

## **UPM, Nestle organise programme on eating a balanced diet**

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KUALA LUMPUR: Efforts to address the issue of lack of a balanced diet or malnutrition in children continue to be the focus of Universiti Putra Malaysia (UPM) and Nestle Malaysia, who jointly organised the Putra Community Nutrition Ambassador Programme in Kampung Datuk Keramat.

The programme, attended by 63 mother-and-child pairs from 11 public housing projects, seeks to increase the community's awareness about the importance of a balanced diet following the rise of malnutrition cases in Southeast Asia.

Deputy Women, Family and Community Development Minister Aiman Athira Sabu, when inaugurating the programme, said 70 per cent of children in four Southeast Asian countries, including Malaysia, were malnourished, especially in calcium and vitamin D.

"This increase involves children in urban areas, most of whom show excessive weight gain," she said when speaking at the Farm-to-Table Health Carnival for community nutrition.

Aiman Athira said the five-month programme, which includes creating a community farm to address malnutrition, had driven home the importance of eating a balanced diet.

UPM's Faculty of Medicine and Health Sciences deputy dean Professor Dr Cheah Yoke Kqueen said the programme, which involves the community and industry players, was to promote the implementation of the farm-to-table concept. --Bernama