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**Universiti Putra Malaysia**



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# Pakar nutrisi: pemilihan set makanan RM3.50 UPM satu usaha yang

Oleh: Nurul Ezzaty Mohd Azhari



**SERDANG, July 20** – Universiti Putra Malaysia (UPM) came up with an initiative to set the price of quality set meals as low as RM3.50 for its students.

According to the Head of the Department of Nutrition, Faculty of Medicine and Health Sciences, UPM, Prof. Dr. Norhasmah Sulaiman, this initiative ensures that UPM students always get healthy nutrients and calories.

"Based on my research, about 50 to 60 per cent of students have problems getting healthy food or food insecurity. So, this UPM initiative should be implemented."

"In general, there is a standard for special nutritional requirements by the Malaysian Recommended Nutrient Intake according to age (Recommended Nutrient Intake). The recommended age group of our students is between 19 to 25 years old, and they usually need 2,240 calories for men and women in 1,840 a day," she said.



Prof. Dr. Norhasmah Sulaiman,  
Faculty of Medicine and Health Sciences

BM ▾

She said based on several set meal options provided by UPM, and this provides enough calories and energy for female students if taken for lunch.

Prof. Dr. Norhasmah said basically if the student is not a sports athlete, the rice or carbohydrates served are very sufficient along with the protein.

However, she suggested improving the need for protein and mineral sources for male students since the energy needs of this group are higher than

"For female students who need protein, for example, eggs, tempeh, meat cooked in soy sauce, and tofu are enough for lunch. But, for male students to be thought about even though I understand the important thing here is that the price has been set at RM3.50.

"If you look at the diet of Quarter, Quarter, Half, the need for vegetables is greater because the source of vitamins and minerals comes from inexpensive vegetables, such as kailan, mustard, lettuce and kale, because I know if choosing broccoli, the price is higher.

"If you have fish or chicken such as a thigh, the nutritional needs for men and women are sufficient. When I look at this picture, I am a little worried for students," she said.

Reportedly, all entrepreneurs and food service providers at UPM, together with the UPM Student Representative Council (MPP), had agreed to the and 4, PFC 7, PFC 8, Serumpun A1 and A2, and Serumpun A5 and A6.

Meanwhile, the cafeterias at Kolej Canselor, Kolej 10 and Kolej Tan Sri Mustaffa Babjee also prepared the 'Kasih Pelajar Keluarga Malaysia' menu.

Earlier, the Ministry of Higher Education (KPT) urged the Institutions of Higher Education (HEIs) to sell food on campus with a ceiling price of RM3.50. Keluarga Malaysia initiative. – UPM.

Tarikh Input: 25/07/2022 | Kemaskini: 27/07/2022 | hairul\_nizam

**PERKONGSIAN MEDIA**

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**PERKHIDMATAN DALAM TALIAN**

- Sistem Permohonan ke Luar Negara (<http://bursar1.upm.edu.my/spln/>)
- Sistem Ilmu Sumber Manusia (SISMAN) (<http://www.sisman.upm.edu.my/>)
- KM Portal (<http://km.upm.edu.my/kmportalweb/portal/render.action?method=home>)
- Jawatan Kosong (<http://spj.upm.edu.my/>)
- Sistem Baik Pulih ICT (<http://zonict.upm.edu.my/>)
- Putra Learning Hub (<http://learninghub.upm.edu.my/>)
- Sistem Pengurusan Perubatan (<http://regmedic.upm.edu.my/>)
- Sistem E-Claim (<http://eclaims.upm.edu.my/login/>)
- i-GIMS (staf) (<http://www.sps.upm.edu.my:8080/igims/index.jsp>)
- i-GIMS (pelajar pascasiswazah) (<http://sgsportal.upm.edu.my:8080/sgsportal/>)
- Sistem Maklumat Pelajar (pelajar prasiswazah) (<http://smp.upm.edu.my/smp/action/security/loginSmpSetup>)

**PAUTAN LUAR**

- Kementerian Pendidikan Malaysia (<https://www.moe.gov.my/>)
- Keluarga Malaysia (<https://keluargamalaysia.gov.my/>)
- Perbadanan Tabung Pendidikan Tinggi Nasional (PTPTN) (<http://www.ptptn.gov.my/>)
- Multimedia Super Corridor (<https://mdec.my/msc-malaysia/>)
- Portal myGovernment (<https://www.malaysia.gov.my/>)
- Agensi Kelayakan Malaysia (<https://www.mqa.gov.my/>)

**PAUTAN PANTAS**

- FAKULTI / PTJ / PENTADBIRAN (entiti)**
- Statistik Transaksi Laman Web (<http://www.upm.edu.my>)
- Tender & Kontrak (<http://etender.upm.edu.my/>)
- Laporan Piagam Pelanggan ([http://www.upm.edu.my/mengenai\\_kami/maklumat\\_dasar\\_upm](http://www.upm.edu.my/mengenai_kami/maklumat_dasar_upm))
- Dasar UPM ([http://www.pnc.upm.edu.my/mengenai\\_dasar\\_upm](http://www.pnc.upm.edu.my/mengenai_dasar_upm))
- Sistem Pengurusan ISO ([http://reg.upm.edu.my/spk\\_u](http://reg.upm.edu.my/spk_u))
- Dana Wakaf Ilmu (<http://www.wazan.upm.edu.my>)
- Penerbitan UPM ([http://www.upm.edu.my/kandungar\\_upm\\_flywire](http://www.upm.edu.my/kandungar_upm_flywire))
- UPM Flywire (<https://landing-pages.flywire.com/landir>)
- Takwim UPM 2022 (<https://pspk.upm.edu.my/upload/dokumen/20220307>)

- Dasar Privasi ([footnote/dasar\\_privasi-29949](http://footnote/dasar_privasi-29949))
- Hakcipta ([footnote/hakcipta-29950](http://footnote/hakcipta-29950))
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- UPM online ([footnote/upm\\_online-38695](http://footnote/upm_online-38695))
- Dasar Keselamatan ([footnote/dasar\\_keselamatan-29939](http://footnote/dasar_keselamatan-29939))

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