



IMPROVING LIVES through **NUTRITION**

As a professional organisation, we are guided by a single belief – the more people understand food and nutrition, the better they can care for their health and well-being.

This is the reason why we support the advancement of research, sharing practical insights and important discoveries for the benefit of all.

Working with Government and industry, we help shape the laws, policies, and practices that protect the public's right to safe and nutritious food products.

In caring for the community, we strive to make healthy eating a way of life to safeguard the young and old against the risk of diet-related diseases.

We are committed to improving lives through nutrition. It's our way of serving Malaysia.

Our Activities

- Annual scientific conference
- Scientific update sessions
- Malaysian Journal of Nutrition
- Berita NSM
- Consultation with health, regulatory & scientific bodies
- Roadshows & exhibitions with nutrition screening & dietary advice for the public
- Public talks & workshops
- <http://www.nutriweb.org.my>, a comprehensive and authoritative website on nutrition for Malaysians
- BRIGHT START Nutrition, a major education programme on child nutrition
- Nutrition promotion programmes in collaboration with the private sector

Nutrition Society of Malaysia

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MALAYSIAN JOURNAL OF **NUTRITION**

MALAYSIAN JOURNAL OF NUTRITION

Vol. 21 No. 3

DECEMBER 2015



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DECEMBER 2015

Official Publication of the
PERSATUAN PEMAKANAN MALAYSIA
NUTRITION SOCIETY OF MALAYSIA

PP18053/02/2013 (033331)



Malaysian Journal of Nutrition is abstracted/indexed by Medline/PubMed, Google Scholar, the WHO Western Pacific Region Index Medicus, Elsevier databases of the Scopus, EBiology and Ecare, **ASEAN Citation Index (ACI)** and CABI Global Health database

269 - 399