Star Special

SUNDAY STAR, SUNDAY 6 JULY 2025

NUTRITIONAL HEALTH & YOU

Opt for healthier carb options

AN eating plan that helps promote health and manage your weight includes a variety of healthy foods. Consuming food of different colours such as dark leafy greens, oranges, tomatoes and even fresh herbs will load your plate with vitamins, fibre and minerals. Adding frozen peppers, broccoli or onions to stews and omelettes gives your meals a quick and convenient boost of colour and nutrients.

However, certain diets have a restricted carbohydrate intake as part of the diet plan, which begs the question, is eating carbohydrates bad for our health?

According to dietitian Norul Emyshahida A. Majid at MSU Medical Centre, "There are three main types of carbohydrates, which are starches, sugars and fibres. Examples of starches are rice, tubers, beans and other grain products. Sugars can either naturally occur in foods such as milk and fruits or be added during food processes in the likes of cakes, cookies and soft drinks. Fibre is an undigestible part of plant food found in fruits, vegetables, whole grains and legumes."

Carbohydrates are the main source of energy for the human body. The recommended carbohydrate intake, is 45-60% of total energy intake with an optimal proportion being 50-55%. The Malaysia Dietary Guidelines 2020 recommends eating adequate amounts of rice, other cereals, whole grain cereal-based products and tubers (three to five servings a day); eating plenty of vegetables and fruits every day (three servings of vegetables and two servings of fruits a day); consuming adequate amounts of milk and milk products (two servings a day); and limiting sugar intake in foods and beverages (not exceeding 50g sugar or 10 teaspoons a day).[1]

Whole grain products such as brown rice and wholemeal bread are important dietary sources of fibre, vitamins, minerals and other bioactive compounds that benefit in protection against obesity, diabetes, cancer and cardiovascular disease. Balancing intake between refined grains and whole grains is recommended to achieve the benefits of whole grains.

Sugar, when taken excessively, can lead to health problems such as weight gain and increase the risk of non-communicable diseases (NCDs) such as type 2 diabetes mellitus, cardiovascular disease and non-alcoholic fatty liver disease. Consumption of sugar can also reduce the intake of more nutritious foods and beverages.

There are various types of carbohydrates that we can choose from such as whole grains and the ones that we need to limit such as processed and ultra-processed food. Choosing the types of carbohydrates and following the recommended portion size is important for your overall health. You can also refer to the Malaysian Food Pyramid and Healthy Plate Method as guidelines.

The importance of a balanced diet extends beyond just maintaining a healthy lifestyle. It involves ensuring the body receives all the essential nutrients and vitamins it needs.

A proper meal plan will help attain an ideal body weight and reduce the risk and protect against malnutrition in all its forms, as well as NCDs including diabetes, heart disease, stroke, cardiovascular and other types of cancer.

Reference

[1] *Malaysia Dietary Guidelines.* 2020.

Norul Emyshahida A Majid.

Healthy eating habits start early at home and school

EVERY child needs sufficient food that is both nutritious and healthy, which is why it is important to track all the food that they consume and monitor their eating habits. This can also help prevent malnutrition or even obesity at an early age.

Parents, guardians, caregivers and teachers are the earliest influences in encouraging children to adopt healthy eating habits. These role models are vital in teaching children the effects of the food they consume and the benefits of nutritious food.

It is widely known that the first three years of a child's life are crucial. Therefore, children must be introduced to various foods so that they can explore and get used to different tastes.

Children's eating habits can improve depending on their eating environment. For example, children who have meals with their families are more likely to consume more whole grains, fruits and vegetables. They are also more likely to keep their weight in a healthy range by not overeating.

Education on healthy eating continues when children reach school-going age.

This is where schools can continue to reiterate the message of positive eating habits by implementing educational programmes. Periodic initiatives in this area will improve children's knowledge of nutrition and health, enabling them to consciously make wiser food decisions.

Children today are especially vulnerable, and it comes as no surprise that Malaysia has the highest obesity rate in Asia. If the issue of healthy eating is not properly addressed from a young age, this undesirable label will continue to hover over Malaysians for years to come.

Enjoy ultimate massage comfort

IN today's fast-paced world, relaxation and well-being are more important than ever. Introducing the all-new Gintell S5 Pro Massage Chair, a premium innovation designed to deliver the ultimate massage experience through cutting-edge technology and elegant craftsmanship.

Crafted with a sophisticated black and brown leather finish, the S5 Pro Massage Chair blends style and functionality to complement any modern living space. The S5 Pro Massage Chair features 8D Twin Rollers that protrude 13 to 15 cm, allowing precise humanised spot massage on the upper back (neck and shoulders) and lower back (spine and waist) simultaneously. This innovative design mimics professional masseuse techniques using a combination of intelligent traditional massage techniques. This dual massage roller provides more coverage and deeper relief, ensuring a highly effective massage session.

The Gintell S5 Pro Massage Chair offers the ideal premium massage.

It also features Thermal Knee Therapy with intelligent heating airbags that gently compress around the knees and calves, delivering soothing warmth to boost blood circulation, ease joint stiffness and relieve muscle tension. It's the perfect solution for those with chronic knee discomfort or tired, aching legs, especially for elderly users.

With the Gintell Super APPs OS, users can now control the massage chair directly through their smartphone. Users can customise their preferred massage settings, such as the intensity, massage angle or switch programmes with just a few taps.

The S5 Pro Massage Chair incorporates the Magic Touch Reflex. Using synchronised rollers and airbags, these massage rollers target acupressure points on the feet, calves, knees and legs, providing overall relief of soreness, improving blood circulation, easing muscle tension and enhancing leg mobility.

The AI Voice Control feature allows users to operate the chair with simple voice commands, while the AI VI-Memory system lets them easily customise and set their preferred massage programmes, ready to activate with just one tap whenever they want. This thoughtful, user-friendly design is especially helpful for the elderly, ensuring a truly hassle-free experience.

Featuring built-in surround Bluetooth speakers, it elevates users' relaxation with Brain Relief Therapy sessions. These massage programmes automatically play soothing ambient music to enhance relaxation. Users can also choose to stream their favourite hits and enjoy a deeply immersive, spa-like journey right at home.

Whether you're unwinding after a long day or simply prioritising self-care, the Gintell S5 Pro Massage Chair is your personal wellness companion, offering a luxurious, therapeutic experience at home like never before. Alongside this launch, Gintell is also introducing a limited special edition – the Gintell Mickey Fantasia Massage Chair, with only 1,000 units available across South-East Asia. Retailing at RM23,988, this exclusive model is a premium investment in long-term health, comfort and overall well-being, available for a limited time only during the official launch.

■ In conjunction with Parents' Day, Gintell is offering a special promotion starting from as low as RM1,988. For further enquiries or pre-orders, call 016-7500 998, *visit www.gintell.com* or visit your nearest Gintell showroom to experience the Gintell S5 Pro Massage Chair firsthand.

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