



SEANUTS II Factsheet outcomes Malaysia

Breakfast with dairy: What is the relation with nutrient intake?

Outcomes Malaysia

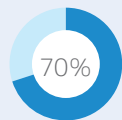
SEANUTS II

Children's rapid growth demands adequate nutrient intake throughout the day. New data from the second South East Asian Nutrition Surveys (SEANUTS II) shows that including dairy at breakfast is related to significantly higher daily intakes of essential micronutrients.

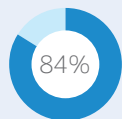
SEANUTS II, initiated by FrieslandCampina in collaboration with Universiti Kebangsaan Malaysia, addresses the critical issue of the "triple burden" of malnutrition, which is the coexistence of undernutrition, overnutrition, and micronutrient deficiencies. The study showed that the dietary intakes of especially vitamin D and calcium did not meet the recommendations* for Malaysian children.

Nutrients of concern:

Calcium:
70% of all children aged 0.5 – 12 years did not meet the recommendations for calcium intake.^{3*}



Vitamin D:
84% of all children aged 0.5 – 12 years did not meet the recommendations for vitamin D intake.^{3*}



Recommended nutrient intakes⁴

Calcium:
260 mg/day (0.5–1 year old) – 1300 mg/day (10–12 years old).

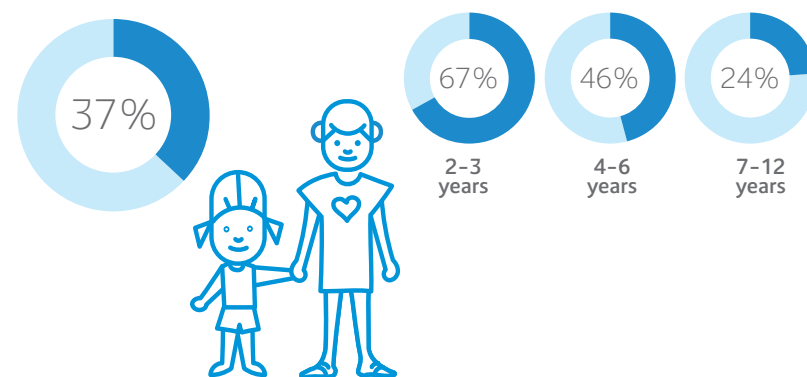
Vitamin D:
10 mcg/day (0.5–1 year old); 15 mcg/day (1–12 years old).

* Estimated Average Requirement (EAR)

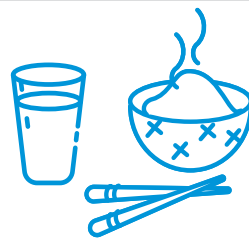
Dairy during breakfast¹

A study focused on breakfast, based on SEANUTS II data, investigated the relationship between a breakfast with dairy and nutrient intake.¹ This study included 2,438 children aged 2–12 years from Peninsular Malaysia and was based on a one-day 24-hour dietary recall and sociodemographic questionnaires. In this factsheet the key-findings are presented.

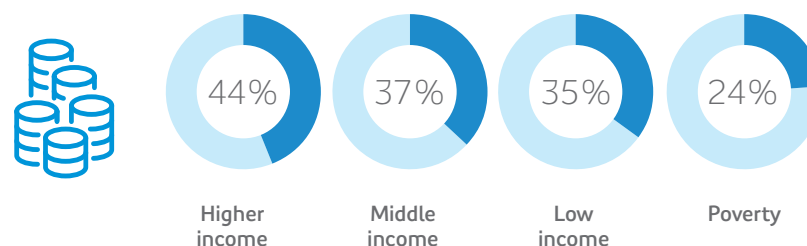
37% of children aged 2–12 years consumed dairy at breakfast; younger children more often than older children:



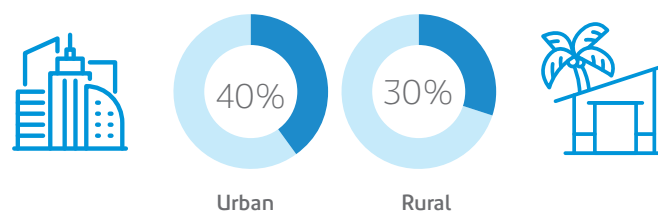
Average intake during breakfast:
1 portion of dairy



More children from higher-income families consumed dairy at breakfast:



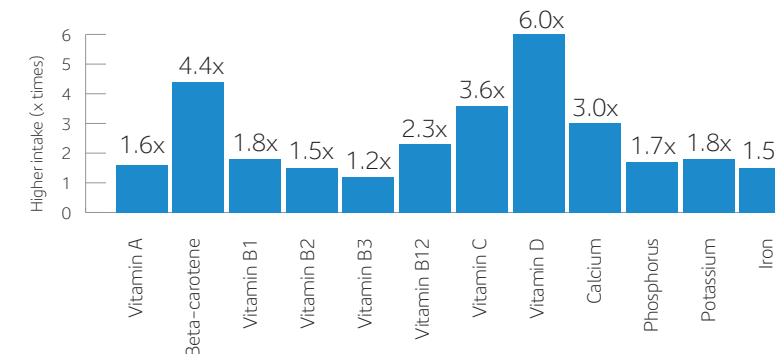
Children living in urban areas consumed more often dairy at breakfast than children living in rural areas.



Significantly higher nutrient intake during breakfast¹

Children who consumed a breakfast with dairy had a significantly **higher** intake of vitamins and minerals **at breakfast** compared to children not consuming dairy at breakfast.

Higher micronutrient intake at breakfast (x times):



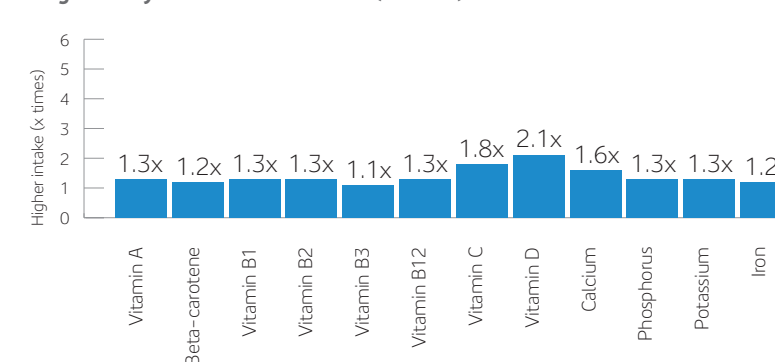
Children who consumed dairy at breakfast had a significantly **lower** intake of energy, carbohydrates & sodium during the breakfast occasion compared to children not consuming dairy at breakfast.

There were **no differences** in protein and fat intake in both groups, except of 7–12 years old children where protein intake was higher when dairy was consumed at breakfast.

Significantly higher daily nutrient intake¹

Children who consumed a breakfast with dairy had a significantly **higher daily intake** of vitamins and minerals than children not consuming dairy at breakfast.

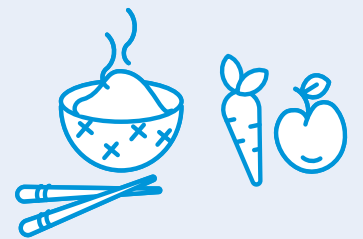
Higher daily micronutrient intake (x times):



Daily calcium and vitamin D intake with dairy at breakfast was 769 mg and 6.8 mcg, respectively, compared to 467 mg and 3.2 mcg, respectively, without dairy at breakfast.

Definition of breakfast

First eating occasion after an overnight sleep, consumed after waking up and before 12:00 pm (including all foods consumed except water, tea, and coffee without milk).



Definition of dairy²

- Animal-based milk (liquid and powdered), yoghurt, and cheese, excluding human breast milk.
- Recommendation = 2 portions of dairy per day
- 1 portion size of dairy is:
 - 1 glass of (cow and goat) milk = 250 ml
 - 4 dessert spoons of powdered milk = 30 g
 - 2 yoghurt pots = 270 g
 - 1 Greek yoghurt pot = 135 g
 - 2 slices of cheese = 40 g



FrieslandCampina Institute provides healthcare professionals with information about dairy, nutrition and health following scientific developments. This information is meant solely for professionals and not for consumers, clients, or patients.

Are you a healthcare professional who wants to know all about dairy, nutrition, and health?

Contact FrieslandCampina Institute to find out more.

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References:

1. Mikulic, N., Khouw, I., Ng, S., et al. Dairy consumption at breakfast among Southeast Asian Children: Associations with nutrient intake from the South East Asian Nutrition Surveys II (SEANUTS II). *Nutrients*. 2024; 16(19), 3229. doi: 10.3390/nu16193229
2. National Coordinating Committee on Food and Nutrition; Ministry of Health Malaysia. *Malaysian Dietary Guidelines 2020*, 3rd ed.; Technical Working Group on Nutrition Guidelines: Putrajaya, Malaysia, 2021
3. Poh, B., Wong, J., Lee, S., et al. Triple burden of malnutrition among Malaysian children aged 6 months to 12 years: Current findings from SEANUTS II Malaysia. *Public Health Nutrition*. 2023;1–36. doi:10.1017/S1368980023002239
4. National Coordinating Committee on Food and Nutrition (NCCFN) (2017) *Recommended Nutrient Intakes for Malaysia*. a Report of the Technical Working Group on Nutritional Guidelines. Putrajaya: Ministry of Health Malaysia

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