

13 APR 2002  
Chua-Diet  
CENTRE TO ADVISE PUBLIC ON BALANCED DIET

PETALING JAYA, April 13 (Bernama) -- The Health Ministry plans to set up a centre from which members of the public can seek consultations on good and healthy dietary habit.

Health Minister Datuk Chua Jui Meng said several dieticians and nutritionists would be stationed at the centre to provide the public information on balanced diet.

"At this centre, they (public) can get information on nutrition, number of calories, fat and cholesterol which they consume daily apart from obtaining advice from experts.

"We want the population to practise good eating habit and this centre can help them to realise the objective," he told reporters after launching the Healthy Eating Campaign 2002 here today.

Chua said the idea for such a centre cropped out when he accompanied Datuk Seri Dr Mahathir Mohamad during the Prime Minister's visit to Fukuoka, Japan recently.

He said Fukuoka had a centre which provided nutritional and dietary consultations to the local community.

"The centre helps to reduce health problems due to dietary habits among the residents there (Fukuoka) and it is time for such an establishment to be set up here," he said.

Chua said this was in line with the steep increase of cardiovascular diseases, which had become the number one killer among the Malaysian population in the past 30 years.

"The rise in the occurrence of other diseases is also worrying. There is a significant hike in the number of diabetes and hypertension cases not to mention strokes, obesity and heart problems," he said.

Chua said such ailments were common among Malaysians as they liked food with high fat, sugar, salt and coconut milk content.

The Healthy Eating Month is an annual event held every April. It is part of the "National Plan of Action for Nutrition Malaysia (NPANM)" programme held to inculcate healthy eating habit among Malaysians.

Also launched today was the cookery book "Resipi Sihat, Pilihan Bijak Siri Kedua". Its first series, launched in 1998 had so far sold over 80,000 copies.

-- BERNAMA  
SOP MAM ZUL