ministry of Health Malaysia



**MALAYSIAN SOCIETY OF
BODY COMPOSITION
PERSATUAN KOMPOSISI TUBUH BADAN
MALAYSIA**

Reg. No. PPM-015-10-18032020 since 18 March 2020.

**MSBC Committee
(2024 – 2026)**

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MSBC Secretariat:

c/o: Research Centre of Excellence
Nutrition and Non-Communicable
Diseases, Faculty of Medicine and
Health Sciences, Universiti Putra
Malaysia, 43400 UPM Serdang,
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Contact:

president@msbc.org.my
secretary@msbc.org.my

Dr Tee E Siong

Chair,
Editorial Committee of NSM Commemorative Book
Immediate Past President
Nutrition Society of Malaysia (NSM)

Dear Dr Tee,

**CONGRATULATIONS ON THE 40TH ANNIVERSARY OF THE NUTRITION
SOCIETY OF MALAYSIA**

On behalf of the Malaysian Society of Body Composition (MSBC), I would like to extend our heartfelt congratulations to the Nutrition Society of Malaysia (NSM) on your 40th Anniversary.

This milestone is a reflection of NSM's visionary leadership and enduring contributions to nutrition science, policy, and public engagement—both in Malaysia and across the region. Over the past four decades, NSM has played a vital role in promoting healthy eating, conducting impactful research, shaping national and regional dialogue, supporting professional development, and fostering regional and international collaboration in the field of nutrition.

As a relatively young society with a dedicated focus on the science and application of body composition in health and nutrition, MSBC is honoured to have worked alongside NSM over the years and are proud to be part of your journey through Nutrition Month Malaysia (NMM) since 2022. Our collaboration in **Nutrition Month Malaysia (NMM)** since 2022 reflects a shared commitment to advancing public understanding of nutrition, health, and wellness from multiple dimensions. MSBC commend the Society's achievements and look forward to continuing our collaboration to promote the shared goal of improving nutritional well-being in our communities.

We deeply value NSM's role as a cornerstone of Malaysia's nutrition landscape and are honoured to contribute by bringing the perspective of body composition to complement and enhance broader nutrition strategies. Together, we believe our collective efforts are shaping a healthier and better-informed society.

Once again, congratulations to the Council and all members of NSM. We wish you continued success in the years ahead.

Warm regards,

Prof Dr Chan Yoke Mun
President
Malaysian Society of Body Composition



**PERSATUAN PEDIATRIK MALAYSIA
MALAYSIAN PAEDIATRIC ASSOCIATION**

16 June 2025

Dr Mahenderan Appukutty

President, Nutrition Society of Malaysia (NSM)

Dr Tee E Siong

Immediate-Past President, Nutrition Society of Malaysia

Chair, Editorial Committee of NSM 40th Anniversary Commemorative Booklet

Dear Dr Mahenderan and Dr Tee,

40th Anniversary of Nutrition Society of Malaysia

On behalf of the Malaysian Paediatric Association (MPA) and the Positive Parenting Programme, we extend our heartfelt congratulations to the Nutrition Society of Malaysia (NSM) on their remarkable 40th Anniversary!

It is truly inspiring to witness NSM's enduring commitment to advancing nutrition science and its impactful outreach through varied community education initiatives. NSM's dedication has not only enriched the scientific community but also empowered the public with evidence-based knowledge.

MPA cherishes its 25-year collaboration with NSM, particularly with Dr Tee E Siong, across numerous initiatives. Beginning from the **Bright Start Nutrition** programme collaboration, the publication of **The Total Child** book to **Positive Parenting** that is still on-going till today, together with other **Mi-CARE**, a CPD Nurse Training Programme, your expertise has been invaluable in shaping healthier futures for HCPs and Malaysian families.

Once again, congratulations on 40 years of continued excellence! We look forward to many more years of partnership and shared success in promoting nutrition, healthcare and well-being, to a wider audience for a better and brighter Malaysia.

Warm regards,

Assoc Prof Dr Mohamad Ikram Ilias
President, Malaysian Paediatric Association

Prof Datuk Dr Zulkifli Ismail
Chairman, Positive Parenting Management Committee

16-07, 16th Floor, Menara Anna Unit, 97, Jalan Raja Muda Abdul Aziz, 50300 Kuala Lumpur
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NSM 40th Anniversary, Congratulatory Message

Congratulations to the Nutrition Society of Malaysia (NSM) as it celebrates the important and momentous occasion of its 40th Anniversary

The past four decades have seen the significant growth of nutrition professionals in Malaysia, in pioneering and advancing nutrition research, in knowledge sharing and education, as well as increasing engagement in various health, food, and biomedical sectors in the country. The contributions of NSM in building the capacity and training of future leadership within the profession, as well as in providing strategic guidance, policy discussion and program development to the government agencies, are well-recognized. At regional level, NSM is one of the most active nutrition professional bodies in Southeast Asia, partnering with many other organizations and research institutions to fill knowledge gaps and facilitate cross-regional collaborative programs.

ILSI Southeast Asia Region (ILSI SEA Region) has collaborated with NSM in many scientific activities throughout the past three decades, conducting research studies, joint conferences, seminars, workshops and co-facilitating ASEAN partnership programs to spearhead scientific approaches to harmonization of nutrients recommendation, assessment methodologies and nutrition labelling etc in our shared common goal of improving public health and nutrition.

As we reflect on this important partnership and assess the impact of our work in aiming to achieve the UN Sustainable Development Goals, as well as national targets for better nutrition status, eating habits and healthy longevity for our populations, we also recognize the increasing challenges along the scientific path that hamper desired progress. To meet and overcome these challenges, strengthening collaboration and partnership among all stakeholders along the health value chain is more critical than ever. Under the excellent leadership of its past and current Presidents and Council Members, NSM has amply demonstrated the resolve to embrace all stakeholders in attaining its goals and objectives. We look forward to continue the important partnership between ILSI SEA Region and NSM in the coming years, and to achieving further accomplishments and success in putting nutrition on the national health agendas of Malaysia and ASEAN.

ILSI Southeast Asia Region


GEOFFREY SMITH
President


BOON YEE YEONG
Executive Director


PAULINE CHAN
Director, Science Program



DEWAN PIMPINAN PUSAT
PERHIMPUNAN PAKAR GIZI DAN PANGAN (PERGIZI PANGAN) INDONESIA
FOOD AND NUTRITION SOCIETY OF INDONESIA

Sekretariat : d.a Lantai 3, Departemen Gizi Masyarakat, FEMA, Kampus IPB Darmaga, Bogor. Telp/WA +62 813 9979 9379
Web : www.pergizi.org, Email : dpn.pergizi@gmail.com, IG : @PERGIZI, Twitter : @PERGIZI, FB : fb.com/PERGIZI, LinkedIn : pergizi, Line : @238ylkes

Message from the Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia)

On behalf of the Food and Nutrition Society of Indonesia (PERGIZI PANGAN), I extend our warmest **congratulations to the Nutrition Society of Malaysia (NSM) on the occasion of its 40th Anniversary**. This milestone is a remarkable achievement that reflects NSM enduring commitment to advancing nutrition science, its applications in promoting health and wellness throughout Malaysia and beyond.

PERGIZI PANGAN Indonesia is a scientific and professional organization dedicated to advancing nutritious foods, healthy diets, public nutrition and health through evidence-based programs. Our vision is to build a healthy, intelligent, and productive Indonesian society through optimal food and nutrition. We pursue this vision by supporting the development of food and nutrition policies, conducting scientific research, engaging in public nutrition education, building professional capacity, and promoting multisectoral collaboration and better communication across academia, government, industry, and the community.

We are proud to maintain a close and collaborative relationship with NSM, founded on our shared goals to improve nutritional wellbeing and foster scientific cooperation across Southeast Asia. Over the years, we have worked together in scientific forums, regional networks, and community initiatives that support evidence-based food, nutrition policies and public education.

We commend NSM for its leadership in mobilizing multi-stakeholder partnerships, supporting the professional development of nutritionists, and contributing to regional platforms such as the Southeast Asia Public Health Nutrition Network (SEAPHN) and Federation of Asian Nutrition Societies (FANS). These efforts have been instrumental in raising the standards of nutrition practices and policies in the region.

As NSM celebrates four decades of excellence, we reaffirm our commitment to continued collaboration and joint action in addressing the evolving nutritional challenges faced by our communities. Together, we can shape a healthier and more resilient future for the region.

Once again, congratulations and best wishes for continued success

Prof Dr Ir Hardinsyah, MS
President Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia)



Nutrition Foundation of the Philippines, Inc.
Dr. Juan Salcedo, Jr. Bldg. 107 E. Rodriguez, Sr. Avenue, Quezon City 1113
Tel. Numbers: (632) 8712-1474/0917-705-8926
E-mail: admin@nfp.org.ph

Adhering Body-International Union of Nutritional Sciences

The NFP Celebrates with the Nutrition Society of Malaysia on its 40th Anniversary

Congratulations to the Nutrition Society of Malaysia (NSM) on your 40th anniversary! The officers and members of the Nutrition Foundation of the Philippines (NFP) join in celebrating this important milestone, a testament to NSM's four decades of unwavering commitment to promoting nutrition for life!

As part of this journey, NFP has been privileged to work with NSM through the Southeast Asia Public Health Nutrition (SEA-PHN) Network since 2014. The SEA-PHN is a partnership of key stakeholders in the region including nutrition societies, government agencies and corporate companies dedicated to promoting public health nutrition among the population and alleviating nutrition problems across Southeast Asia.

Through this collaborative network, NFP and NSM have actively participated in annual general meetings and contributed to numerous educational initiatives. These include comprehensive webinar series addressing critical regional topics, such as the health benefits and regulations on whole grains, improving food environments, addressing food and nutrition security during challenging times, promoting food-based dietary guidelines, utilizing social media for nutrition promotion, managing nutrition activities during the COVID-19 pandemic, and advancing nutrition promotion among school children.

We have further strengthened our partnership through participation in the SEA-PHN Leadership Programme Workshop and joint contributions to significant regional publications including "Food-based Dietary Guidelines in Southeast Asian Countries," "National Plans of Action for Nutrition in Southeast Asian Countries - A Review," and "Healthy Cooking with Oats: Recipes from Southeast Asia Cookbook." These efforts collectively demonstrate our sustained commitment to regional collaboration and knowledge sharing in addressing public health nutrition challenges throughout Southeast Asia.

We look forward to continuing this meaningful partnership, sharing best practices, learning from each other, and living up to the commitment to nutrition for life!

Ma. Veritas F. Luna, PhD, RND
Chairperson-President



สมาคมโภชนาการแห่งประเทศไทยในพระราชูปถัมภ์สมเด็จพระเทพรัตนราชสุดาฯ สยามบรมราชกุมารี
**Nutrition Association of Thailand under the Patronage of Her Royal Highness Princess
Maha Chakri Sirindhorn**

Message from the President of the Nutrition Association of Thailand Under the Royal Patronage of Her Royal Highness Princess Maha Chakri Sirindhorn

Congratulations to the Nutrition Society of Malaysia on Your 40th Anniversary

On behalf of the Nutrition Association of Thailand (NAT), I extend our warmest congratulations to the Nutrition Society of Malaysia (NSM) as you celebrate four decades of excellence in advancing nutrition science and promoting healthy nutrition throughout Malaysia and Southeast Asia.

Since 1985, NSM has been instrumental in promoting scientific knowledge of food and nutrition while fostering healthy eating among all Malaysians. Your dedication to combating nutrient deficiencies and diet-related chronic diseases has made a significant impact on public health.

The Nutrition Association of Thailand deeply values our partnership with NSM through our shared membership in IUNS, FANS, and the SEA-PHN Network. These collaborations have strengthened our collective mission to improve nutritional status conducive to health across the region.

Following our successful hosting of the 2nd SEA-PHN Conference in November 2024, we look forward to continued collaboration with NSM and other regional partners. Your commitment to research advancement, knowledge dissemination, and community nutrition education serves as an inspiration to nutrition professionals throughout Southeast Asia. NSM's contributions over the past 40 years have significantly advanced nutrition science. Your work in promoting nutrition literacy aligns perfectly with our shared goal of ensuring optimal nutritional status for all people in our region.

The Nutrition Association of Thailand stands ready to continue our collaborative efforts in addressing nutritional challenges and advancing nutrition science for the betterment of public health across Southeast Asia.

With warm regards and best wishes,

Associate Professor Dr. Rewadee Chongsuwat

President

Nutrition Association of Thailand

Under the Royal Patronage of Her Royal Highness Princess Maha Chakri Sirindhorn

For more information about our activities, please visit: <https://www.nutritionthailand.org/th/>



VIETNAM NUTRITION ASSOCIATION
Add: 48B Tang Bat Ho Str., Hai Ba Trung District, Hanoi, Vietnam
Tel: 84-24 39713089 Fax: 84-24 39717885
Email: vinutas2014@gmail.com

Hanoi, 5 June 2025,

Letter of Congratulations from the Former President,

Vietnam Nutrition Association (VINUTAS)

On behalf of the Vietnam Nutrition Association (VINUTAS), I wish to extend our heartiest congratulations to the Nutrition Society of Malaysia (NSM) as you commemorate the 40th Anniversary of the Society. It is indeed a remarkable journey for NSM, and certainly worthy of documentation in this commemorative book. The activities for advancing nutrition science and promoting community nutrition and wellness have provided very good services for the Malaysian population, as well as that of the Southeast Asian countries.

VINUTAS highly appreciates the opportunities to collaborate with NSM in nutrition activities, especially through Southeast Asia Public Health (SEA-PHN) Network. Under the leadership of NSM, especially Dr Tee E Siong as Chair of the Network, VINUTAS has been able to participate in various nutrition activities that bring about benefits to the region, and specifically to the Vietnamese people. I am honoured to have had the opportunity to be one of the founding council members when the Network which was established in 2014 and served as Vice-Chair from 2017-2020. I am also so glad to have the opportunity to host meetings of the Network in Hanoi in 2016 and again in Ho Chi Minh City in 2017. It is gratifying that VINUTAS could contribute and participate in scientific meetings and publishing related policies and guidance documents for the region.

Please rest assured that VINUTAS will continue to collaborate with the partner societies/associations of the region to continue to promote nutrition science in the SEA region. I wish NSM good success and all the best in its future activities!

Professor Dr. Le Thi Hop

The Former President, Vietnam Nutrition Association



National Institute of Nutrition
48B Tang Bat Ho street, Hanoi, Vietnam
Tel: 84-4 39716058 Fax: 84-4-39716058

Hanoi, May 19th 2025

Message from National Institute of Nutrition, Vietnam

Dear Honorable President and Members of the Malaysian Nutrition Society,

On the occasion of the 20th Council of the Nutrition Society of Malaysia (NSM) and celebrating its 40th Anniversary in 2025, on behalf of National Institute of Nutrition, Vietnam, we would like to congratulate and offer warm message to all friends of NSM.

As a leading nutrition research organization in Vietnam, we have had the privilege of collaborating with NSM through numerous important cooperative projects. Over the years, the relationship between our two organizations has not merely been limited to sharing scientific knowledge but has expanded into comprehensive collaborative programs, from joint research on regional nutritional status to initiatives aimed at raising community awareness. NSM is not only a symbol of excellence in scientific research but also serves as an important bridge connecting nutrition professionals across the region. Through annual scientific conferences, the Malaysian Journal of Nutrition, and particularly the Nutrition Month Malaysia, NSM has created solid platforms for knowledge and experience exchange between countries. We particularly acknowledge NSM's active role in promoting multilateral cooperation, from partnerships with international organizations such as IUNS and FANS, to close collaboration with the private sector. The public-private partnership model that NSM pioneered has proven effective in translating scientific research into practical solutions serving the community.

In the context of the world facing new challenges in food security and nutrition, from climate change to population aging, the role of research organizations like NSM becomes more important than ever. We are confident that with the solid foundation built over the past 40 years, NSM will continue to play a leading role in seeking innovative and sustainable solutions. We particularly look forward to expanding collaboration in emerging research areas such as precision nutrition, sustainable food technology, and the application of artificial intelligence in nutritional status assessment.

On the occasion of the 40th anniversary, the National Institute of Nutrition of Vietnam extends our warmest congratulations to all staff, scientists, and members of NSM. Thank you for being a trusted companion and a constant source of inspiration in the mission to improve nutritional health for the people of our region. We believe that this commemorative book serves not only as evidence of achievements accomplished but also as a compass for future generations of nutrition professionals. We wish NSM continued strong development, contributing to building a healthy and prosperous Southeast Asia.

Sincerely yours,

Trung Tuyet Mai, Asc. Prof. Ph.D, M.D.
Vice Director of National Institute of Nutrition, Vietnam



中 国 营 养 学 会
CHINESE NUTRITION SOCIETY

Nutrition Society of Malaysia

27C Jalan PJS 1/48, 46150 Petaling Jaya Selangor, Malaysia

March 14, 2025

CONGRATULATIONS ON THE 40TH ANNIVERSARY OF THE NUTRITION SOCIETY OF MALAYSIA

On behalf of the Chinese Nutrition Society (CNS), I extend our heartfelt congratulations to the Nutrition Society of Malaysia (NSM) on the momentous occasion of **NSM 40th Anniversary**. This remarkable milestone is a testament to NSM unwavering dedication to advancing nutrition science, promoting public health, and fostering professional excellence in Malaysia and beyond.

Over the past four decades, NSM has been a trailblazer in nutrition science, raising awareness about the critical importance of balanced diets and sustainable food systems, improving local nutritional policy. NSM has played a significant role in nutrition and health research throughout Asia and global.

We take great pride in the longstanding partnership between our societies. Through joint conferences, knowledge exchanges, and collaborative projects, CNS and NSM have not only enriched nutrition professional collaboration but also strengthened the solidarity between nutrition communities. Together, our collective efforts continue to drive meaningful progress in this vital field.

Once again, congratulations on this extraordinary anniversary. We wish NSM continued success and prosperity in the years ahead!

Sincerely,

Prof. Yuexin Yang

President of Chinese Nutrition Society (CNS)

President of Federation of Asian Nutrition Societies (FANS)

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FEDERATION OF ASIAN NUTRITION SOCIETIES

Nutrition Society of Malaysia

27C Jalan PJS 1/48, 46150 Petaling Jaya Selangor, Malaysia

March 14, 2025

Congratulations to the Nutrition Society of Malaysia (NSM) on Its 40th Anniversary!

On behalf of the Federation of Asian Nutrition Societies (FANS), I extend our warmest congratulations to the Nutrition Society of Malaysia (NSM) on the monumental occasion of its 40th Anniversary.

Over the past four decades, NSM has made invaluable contributions to the advancement of nutrition science in Malaysia and beyond. Through its tireless efforts in promoting nutrition research, education, and advocacy, NSM has played a key role in improving the health and wellbeing of individuals and communities across the region.

As a proud member of FANS, NSM has continually exemplified leadership in nutrition, facilitating collaboration and knowledge exchange among experts, professionals, and organizations in Asia. Your dedication to enhancing public health through nutrition is inspiring and deserving of recognition.

We look forward to continuing our collective work with NSM in advancing the mission of FANS and promoting the importance of sound nutrition science throughout Asia.

Once again, congratulations on your 40th Anniversary. May the next four decades be filled with even greater achievements in promoting health, nutrition, and wellness.

With best regards,

Prof. Yuexin Yang

FANS President 2023-2027,

National Institute for Nutrition and Health

Secretary Office: Room 1405, Beijing Broadcasting Tower No. A14, Jianguomenwai Ave.
Chaoyang District, Beijing, China, 100022
Official Email: FANSmeetings@outlook.com; fansnutrition@gmail.com

Messages from Collaborating Corporate Companies

NSM believes in and practises multistakeholder partnership in promoting nutrition science and implementing public health programmes. This includes partnering with government agencies, academic institutions and professional societies. Over the decades, NSM has also partnered with several corporate companies in a variety of programmes. This strategic partnership with the private sector, with clear terms of reference, enabled the sharing of scientific data and resources, and enabling the programmes to be implemented and having a wider reach of target groups.

GOOD NUTRITION HELPS SUPPORT YOUR IMMUNE HEALTH¹

The immune system is the body's defense against infections. When it's working well, the immune system can help protect against illnesses and infections.



There are several key factors that help keep your immune system healthy and strong. Some of these factors include adequate rest, regular exercise, good hygiene, decreased stress, and a healthy diet.

Poor nutritional status is associated with decreased immune health.² Including key nutrients as part of a well-balanced diet can improve your nutrition, and may help support and maintain your immune health.

YOU MAY WANT TO CONSIDER CHOOSING FOODS THAT INCLUDE:



PROTEIN helps build antibodies and immune system cells and plays an important role in healing and recovery.

Sources: Eggs, milk, yogurt, fish, lean meats, chicken, turkey, beans, soy products, and nuts and seeds



VITAMIN C helps build healthy skin, which is a barrier to microorganisms, and helps protect cells from damage due to its role as an antioxidant (a substance that helps protect cells)

Sources: Citrus fruits (oranges, grapefruits, tangerines), strawberries, papaya, bell peppers, and Brussels sprouts



VITAMIN A keeps the skin, tissues in the mouth, stomach, and intestines, and the respiratory system healthy, and it helps regulate the immune system.

Sources: Colorful foods like carrots, sweet potatoes, broccoli, spinach, pumpkin, squash, and cantaloupe



VITAMIN E protects immune cells from damage due to its role as an antioxidant.

Sources: Almonds, sunflower seeds, peanut butter, vegetable oil, spinach, and broccoli



VITAMIN D helps with properly regulating immune cell function.

Sources: Fortified foods (milk, cereal, orange juice), fatty fish (salmon, mackerel, tuna), and sunshine



ZINC supports creation of new immune cells, which contributes to the body's ability to heal from wounds.

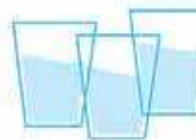
Sources: Lean meats, chicken, turkey, crab, oysters, milk, whole grains, seeds



Eating a well-balanced diet is an important part of maintaining good immune health habits.



Individuals who have poor food intake, or who have compromised health conditions, may require support to meet their nutrition needs. Oral nutrition supplements (ONS) can provide protein, vitamins, and minerals to help support the immune system.³ Talk to your health care provider to find out more about supplements for your diet, or the diet of someone for whom you may be caring.



Drinking enough fluid is also a key part of maintaining good health. Fluids help regulate body temperature and assist the body in eliminating bacteria and other harmful substances. Electrolytes help your cells maintain the right fluid balance for proper hydration.

1. <https://www.eatright.org/health/wellness/preventing-illness/protect-your-health-with-immune-boosting-nutrition>

2. Bresnahan KA et al. Undernutrition, the Acute Phase Response to Infection, and Its Effects on Micronutrient Status Indicators. *Adv Nutr* 2014(5): 702-711.

3. Roebathan BV and Chandra RK. Relationship between nutritional status and immune function of elderly people. *Age and Aging* 1994; 23:49-53.

Shi Z, et al. Clinical study on perioperative enteral nutrition for patients with colorectal cancer. *JPN J Parenter Enteral Nutr*. 2014; 21: 217-221

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Ensure
GOLD

Glucerna

PediaSure

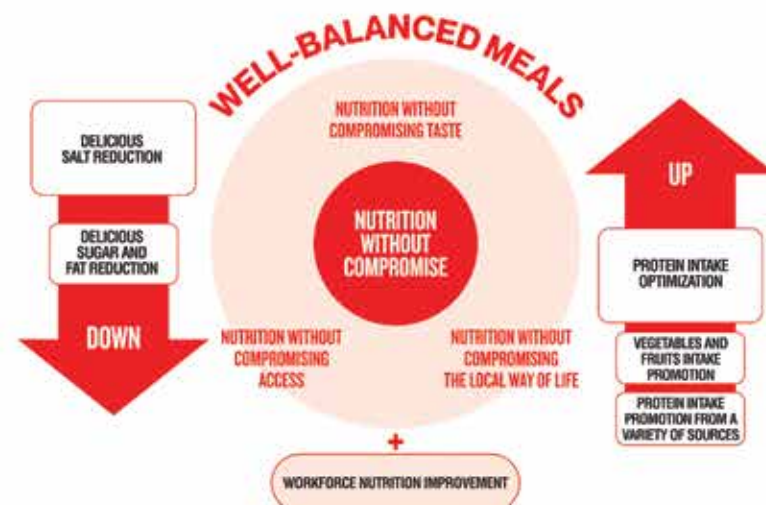
Eat Well, Live Well.



Contribute to the well-being of our society with 'AminoScience'



Our Approach to Nutrition



The Ajinomoto Group is contributing to solving issues around global nutrition by utilising our global network of companies that provides products to consumers in more than 130 countries around the world. To this end, our commitment to "Nutrition Without Compromise" consists of Nutrition Without Compromising Taste, Nutrition Without Compromising Access and Nutrition Without Compromising the Local Way of Life.

Ajinomoto (Malaysia) Berhad <AMB> is committed to doing our part to support the overall health and well-being of all Malaysians as well as people around the world by unlocking the power of amino acids. To address the double burden of under-nutrition and over-nutrition, we support in maintaining a delicious, well-balanced diet using umami. We promote nutritionally balanced diets to solve issues such as insufficient intake of protein and vegetables, as well as excessive intake of salt, sugar and fat.

To amplify public awareness and understanding of nutrition for healthy living, AMB had been working closely with the Nutrition Society of Malaysia <NSM> for over 17 years. We collaborate in various initiatives such as symposiums, exhibitions, nutrition publications and research studies during the annual NSM conferences, Nutrition Month of Malaysia, scientific events, etc.

AMB congratulates NSM for 40 years of contribution to the advancement of nutrition science and promotion of healthy nutrition to all Malaysians and people in the SEA region. AMB looks forward to continuing our cooperation and collaboration with NSM in the coming years. Happy 40th Anniversary!



Ajinomoto (Malaysia) Berhad (AMB) started its business operations in 1961, as one of the very first Japanese companies in Malaysia. It is part of the Ajinomoto Group, a global manufacturer of high-quality food and seasoning products, started with Umami Seasoning AJI-NO-MOTO® which was first discovered and produced more than 110 years ago in Japan. AMB has since grown into a dynamic and responsible food and seasoning manufacturer, that is trusted by Malaysians for decades.

As outlined in our vision, we aim to "Bringing Happiness Through Tastes That Unite, Inspiring Food Creativity in Your Life".

For more info, kindly visit: <https://www.ajinomoto.com.my/>

Driving Nutrition Forward: A Shared Commitment to a Healthier Malaysia

As the Nutrition Society of Malaysia (NSM) proudly commemorates its 40th anniversary, Homesoy is honoured to celebrate their significant contributions to public health and nutrition in Malaysia.

The advancement of nutrition is a collaborative effort between the health and scientific community and industry partners. Homesoy proudly supports this mission through continuous innovation, especially in our soya milk range, and active collaborations with healthcare professionals and organizations.

Our evolution from traditional beverages to nutritious soya options reflects our belief in nutrition as a cornerstone of well-being, consistently developing enjoyable products that support healthier lifestyles.

Our long-standing collaboration with NSM—including active participation in the annual scientific conferences via booth exhibitions and sponsored symposia, and school nutrition programme—are vital for knowledge exchange and advancing evidence-based nutrition nationwide.



L-R: Dr Tee E Siong, NSM Immediate Past President; Ms Soo Sek Yow, HOMESoy's Head of Nutrition Unit; Assoc Prof Dr Mahenderan Appukutty, NSM President; and Prof Dr Hamid Jan B Jan Mohamed, NSM Vice President at NSM 39th Annual Scientific Conference 2024.

*Congratulations to NSM on 40 remarkable years of advancing nutrition and health.
We are honoured to be part of your journey.*



Connecting Nutrition and Health: Advancing Science Through Collaboration

BENEO-Institute is proud to support the Nutrition Society of Malaysia (NSM) in advancing nutrition science and promoting healthier diets and lifestyles across Malaysia and Southeast Asia. For over a decade, we have contributed to NSM scientific conferences by sharing the latest research on prebiotics, gut health, metabolic health, and the role of nutrition in addressing public health challenges.

Our collaboration with NSM extends regionally. As a pioneering member of the Southeast Asia Public Health Nutrition Network since its foundation in 2014, BENEO-Institute has also participated in key platforms such as the Asian Congress of Nutrition, International Symposium on Food and Nutrition, and International Life Sciences Institute SEA conferences.

With over 30 years of ongoing clinical research, BENEO-Institute continues to advance nutrition knowledge. By focusing on natural, science-based solutions such as prebiotic chicory root fibres and the slowly digestible carbohydrate Palatinose™, we support healthier outcomes – one meal at a time.

At BENEO-Institute, we connect nutrition and health through research, partnerships, and knowledge sharing, committed to empowering better food choices and long-term well-being.

www.beneo.com

*“As a trusted partner
and thought leader
in nutrition, we help
create a healthier planet
with healthier people”*

beneo
institute
connecting nutrition and health



Danone Malaysia Championing Health, Sustainability & Community Wellbeing

At Danone Specialized Nutrition Malaysia, we are committed to delivering health through food with trusted, science-backed brands like Dugro and Aptamil Kid C-SynB—designed to support Malaysian children at every stage of growth.

Aligned with Danone's global mission and the Danone Dual Project, we integrate business success with social and environmental responsibility. Through the Danone Impact Journey, we drive positive change via sustainable innovation and strong community partnerships.

As a certified B Corp, we target CO₂ reduction by 2030 and are progressing toward 100% recyclable packaging across Southeast Asia.

To combat Iron Deficiency Anaemia (IDA), we advance iron fortification in growing-up milk and support families with tools, education, and screenings. Together with the Nutrition Society of Malaysia (NSM), we empower healthcare professionals to raise awareness and prevent IDA early.

Congratulations to NSM on 40 years of advancing nutrition in Malaysia. We are proud to support your mission and be part of this meaningful milestone.





FrieslandCampina
nourishing by nature



Nourishing Our Nation





Fonterra Brands Malaysia (FBM) is honored to have established a mutually beneficial partnership with Nutrition Society Malaysia (NSM) nearly two decades ago.

Over the years, FBM has consistently supported NSM's mission to promote and disseminate nutrition sciences to the scientific community by sponsoring the annual NSM Scientific Conference. Additionally, FBM has also encouraged and promoted local research in nutrition science by sponsoring the NSM Publication Prizes.

About Fonterra

Fonterra is a co-operative owned and supplied by thousands of farming families across Aotearoa New Zealand. Through the spirit of co-operation and a can-do attitude, Fonterra's farmers and employees share the goodness of our milk through innovative consumer, foodservice and ingredients brands. Sustainability is at the heart of everything we do, and we're committed to leaving things in a better way than we found them. We are passionate about supporting our communities by Doing Good Together. We have built our presence in Malaysia for 50 years, bringing well-loved dairy brands like Fernleaf, Anlene, Anmum (Materna, Lacta, Essential) and others to millions of Malaysian households.





Herbalife

Advancing Nutrition Science and Public Health

Herbalife, a premier health and wellness company, community, and platform, has been at the forefront of Malaysia's health and nutrition landscape. Through collaboration with Nutrition Society of Malaysia (NSM), Herbalife has been pivotal in advancing nutritional science and public health. The meaningful collaboration united by a shared vision of building a healthier nation, has been able to educate, inspire, and drive positive change in health and wellness.

Since 2020, this partnership has enabled expert-led webinars and scientific discussions on critical nutrition topics such as the gut-brain axis, cognitive health in aging, and bioactive components' roles in human health. Furthermore, Herbalife has collaborated with NSM nutritionists to publish a range of research articles, aligning with NSM's advocacy for sustainable and evidence-based dietary solutions. Topics cover areas such as the importance of protein, understanding antioxidants, and nutrition for healthy aging.

Since 2021, Herbalife has also sponsored the NSM Publication Prize, an initiative that recognises outstanding contributions in key areas such as functional foods, ageing, healthy eating, physical activity, dietary fibre, soya protein, and the nutritional status of the general public.

The partnership aligns with NSM's mission to promote, advance, and disseminate scientific knowledge of food and nutrition while encouraging healthy eating and active living among Malaysians. Through ongoing scientific discussions, both Herbalife and NSM continue to foster innovation in public health nutrition, ultimately benefiting communities across the country and also the region.



About Herbalife Ltd.

Herbalife (NYSE: HLF) is a premier health and wellness company, community and platform that has been changing people's lives with great nutrition products and a business opportunity for its independent distributors since 1980. The Company offers science-backed products to consumers in more than 90 markets through entrepreneurial distributors who provide one-on-one coaching and a supportive community that inspires their customers to embrace a healthier, more active lifestyle to live their best life.

PROMOTING *Sustainable* MALAYSIAN PALM OIL



M P O C

MALAYSIAN PALM OIL COUNCIL

The Malaysian Palm Oil Council (MPOC) promotes Malaysian palm oil as a healthy, sustainable, and ethical choice, while advancing global market access and acceptance of the Malaysian Sustainable Palm Oil (MSPO) certification through strategic stakeholder engagement and trade facilitation.

Over the years, we have collaborated with several health-related organisations, including the Nutrition Society of Malaysia, to help realise these aspirations. In 2024, MPOC proudly partnered with NSM for Nutrition Month Malaysia, working together to promote greater awareness of Malaysian palm oil's value in balanced nutrition. Together, we continue to support national health goals while championing the benefits of Malaysian palm oil.

• *Vision*

To position Malaysia as the global leader of certified sustainable palm oil.

• *Mission*

To promote Malaysian palm oil as a healthy, sustainable, and ethical choice for consumers globally by proactively engaging with stakeholders and improving market access and acceptance of MSPO.



MPOC
www.mpo.org.my



Supported NSM Roundtable Discussion on Issues Related to Codex Committee on Nutrition & Foods for Special Dietary Uses (CCNFSDU) since 2016



Delegates to the 1st Round Table Discussion on issues Session to Codex Committee on Nutrition & Foods for Special Dietary Uses (CCNFSDU) 8-9 September 2016, Hotel Istana, KL, Malaysia



Delegates to the 8th Round Table Discussion on issues Session to Codex Committee on Nutrition & Foods for Special Dietary Uses (CCNFSDU) 29 August 2024, Avante Hotel, Petaling Jaya, Malaysia

Mead Johnson Nutrition 120 Years of Leadership in Pediatric Nutrition



Nestlé in Malaysia: A Force for Good

More than 100 Years of Expertise in Nutrition, Health, and Wellness

Nestlé has been present in Malaysia since 1912, marking over 113 years of dedicated commitment to nourishing generations of Malaysians.

Despite significant global changes since our establishment, our mission to improve lives remains steadfast. With over a century of expertise, we aim to enhance the quality of life for everyone, both now and in the future, by fostering enjoyment, promoting better health, and making good nutrition accessible and affordable, while safeguarding the planet.

Over the years, we have contributed to nutritious and sustainable diets for Malaysians by enhancing the nutritional value of our products. This includes boosting key micronutrient levels, optimizing nutritional profiles, and supporting healthy aging. We have also promoted healthier lifestyles through our partnership with the Nutrition Society of Malaysia and initiatives like Nutrition Month Malaysia and the Nestlé for Healthier Kids programme.

In 2023, we launched the transformative "Good For You" global strategy, to build healthier & more resilient communities. This long-term commitment reaffirms Nestlé's continual ambition to provide delicious & balanced diets for both present and future generations while driving positive & sustainable change in where we operate.

NESTLÉ FOR HEALTHIER KIDS SCHOOL PROGRAMME

The Nestlé for Healthier Kids programme (N4HK) supports parents and caregivers in raising healthier kids and inspires children to adopt healthy eating and lifestyle habits. Launched in 2010, in collaboration with the Ministry of Education Malaysia and the Nutrition Society of Malaysia, it provides essential nutrition knowledge to primary school students. The programme has positively impacted over 180,000 students across Malaysia.



Good food, Good life



NESTLÉ for
HEALTHIER KIDS





QUAKERTM

- ESTD 1877 -

**GOODNESS
IN EVERY BOWL**

For more than 140 years, Quaker has been one of the most loved and trusted brands, providing oats to the world. At Quaker, we are driven by our desire to offer our best 100% whole grain oats. One simple grain can create a lot of good that's also great tasting.

**HEALTHY
COOKING**
with *Oats*

Recipes from Southeast Asia
Volume 3: Indonesia, Malaysia, Philippines
Thailand & Vietnam

**HEALTHY
COOKING**
with *Oats*

Recipes from Southeast Asia
Volume 2: Indonesia and Vietnam

**HEALTHY
COOKING**
with *Oats*

Recipes from Southeast Asia
Volume 1: Malaysia, Philippines and Thailand

NSM - QUAKER partnership publishing a series of oat-based recipes inspired by traditional southeast Asian cuisines from 2017 - 2019.



**50 RECIPES OF
TRADITIONAL
DISHES**

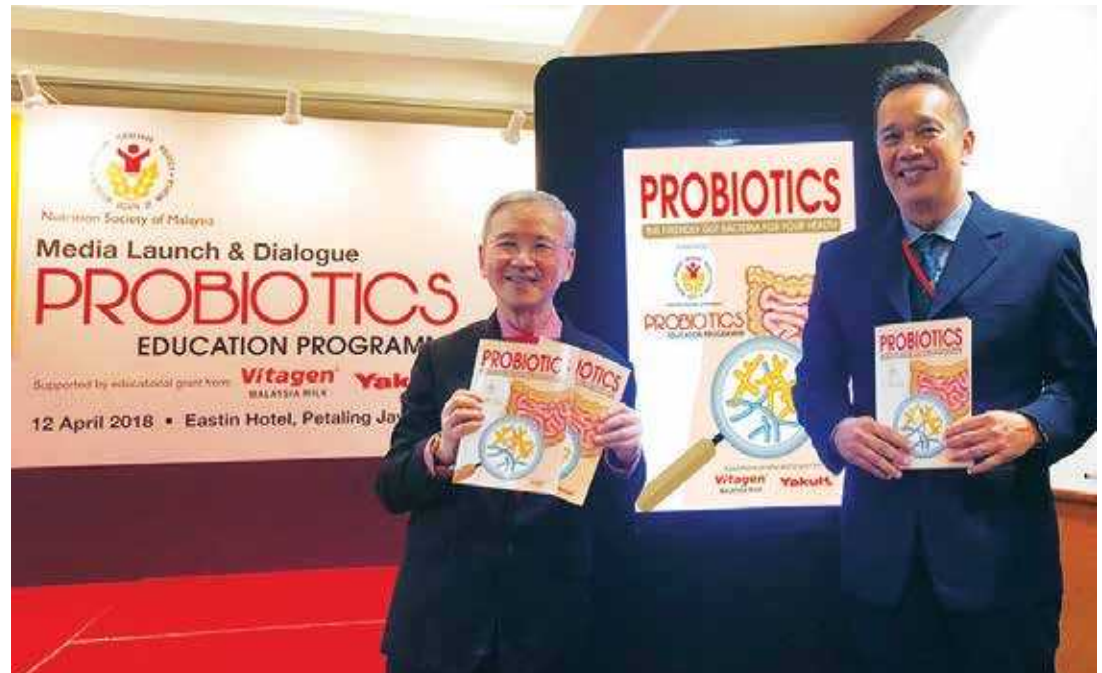


Advancing Gut Health with Clinically Proven Probiotics

For nearly 20 years, VITAGEN has walked alongside the Nutrition Society of Malaysia (NSM) in a shared mission to improve the nation's well-being through the power of science and education.

From the Probiotics Education Programme launched in 2018, to Nutrition Month Malaysia since 2008, and the continued sponsorship of NSM's Annual Scientific Conference, our partnership has helped bring vital knowledge on gut health and nutrition to Malaysians of all ages.

At the heart of this collaboration is a simple belief: when science and public health come together, lives are changed for the better.



About **Vitagen**

With a legacy stretching nearly five decades, VITAGEN is Malaysia's No.1 probiotic cultured milk drink, trusted by families for its taste and its health benefits. Every bottle contains billions of live probiotic cultures – *Lactobacillus acidophilus* and *Lactobacillus paracasei* – clinically proven to support digestion, immunity, and mood regulation.

Driven by science and guided by purpose, VITAGEN continues to invest in clinical research to deepen its commitment to gut health –empowering Malaysians with knowledge and nutrition they can trust.



Happy 40th Anniversary, NSM

Here's to decades of partnership – and to a future of better health for all.

Yakult: Pioneer Of Probiotics

Yakult has forged a strong partnership with NSM since 2004, supporting initiatives such as the NSM Annual Scientific Conference, Nutrition Month Malaysia and the Probiotics Education Programme to promote nutrition and probiotics for better health. Through roadshows, educational materials, and enduring commitment during the pandemic, NSM's efforts have truly inspired us. We are honored to have been part of NSM remarkable 40-year journey and look forward to many more collaborations.

Happy 40th Anniversary, NSM!



Since its founding in Japan in 1935, Yakult has been a leader in probiotics and will proudly celebrate its 90th anniversary in 2025! Renowned for its Shirota strain, Yakult is enjoyed daily by 40 million people across 40 countries and regions worldwide to strengthen the intestines, where 80% of the immune system resides.

Yakult 90th
since 1935

Over 30 Years of Strategic Partnership

VERSA COMM Proudly Stands with the Nutrition Society of Malaysia

The Nutrition Society of Malaysia (NSM) has been a driving force in advancing nutrition science, education, and advocacy for four remarkable decades.

As NSM's strategic communications partner for over over 30 years, VersaComm Sdn Bhd is honoured to have played a supporting role in this journey – translating expert knowledge into meaningful outreach that has touched the lives of Malaysians.

From cookbook series to various community nutrition programmes, professional engagements nationally and in the SEA region as well as impactful publications – we are proud to have walked alongside NSM in its mission to promote nutrition science and empower healthier communities.



It has been a privilege to be guided by and work closely with Dr Tee E Siong and the Council members – making a concerted difference in both the public and scientific spheres.

To the dedicated professionals and leaders of NSM: Congratulations on 40 years of unwavering commitment.

We look forward to continuing this valued partnership in nurturing a healthier Malaysia.



VERSA COMM

Established since 1993, VersaComm Sdn Bhd is a strategic medical and healthcare marketing communications consultancy with core expertise in developing educational programmes catering both public and healthcare professionals. We have partnered with leading healthcare experts, medical societies, and government ministries to pioneer and manage impactful national-level initiatives – spanning nutrition, parenting, chronic disease prevention, child health and development, teenage wellness, geriatric and continuous healthcare professionals' education.

VersaComm's vision is to be a catalyst in transforming healthcare communication – bridging trust among healthcare professionals, the public, and the industry through impactful storytelling and multi-stakeholder engagement to address the evolving needs of Malaysian society.



**COMMITTED TO CONTINUE
PROMOTING NUTRITION IN
NATIONAL HEALTH AGENDA**



www.nutriweb.org.my