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**HEALTHY PLATE
CAN BE DELICIOUS TOO**

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Low Sodium and Well-balanced Diet for A Healthier Lifestyle

"Healthy food doesn't taste delicious" is a cliché that most people believe. Well, we often hear people saying how taste is associated with the food we consume, and maintaining a healthy lifestyle means you have to get rid of delicious food, which is generally perceived as unhealthy. As a response to such warning, you might have stopped taking your favourite tasty food to practise clean but boring diet. No way! In fact, there is a way to continue consuming healthy food without compromising on taste.

To pass down the secret of deliciousness and as a strategy to improve Malaysian eating habits that do not place high importance on the intake of fruits and vegetables, Ajinomoto (Malaysia) Bhd participated in the 'Healthy Plate Campaign' launched by the Health Ministry since December 2016, for this year's school educational project themed "Delicious Healthy Living".

With the hope to promote Umami application that makes food delicious yet contains low sodium, and at the same time to encourage more vegetable intake for a well-balanced diet, the company has actively educated Malaysia's young generation through a two-and-half-month school educational project held from February to April.

The lively, interactive and fun-filled school educational project took place in Penang this year. Students were given a chance to learn the concept of healthy plate, origin of Umami and its discovery as the 5th basic taste after sourness, sweetness, bitterness and saltiness, as well as its contribution in maintaining healthy living. Other than information sharing, an on-the-spot, hands-on healthy cooking demonstration by selected students was also conducted in each learning event. It revolved around the importance of well-balanced diet to encourage sufficient

vegetable intake among the young opinion leaders. After the cooking demonstration, students were required to apply the concept of "Healthy Plate" that they learnt by showing the right portion of food in a given plate.

Over the years, Ajinomoto (Malaysia) has proactively promoted healthy diet in public through the enjoyment of deliciousness, as good health starts from the food we take. The project has educated 14,000 students through 70 events. By gaining proper healthy diet tips, these students would know the secret behind maintaining their body's everyday functions. With that in mind, achieving a balanced body weight and a healthy lifestyle is possible for young Malaysians.

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