

FREE REGISTRATION

**Southeast Asia Public Health Nutrition Network
WEBINAR SERIES 2/2023**

WHOLE GRAINS IN SOUTHEAST ASIA: HEALTH BENEFITS, REGULATIONS, DIETARY GUIDELINES AND CONSUMPTION

23 November 2023 | Thursday | Zoom Online Platform

2:30pm – 6:00pm (Kuala Lumpur, Manila, Singapore Time);

1:30pm – 5:00pm (Bangkok, Hanoi, Jakarta Time)

Whole grains are valuable sources of nutrients and their roles in reducing risk to chronic diseases are well established. Health authorities have taken note of the scientific evidence and are giving greater emphasis to recommending greater consumption of whole grains. Despite this, whole grain consumption tends to be lower than recommended levels in many countries, including Southeast Asian countries. The burden of diet-related non-communicable diseases (NCDs) associated with unhealthy diet and physical inactivity has been on the rise in the region. There is a need to close the gap between whole grain intakes and recommendations as this could potentially reduce the risk of diet-related NCDs. In this regard, understanding health benefits, consumer consumption data, development of actionable dietary guidelines messages and food regulations related to whole grains are important, as these could bring impact to whole grains and wholegrain foods provision, public health policy initiatives, public health messaging around increasing whole grain intake as well as development of innovative wholegrain products.



This webinar aims to

- provide an overview and better understanding on health benefits of whole grains, the status of whole grain regulations, dietary guidelines recommendations and whole grain consumption data across Southeast Asian countries
- explore barriers, lesson learned, innovations and strategies to communicate whole grains messaging and consumption
- explore multisectoral roles in improving whole grains consumption in SEA countries

Who Should Attend

- Nutritionists, dietitians, public health nutrition workers in SEA countries
- Private sector public health experts
- Representatives of related ministry/agency involved in food and nutrition/public health nutrition policy making
- Academia from food and nutrition related fields
- Undergraduate & postgraduate nutrition and dietetic students

Webinar Programme

Time	Programme
14:30	Welcome Remarks & Introduction to SEA-PHN Network Clin Prof Dr Naline Chongviriyaphan, Vice-Chairman, SEA-PHN Network
14:40	Keynote Lecture Chairperson: Clin Prof Dr Naline Chongviriyaphan, SEA-PHN Network Whole Grains & Health – Scientific and Regulatory Aspects Speaker: Dr Tee E Siong, Chairman, SEA-PHN Network
	Session 1: Country Report on Whole Grains' Health Benefits, Regulations, Dietary Guidelines & Consumption Data in Southeast Asian Countries Chairperson: Dr Kit Phanvijhitsiri, PepsiCo Services Asia Ltd
15:10	Indonesia Speaker: TBD
15:35	Malaysia Speaker: Assoc Prof Dr Koo Hui Chin, Tunku Abdul Rahman University of Management and Technology, Malaysia
16:00	Philippines Speaker: Dr. Imelda Angeles-Agdeppa, Food and Nutrition Research Institute, Philippines
16:25	Vietnam Speaker: Assoc Prof Dr Truong Tuyet Mai, National Institute of Nutrition, Vietnam
16:50	Session 2: Panel Discussion – Breaking Barriers to Whole Grains Consumption Moderator: Dr Tee E Siong, SEA-PHN Network
18:00	End of webinar

Times indicated are Kuala Lumpur time (GMT +8 hrs)

FREE Registration

Register now at:

<https://forms.gle/RMc2nDZHRt2gx8Wb8>



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For more information regarding SEA-PHN Network, please visit:

SEA-PHN | Southeast Asia Public Health Nutrition Network (sea-phn.org)

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