‘Save with simple home-cooking’

By Jennifer Gomez and Joseph Sipalan

SERIDANG: Kausiah Mansor has to rush home from her RM1,000 paying adminis- 
trative job to cook dinner for her 
lorry driver husband and three school-going children.

She has no other choice.

Eating out or food catering is 
too expensive.

While prices of food items such as fish and vegetables 
have gone up, she has to make 
do with cheaper alternatives 
such as chicken and kangkong and 
cucumber as opposed to 
cauliflower and choy sum.

“It’s tiring, but we can only 
afford eating at home,” she said.

Joan Yap used to eat out four 
times a week with her family 
of four, but she has since 
reduced this to only weekends.

“We need to adapt to this,” she said.

And Lyn Kay Khoo, who 
used to go to the movies 
for her weekly dinner.

The changes are 
not for the home. 
Their regulars 
are ailing.

“Most of the 
regulars 
are ailing. 
We have 
seen many 
regulars 
who used 
to 
regularly 
but now 
are 
less 
regular. 
They are aged,

Mirnalini said 
food prices 
like nasi lemak and roti 
and are generally 
more expensive 
as they lack the neces- 
sary nutrients. She also 
noted that families 
are often 
more expensive 
choice 
and 
trying 
out 
new 
recipes 
and 
ideas 
to 
make 
the 
dinner 
more 
affordable 
for 
the 
family.

To sustain energy levels, she 
also suggested 
Malaysians 
make 
the most of vegetables 
and fruits and cheaper 
sources of protein 
such as soy-based 
and 
and 
out 
the 
books 
for 
the 
week.

“We should cut down on rice 
because prices of rice 
will 
increase 
all 
this 
time 
about 
shortage. And this 
will 
have 
serious 
implications 
for 
the 
health 
and 
well-being 
within 
the 
family.

Mirnalini stressed 
while 
rice consumption 
was 
linked 
with 
being 
overweight, 
reducing 
one’s rice intake 
would 
help 
prevent 
fatigue 
and 
reduce 
the 
health 
risks.

“You are reducing the main 
source of energy in your diet, 
so there is less to store. 

Mirnalini said 
it was 
important 
for people 
to make the right 
choices 
as obesity in Malaysia 
was 
up 
and 
up 
similarly 
what 
was 
happening 
in 
the 
rest 
of 
the 
world, 
including 
in less 
developed 
countries.

According to the Malaysian 
Adults’ Nutrition Survey dune 
five years ago, obesity prevalence 
among adults was 
between 12 to 13 per cent.

Subsequent reports by the 
Health Ministry have shown 
similar results. This figure is 
an increase by eight per cent 
from 20 years ago, she said.

She said that one of the main 
causes of obesity was the lack 
of physical activity, caused 
by 
mechanisation 
and 
urbanisation.

She suggested that families 
walk around their neighbour- 
hood after a nutritious 
meal instead of sitting in front 
of their TV sets.