

Introduction to Malaysian Dietary Guidelines 2010

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Outline of presentation

- **Food and nutrition situation**
 - ❖ **Urgent need for intervention, including dissemination of appropriate dietary guidelines**
- **Uses of dietary guidelines**
- **Development of Malaysian Dietary Guidelines (MDG)**
- **Format of MDG 2010**
- **Prime messages of MDG**
- **Effective implementation of MDG**



Food and nutrition situation in Malaysia

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- **Rapid advancements in socio-economic situation in the country resulted in significant changes in lifestyles**
 - ❖ **including food habits and consumption patterns and sedentary lifestyle**
 - **Marked changes in food consumption pattern**
 - ❖ **Marked decrease in consumption of cereals**
 - ❖ **Increase in meat, fish & egg**
 - ❖ **Significant increase in oils and fats and sweeteners**
 - ❖ **Marginal increase of milk intake**
 - ❖ **Intake of fruits and vegetables, legumes and starchy roots have not increased significantly**
 - ❖ **Increased % of energy from fat**

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- **Result in dual burden of malnutrition**
 - ❖ **Undernutrition and micronutrient deficiencies affect underserved communities e.g. stunting and underweight, iodine, iron, vitamin A**
 - ❖ **On the other hand, overweight and obesity has increased markedly now affecting 43% of adult population**
 - ❖ **High prevalences also in rural areas**
 - **Marked increase in non-communicable diseases (NCDs), e.g. obesity, diabetes, hypertension, cancers**
 - ❖ **High blood cholesterol affects 30% of adults, hypertension 43%, diabetes mellitus 11%**

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- **Appropriate policies and programmes in place to combat undernutrition and overweight**
 - ❖ **National Nutrition Policy formulated in 2003**
 - ❖ **National Plan of Action for Nutrition (NPANM) (1996-2000)**
 - ❖ **Revised National Plan of Action for Nutrition (2006-2015)**
 - **Two key strategies in NPANM II**
 - ❖ **Promoting healthy eating and active living**
 - ❖ **Ensuring all have access to nutrition information**
 - **Development and promotion of dietary guidelines is one of the key activities**

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Uses of dietary guidelines

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- **Dietary guidelines (DG) have become an almost universally accepted tool in nutrition education**
 - ❖ **in promoting appropriate dietary patterns**
 - ❖ **almost all countries have own national DG**
 - **sets of advisory statements that give dietary advice for the population and relate to all diet-related conditions**
 - ❖ **i.e. nutrient deficiencies as well as nutritional excesses**
 - **guidelines are usually positive and encourage enjoyment of appropriate dietary intakes**
 - **FAO/WHO promotes development of dietary guidelines**
 - ❖ **Provides guidelines for DG development**

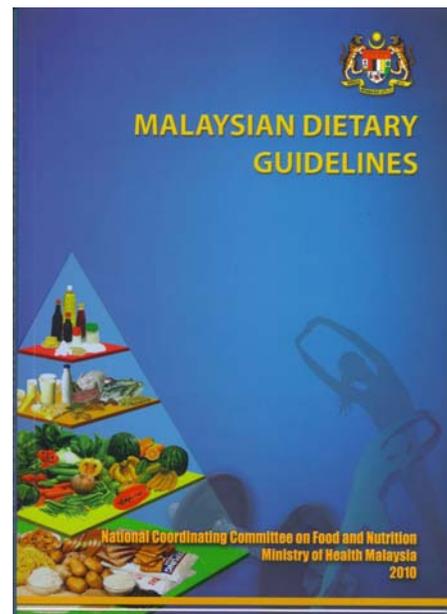


Development of Malaysian Dietary Guidelines 2010

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- **The first set of food-based dietary guidelines for Malaysians was published in 1999**
 - **Need to review 1999 DGs in view of**
 - ❖ **marked changes in nutrition situation**
 - ❖ **evolving nutrition science**
 - **Revised Malaysian guidelines launched in March 2010**
 - **Task undertaken by Technical Working Group (TWG) on Nutritional Guidelines**
 - **TWG comprised 19 scientific experts from 15 government departments, universities, professional bodies, consumer organisation and manufacturers' association**

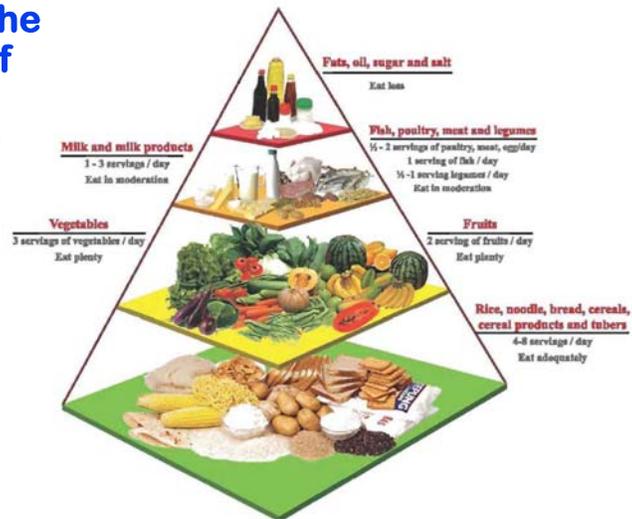
- **Text and messages prepared by a group of 38 key nutrition scientists in the country**
 - ❖ **reviewed and analysed current dietary and nutrition information**
 - ❖ **and incorporating them into scientific evidence-based recommendations**

Format of Malaysian Dietary Guidelines 2010



- **MDG 2010 is a compilation of the latest science-based nutrition and physical activity recommendations**
- **The MDG has 14 key messages covering whole range of food & nutrition issues**
 - ❖ **importance of consuming a variety of foods to messages for guidance on specific food groups**
 - ❖ **messages to encourage physical activities**
 - ❖ **consuming safe food and beverages and**
 - ❖ **making effective use of nutrition information on food labels**

- **The MDG also has an updated food pyramid**
 - ❖ **A visual guide on the relative amounts of food groups to be consumed and the servings recommended**



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- **Each key message has several sections**
 - ❖ **Terminologies**
 - ❖ **background information**
 - ❖ **scientific basis of the recommendations**
 - ❖ **current status**
 - **each key message has several key recommendations**
 - **several points on “how to achieve”**

 - **if implemented as a whole, the dietary guidelines should encourage Malaysians to**
 - ❖ **adopt appropriate food habits**
 - ❖ **make wiser food choices, and**
 - ❖ **be more active**



Prime messages of Malaysian Dietary Guidelines 2010

Key Message 1:

Eat a variety of foods within your recommended intake



Key recommendations:

- 1. Choose your daily food intake from a combination of foods based on the Malaysian Food Pyramid**
- 2. Choose your daily food intake according to the serving size recommended**

Additional recommendations:

Nutrient supplements are not necessary for most individuals

Key Message 2:

Maintain body weight in a healthy range



Key recommendations:

- 1. Maintain body weight in the healthy range by balancing calorie intake with physical activity**
- 2. Weigh yourself regularly, at least once a week**
- 3. If you are an adult, prevent gradual weight gain over time**
- 4. If overweight, aim for a slow and steady weight loss**
- 5. If underweight, increase energy intake as recommended**

Key Message 3:

Be physically active everyday



Key recommendations:

- 1. Be active everyday in as many ways as you can**
- 2. Accumulate at least 30 minutes of moderate intensity physical activity on at least five to six days a week, preferably daily**
- 3. Participate in activities that increase flexibility, strength and endurance of the muscles, as frequent as two to three times a week**
- 4. Limit physical inactivity and sedentary habits**

Key Message 4:

Eat adequate amount of rice, other cereal products (preferably whole grain) and tubers



Key recommendations:

- 1. Consume at least four servings of cereal foods daily**
- 2. Choose at least half of your grain products from whole grains**
- 3. Choose cereal products that are high in fibre, low in fat, sugar and salt**

Key Message 5:

Eat plenty of fruits and vegetables everyday



Key recommendations:

- 1. Eat a variety of fruits everyday**
- 2. Eat a variety of vegetables everyday**
- 3. Eat at least five servings of fruits and vegetables everyday**

Key Message 6:

Consume moderate amounts of fish, meat, poultry, egg, legumes and nuts



Key recommendations:

- 1. Consume fish more frequently, if possible daily**
- 2. Consume meat, poultry and egg moderately**
- 3. Practise healthier cooking methods for fish, meat poultry and egg dishes**
- 4. Choose meat and poultry that are low in fat and cholesterol**
- 5. Consume legumes daily**
- 6. Include nuts and seeds in weekly diet**

Key Message 7:

Consume adequate amounts of milk and milk products



Key recommendations:

- 1. Consume milk and milk products everyday**
- 2. Replace sweetened condensed milk and sweetened condensed filled milk with unsweetened liquid or powdered milk**

Additional recommendation:

Lactose intolerant persons may consume lactose-free predigested milk such as yoghurt

Key Message 8:

Limit intake of foods high in fats and minimise fats and oils in food preparation



Key recommendations:

- 1. Limit the intake of unsaturated fats to less than 10% of total daily calorie intake**
- 2. Increase the intake of unsaturated fats monounsaturated fatty acids (MUFA) and polyunsaturated fatty acids (PUFA)**
- 3. Limit the intake of foods with high cholesterol**
- 4. Limit foods containing trans fatty acids (TFAs)**
- 5. Minimise the use of fat in food preparation in order to keep total daily fat intake between 20% to 30% energy**
- 6. When eating out, choose low-fat foods**

Key Message 9:

Choose and prepare foods with less salt and sauces



Key recommendations:

- 1. Limit salt intake to one teaspoon a day**
- 2. Reduce consumption of highly salted foods and condiments**

Key Message 10:

Consume foods and beverages low in sugar



Key recommendations:

- 1. Eat foods low in sugar**
- 2. Drink beverages low in sugar**

Key Message 11:
Drink plenty of water daily



Key recommendations:

- 1. Drink six to eight glasses of plain water daily**
- 2. Maintain fluid intake from other food sources**
- 3. Avoid alcoholic beverages**

Key Message 12:
Practise exclusive breastfeeding from birth until six months and continue to breastfeed until two years of age



Key recommendations:

- 1. Prepare for breastfeeding during pregnancy**
- 2. Initiate breastfeeding within one hour of birth**
- 3. Breastfeed frequently and on demand**
- 4. Give only breast milk to baby below six months with no additional fluid or food**
- 5. Continue to give babies breast milk even if the baby is not with the mother
(to continue)**

Key Message 12: (continued)

Practise exclusive breastfeeding from birth until six months and continue to breastfeed until two years of age

Key recommendations (continued):

- 6. Introduce complementary foods to baby beginning at six months of age**
- 7. Lactating mothers should get plenty of rest, adequate food and drink to maintain health**
- 8. Husbands and family members should provide full support to lactating mothers**

**Key Message 13:
Consume safe and clean foods
and beverages**



Key recommendations:

- 1. Choose safe and clean foods and beverages.**
- 2. Store foods appropriately.**
- 3. Prepare foods hygienically.**
- 4. Cook foods thoroughly.**
- 5. Hold foods appropriately.**
- 6. When eating out, choose safe and clean premises**

**Key Message 14:
Make effective use of
nutrition information on food labels**



Key recommendations:

- 1. Use Nutrition Information Panel (NIP) as a guide in making food choices**
- 2. Make use of nutrition claims wisely**
- 3. Educate children on the use of NIP**

**Effective implementation of
Malaysian Dietary Guidelines 2010**



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- **Ensure that the revised MDG is disseminated to all involved in nutrition promotion**
 - ❖ **nutritionists and other health care professionals**
 - **Responsibility of health care professionals to ensure that consumers have access to this information**
 - ❖ **to enable the public to adopt healthy eating habits, practise an active lifestyle**
 - **Messages must be communicated effectively to the public**
 - ❖ **through variety of channels – talks, counselling, educational materials, electronic**

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- **consistent and scientifically sound nutrition messages are given to the public**
 - **confusing to the public and detrimental to nutrition education efforts if individuals or groups promote messages that are not based on scientific consensus.**

 - **Help promote the MDG 2010 guide the public in adopting healthy eating habits and an active lifestyle**
 - **Be role models ourselves !**

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Together we can help create healthier Malaysians!



Thank You!