



SLMNA NEWSLETTER

SRI LANKA MEDICAL NUTRITION ASSOCIATION OFFICIAL NEWSLETTER

Linking nutrition research to practice...

THIS MONTH'S FEATURED ARTICLES

- Capture of the month.
- Article of the month.
Refrigerator-
Are you storing foods safely?
- Food of the month.
45 day greens
- Past events.
- Upcoming events.

MESSAGE FROM EDITORS...

As Sri Lanka faces its worst economic crisis in the post-independence era country's food security is in great question which seems to be not given prompt attention by the political authorities.

Reduced energy, proteins, vitamins and minerals will jeopardize the nutritional status threatening the health and also having long-lasting impacts on the cognitive development of young children.

We have to act at the individual and community level to ensure food security. If we still continue to keep our beautiful flower pots instead of any edible plants and underutilize the resources we have to cultivate, we are not fulfilling our duties as responsible citizens.

'Let's make edible gardens- Fight against food insecurity'

**Until next time,
Dr Dhaneshi and Dr Chapa**



CAPTURE OF THE MONTH



REFRIGERATOR- ARE YOU STORING FOODS SAFELY

Dr R. Chapa Wijesena

The goal of the refrigeration of foods is to preserve food for a longer time by slowing the multiplication or the growth of micro-organisms, which in turn reduces food wastage and also prevents food-borne diseases. Keeping foods chilled at proper temperatures is one of the best ways to do that.

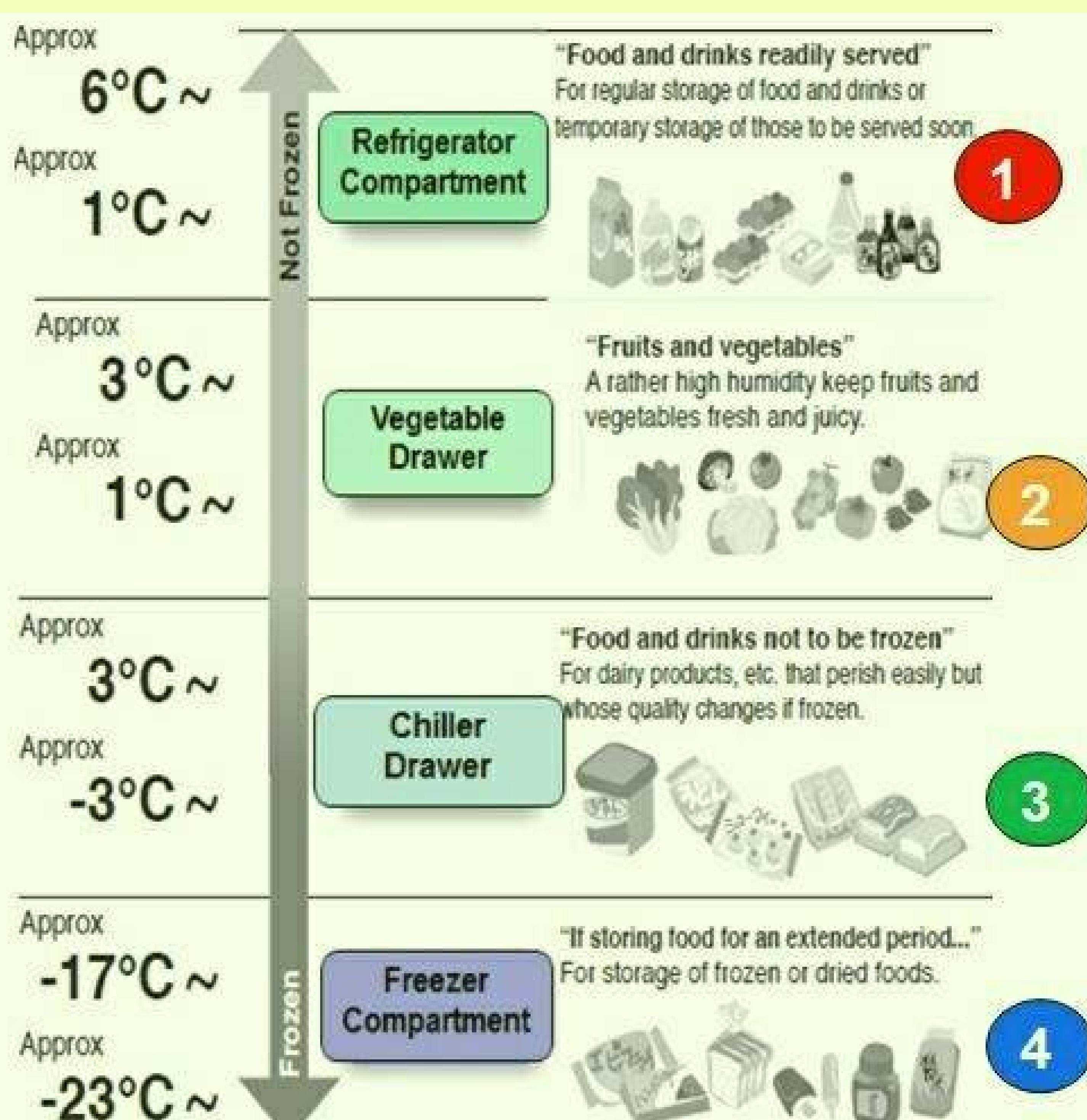
The temperature inside the refrigerator

According to the United States Food and Drug Administration (FDA) recommendations, the refrigerator temperature should be below 40°F and the ideal freezer temperature should be below 0°F. However, the ideal refrigerator temperature should be between 35° to 38°F (or 1.7 to 3.3°C) as near the 40°F threshold, bacteria such as Salmonella and E. coli can begin to multiply and spoil the food.

The temperature is lowest near the freezer compartment and goes higher when the distance to the freezer is increased. It is better if can use an appliance thermometer to check the refrigerator temperature. But this is not practical in Sri Lankan households.

The temperature in the fridge is not constant. The fridge is cooled by a gas, known as refrigerant vapour, which flows in liquid form inside a coil in the fridge and absorbs heat in the air. The closer foods are to the coil (which is usually found on the lower shelf, as hot air rises), the colder those foods will be. And the door temperature in the compartments is higher than the inside temperature of the relevant compartment. Foods should be stored in the drawers of the refrigerator considering this temperature difference.

The following diagram shows how temperature differs in different drawers of the refrigerator and the freezer. (Refrigerator compartment is above and freezer compartment is below)



Temperature differences in the freezer and the refrigerator
Source: http://engau.faq.panasonic.com/app/answers/detail/a_id/36987/~/_operation-temperature-zones-in-the-fridge

The following gives the idea of what type of foods can store in the refrigerator depending on the temperature.

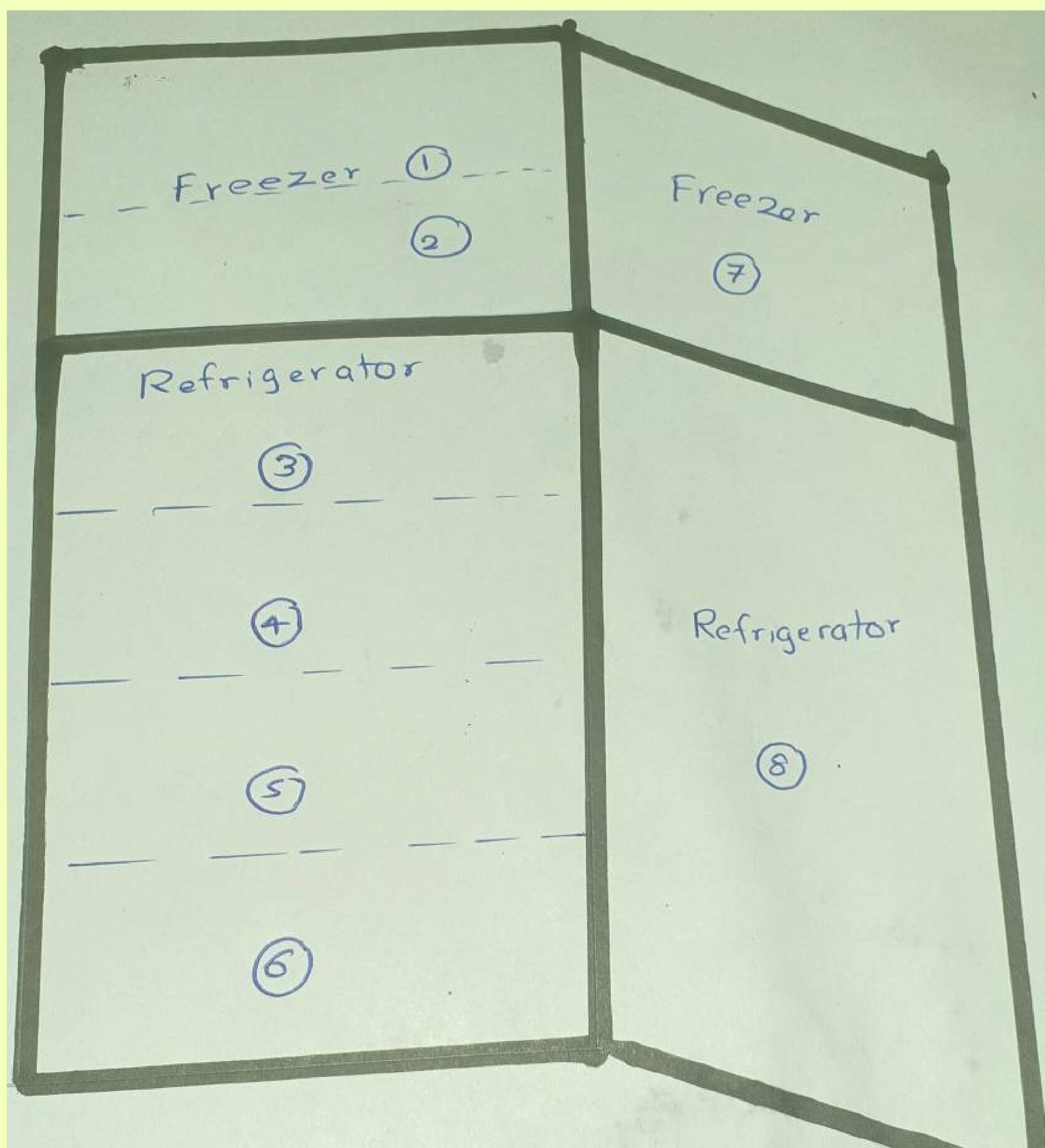


Upper part of the freezer	Ice cream and ice cubes
Lower part of the freezer-	Meat/ Fish in sealed containers/ zip lock bags
Uppermost drawer of the refrigerator	<p>Cooked foods</p> <p>Scraped coconut</p> <p>Cut fruits or vegetables (ready to serve) in sealed containers/ bags</p> <p>Cut fruits and vegetables will deteriorate faster since more surface area is exposed. The best practice is to wash and cut when ready to consume it</p>
Middle part of the refrigerators-	<p>Yoghurt/Butter / Cheese</p> <p>Eggs in sealed containers or with egg cartons</p> <p>Eggs absorb odours and can easily contaminate with salmonella. So should put them in an airtight egg bin or eggs in their carton in the coldest part of the refrigerator, the centre rather than on the warmer door</p>
Lower middle part	<p>Fruits</p> <p>Lime</p> <p>Curry leaves</p>
Lowest drawer	<p>Vegetables</p> <p>The veggie drawer is calibrated for high-humidity produce (greens wilt slower when there's moisture) and the fruit drawer is set for low humidity (fruits rot slower in low humidity).</p> <p>Another reason to keep greens and fruits separated is the ethylene from fruits can result in vegetables spoiling prematurely</p>
Door of the freezer	<p>Mozzarella cheese</p> <p>Sausages(pre-cooked)</p> <p>These items can be stored in the freezer too</p>
Door of the refrigerator	<p>Water bottles</p> <p>Condiments</p> <p>Sauces</p> <p>Milk</p> <p>can be stored in the door or the centre drawers of the refrigerator depending on the time we want to preserve it.</p> <p>When keep them inside they will preserve for more days than in the door</p>

How foods should be stored

In this picture 1 and 2 drawers belong to the freezer compartment and part 7 is the door of the freezer.

3,4,5 and 6 drawers belong to the refrigerator compartment and part 8 is the door of the refrigerator



To maintain the proper temperature in the refrigerator following steps should be followed

Let food cool before putting it in the fridge.

Hot bowls of leftover cooked food can heat the small space in the fridge quickly, putting the foods in jeopardy of rapid bacterial growth. So, let the foods cool for a bit before covering and storing them in the fridge.

Do not let the cooked foods be at room temperature for more than two hours and put the leftover in the refrigerator. This will prevent the growth of microorganisms.

Store immediately the foods to be stored in the refrigerator

Check storage directions on labels. Stick to the "two-hour rule" for leaving items needing refrigeration out at room temperature

Use ready-to-eat foods as soon as possible. The longer they're stored in the refrigerator, the more chance *Listeria*, a bacterium that causes foodborne illness, can grow, especially if the refrigerator temperature is above 40° F (4° C).



Check the door seals.

Gaskets around the edge of a refrigerator door keep the cold temps in and the warmer temps out. If there's a leak in one of those gaskets, cold air may escape and make the cooling of the fridge properly more difficult.



Open the fridge if it is essential.



Whenever opening the refrigerator door, it will let the cold air out and the warm air in. So, should try to omit the frequency of opening the fridge.

Use an erasable marker to list the contents with their expiration dates directly on the wall of the refrigerator or hang a removable paper. This will help to see the things in the fridge without opening it.

Keep the fridge full but prevent overcrowding

The refrigerator temperature can stay cooler longer and keep foods cooled best if the shelves and drawers are mostly full. The same is true for the freezer. But have to make sure not to overcrowd the space and cut down on airflow as that can make moving cooled air difficult and increase the risk of warm pockets of air. Organizing foods properly in the refrigerator will prevent overcrowding.

If the fridge is nearly empty, consider stocking it with a few bottles of water, which when chilled, helps the appliance maintain cool temperatures.

The best practice is to aim for a fridge that's two-thirds full



Throw away spoiled foods:



Pathogenic bacteria are different from spoilage bacteria and can make food born illnesses even without changing the appearance, smell, or taste of the food. Many pathogenic organisms are present in raw or undercooked meat, poultry, seafood, milk, and eggs; unclean water; and fruits and vegetables. Keeping these foods properly chilled will slow the growth of bacteria.

Mould is a sign of spoilage. It can grow even under refrigeration. Mould is not a major health threat, but it can make food unappetizing. The safest practice is to discard mouldy food.



Always keep the food in an organized manner

Clean the refrigerator regularly and wipe spills immediately. This helps reduce the growth of Listeria bacteria and prevents drips from thawing meat that can allow bacteria from one food to spread to another. Clean the fridge out frequently.

Keep foods covered. Store refrigerated foods in covered containers or sealed storage bags, and check leftovers daily for spoilage.

Check the expiration date. A "use by" date means that the manufacturer recommends using the product by this date for the best flavour or quality.



Foods in the Freezer

Food that is properly frozen and cooked is safe. Food that is properly handled and stored in the freezer at 0° F (-18° C) will remain safe. While freezing does not kill most bacteria, it does stop bacteria from growing.

Though food will be safe indefinitely at 0° F, the quality will decrease the longer the food is in the freezer. Tenderness, flavour, aroma, juiciness, and colour can all be affected. Leftovers should be stored in tight containers.

With commercially frozen foods, it's important to follow the cooking instructions on the package to assure safety.

Freezing does not reduce nutrients. There is little change in a food's protein value during freezing.



If no Electricity

If you lose electricity, keep refrigerator and freezer doors closed as much as possible. Your refrigerator will keep food cold for about four hours if it's unopened. A full freezer will keep an adequate temperature for about 48 hours if the door remains closed.



References

Are You Storing Food Safely?

<https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely>

Before And After-A Refrigerator Makeover

<https://www.realsimple.com/home-organizing/organizing/organizing-kitchen/before-and-after-refrigerator-makeover>

Ideal Temperature Setting

https://www.lg.com/ca_en/support/product-help/CT20098040-20150106740310

LG Frost Free Refrigerator

<https://www.youtube.com/watch?v=pZpD4SCkaTk>

Operation- Temperature Zones in The Fridge

<http://eng->

[au.faq.panasonic.com/app/answers/detail/a_id/36987/~operation---temperature-zones-in-the-fridge](http://faq.panasonic.com/app/answers/detail/a_id/36987/~operation---temperature-zones-in-the-fridge)

Ten Things Nobody Tells You About Organizing Your Refrigerator

<https://www.organized-home.com/posts/how-organize-refrigerator-best-food-storage-tips/>

The Cold Truth About Your Fridge

<https://www.dailymail.co.uk/health/article-3777059/Cold-truth-fridge.html>

The Temperature Your Refrigerator Is Set to Is Probably Wrong—Here's How to Know

[https://www.realsimple.com/food-recipes/shopping-storing/food/refrigerator-](https://www.realsimple.com/food-recipes/shopping-storing/food/refrigerator-temperature#:~:text=However%2C%20the%20ideal%20refrigerator%20temperature,cold%20your%20food%20will%20freeze.&text=Temperatures%20above%20the%2035%C2%B0,zone%20may%20be%20too%20high.)

[temperature#:~:text=However%2C%20the%20ideal%20refrigerator%20temperature,cold%20your%20food%20will%20freeze.&text=Temperatures%20above%20the%2035%C2%B0,zone%20may%20be%20too%20high.](https://www.realsimple.com/food-recipes/shopping-storing/food/refrigerator-temperature#:~:text=However%2C%20the%20ideal%20refrigerator%20temperature,cold%20your%20food%20will%20freeze.&text=Temperatures%20above%20the%2035%C2%B0,zone%20may%20be%20too%20high.)

The Well Organized Refrigerator

<https://www remodelista.com/posts/the-well-organized-refrigerator-with-bosch-home-appliances/>

45 DAY GREENS

By Dr Shifa Halith

Introduction



A food crisis occurs when there is an occurrence of natural disasters, damage to the food supply chain, cost-push inflation and a state of conflict. No doubt we need some temporary workaround when there is a food shortage. We want to hedge against this by growing as many of our vegetables as possible. Home gardening provides food to the family when constant access to enough food is interrupted. This concept helps to feed ourselves from our effort to fulfil the need for food and nutrition.

With that in mind, in setting up a crisis garden the first step to have is what you will grow? 45-day greens will give a pretty good idea of what should be planted. Quick-growing greens can be harvested within 45 days from planting.

This will not only help in a crisis but once familiar with the surroundings and know the gardening, can use this information to continue the gardening beyond the plight as a hobby farm or domestic garden.

Gotu Kola

Gotu Kola is rich in nutrient iron and contains vitamin B, vitamin C, calcium and antioxidants. These vitamins provide neuroprotective effects to the brain cells, advance memory, slow down Alzheimer's disease and have other health benefits.

The planting material of Gotu Kola is partially mature healthy runners with roots. Organic fertilizers should be mixed with the soil before planting. The soil to compost ratio is 1:1 which means mixing one part of soil with one part of the compost. If the amount of compost is a little bit higher is good.

Irrigation is important to maintain soil moisture. Water logging should be avoided. Avoid drying of beds by covering of bed with Cadjans or mulch it. Cattle manure, poultry manure or compost are applied to improve the soil.

Diseases like leaf spotting and infections can occur. This can be controlled by controlling pests. Prevent leaf spotting by spraying fungicides like Deconil and Mancozeb.



Mukunuwenna



The crop contains iron, calcium, other minerals and fiber.

Planting material is stem cuttings, 10 to 12 cm or longer cuttings. Irrigation is done frequently to maintain the moisture at the top of the layer. Water lodging should be avoided. Apply fertilizers. Roundworm disease can be minimized by using poultry manure. Logging of excessive water and over-fertilizing with nitrogen fertilizer will end up in rusty leaves.

If pests are seen spray Neem oil mix once a week to control pests. Neem oil mix is made by mixing 5ml neem oil with 1L of water and 5g of mild detergent powder/Sunlight powder (not with harsh detergents).

The first harvest can be obtained 4 weeks after planting and can yield once a month for two years.

Alligator weed can be easily mistaken for the mukunuwenna. Alligator weed is not a vegetable and should not be eaten. These two can be differentiated by the features such as the alligator stem is soft and hollow and has short flower stalks while the mukunuwenna stem is woody and solid and flowers do not have stalks.

Kankun- Water Spinach

Kankun greens are very low in calories and fats. It has vitamin A, C, several B complex vitamins (riboflavin, niacin, B6, folic acid), anti-oxidants, minerals etc.

This is a crop with a higher water requirement. Usually 20 - 30 cm long stem cuttings are used to plant. Leaves should be removed from the stem before planting. If plants are affected by any disease remove and destroy the affected part of the plant.

The first harvest can be obtained around 20 days after planting.



Nivithi – Spinach

This green leafy vegetable is a source of iron. Nivithi contains iron, calcium, vitamin A, vitamin B, choline, phosphorus, fiber, antioxidants etc.

Planting material- seeds or stem cuttings. It is advisable to mix organic manure (cow dung) or compost with soil, a few days earlier before planting seeds. Mix compost to soil ratio 1:1. Repeat composting fortnightly. Compost will nourish the plant and is better than inorganic fertilizers as compost involves a slower releasing rate of nutrients to the plant over time.

If the cultivation is going on for a long time, 4 weeks after planting prepare a trellis about 1 - 1 1/2 feet above the ground level. It is advisable to mix organic manure with soil before planting seeds. In dry weather irrigate more often without allowing them to wither.

Spraying Albert solution to leaves will improve the leaf growth and increase the yield. Albert solution is an organic fertilizer containing nutrients required for plant growth.

First Harvesting can be done after 40 - 50 days



Passion fruit vines

Passion fruit leaves contain vitamin A, vitamin Niacin, phytochemicals and fiber. Fruit is a good source of vitamin A, vitamin C, minerals and fiber.

Passion fruit vines grow well in containers. The plant is neither too tall nor small and will not occupy much space. This doesn't require extra care and grows well and stays healthy.

Planting materials are passion fruit vines or seeds. It can be planted on top of manure or compost. If planting a vine, the dug hole should be deep enough for the roots of the passion fruit vine. Use fairly large pots as plants will dry in small pots when the roots grow. Passion fruit plants need plenty of water while they grow. The soil should be well drained with an even texture and should have good moisture holding capacity. The use of compost three weekly will improve the growth.

Pruning the plant will help to keep them in smaller structures, if not will end up in a thick tangled mess of dead wood. Pruning techniques to maintain the plant can be found on the Department of Agriculture website - doa.gov.lk.

Leaves can be harvested within one month of planting and fruits within four to six months. As bees and insects are less in built up areas, artificial pollination will help to fruit.

Sarana – Horse purslane



Sarana comprises vitamin A, folate, vitamin K and carotenoids. Sarana needs well-drained soil. Mainly propagated by seeds. It can be propagated by the stem in home gardening. Organic manure should be mixed into the soil two days before sowing. It is important to irrigate the crop regularly. The soil should not be allowed to dry out. Sarana is less affected by pests. 1 square feet of space can yield around 3kg Sarana. Harvesting can be done within 20 days of sowing.

Thebukola



Thebukola possess good amount of iron, ascorbic acid, other minerals and antioxidants. Planting material is rootstocks. First should mix the compost with soil and planting can be done after that. All varieties of Thebu kola are well suited with partial shade. With more sun these plants need more water. They should be well watered at all times and the soil should drain well. Pest and diseases are not major issues. Can get the crop in 2 -3 weeks or within one month.

Moringa/ Drum stick



Drum sticks are a source of vitamin B1, B2, B3, B6, vitamin C, calcium, iron, magnesium, zinc, amino acids, and other nutrients.

Moringa has a deep tap root system. Thus have to use a pot with adequate height, preferably a 20-inch container. Tree type variety can be planted on land. Stem thickness will increase with time in tree variety. Bush-type varieties can be planted in pots. Seeds of bush-type- varieties are available in sale centers. Moringa usually requires less maintenance less water and fertilizer. The soil should be drained without having extra water. Yellowing of leaf is a sign of soil with high water content and lacking nutrients in the soil which indicate the need of compost/ fertilizer.

Caterpillars may be seen often and it is well controlled by using neem oil mix whenever needed.

*For further details regarding crops cultivation and disease management of crops contact the Department of Agriculture Advisory Service hotline number 1920 or visit the department of agriculture website[doa.gov.lk].

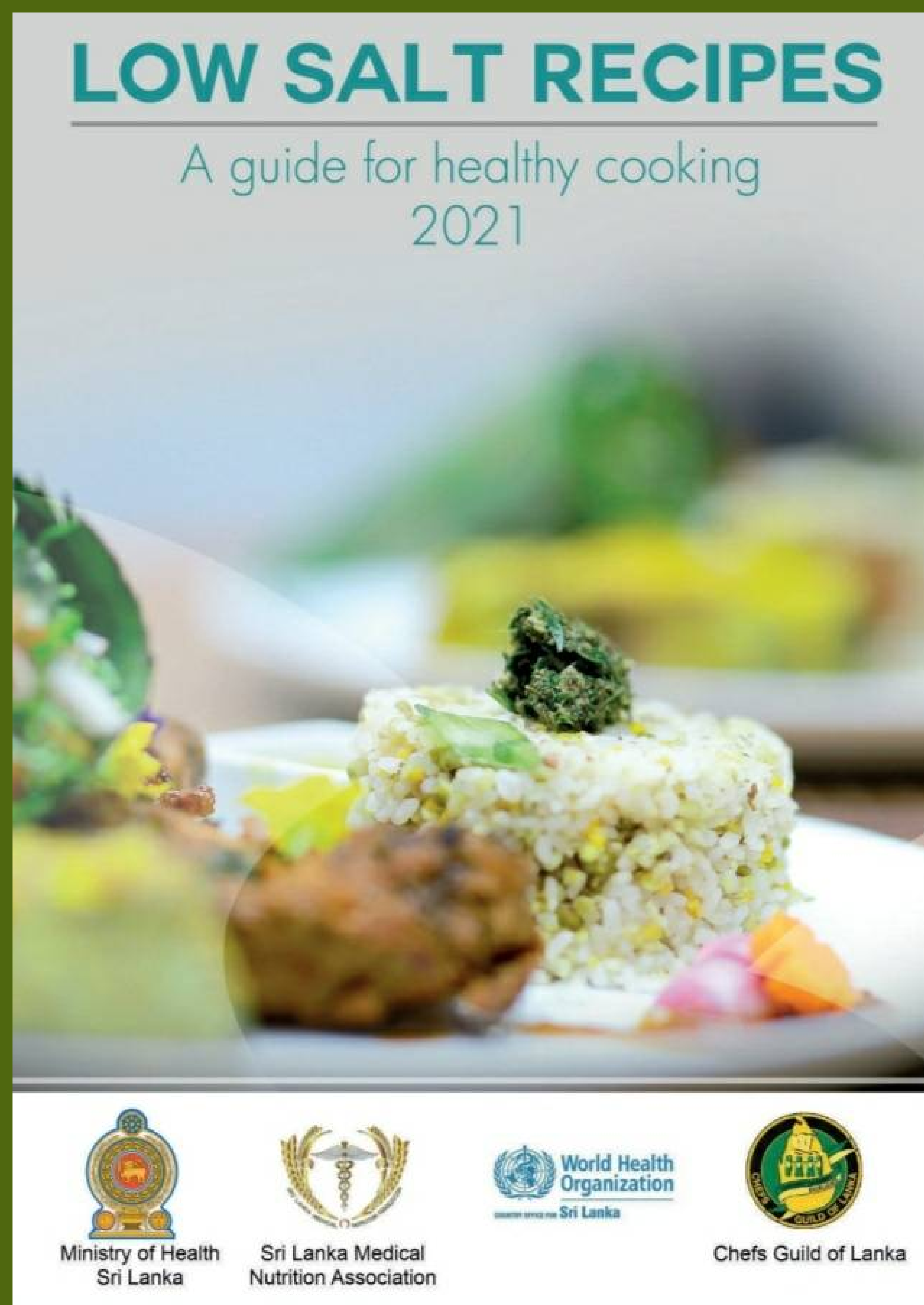
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4. www.Kaduucc.sch.lk
5. www.gillnursery.com
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PAST EVENTS SINCE LAST PUBLICATION

Launching of 'Low Salt Recipes - A guide for healthy cooking 2021'

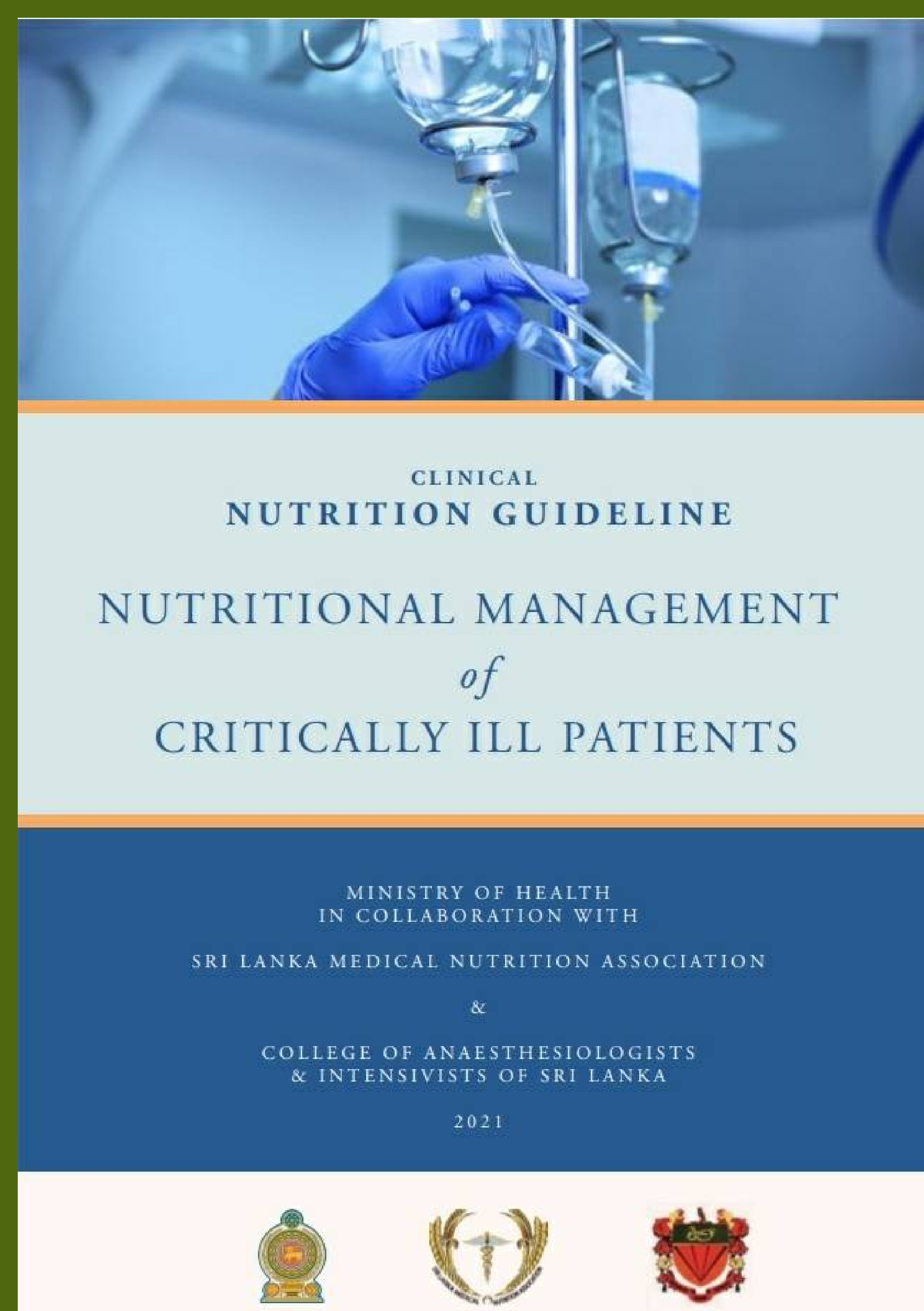
As the end product of the 'Low Salt Cooking' competition the low salt recipe book 'Low Salt Recipes - A guide for healthy cooking 2021' was launched on the 04th of May 2022 at the WHO premises in the presence of other stakeholders. The recipe book is a compilation of some interesting recipes done during the competition. These recipes were made with the least possible salt added and taking into consideration the hidden salt in the ingredients added. The book consists of different categories of recipes which can be tried at home using less salt. The recipes are healthy and it contains traditional as well as food from other ethnic groups. This book also contains alternatives with less salt to usual Sri Lankan food preservation with high amounts of salt. The low salt recipe book is freely downloadable. The recipes are very simple and anyone can try out these recipes to have a healthy balanced meal.



PAST EVENTS SINCE LAST PUBLICATION

Launching of 'Clinical Nutrition Guideline - Nutritional Management of Critically Ill Patients'

Clinical Nutrition Guideline - Nutritional Management of Critically Ill Patients' was launched on the 25th of May 2022 at the Epilepsy Building auditorium of the National Hospital Sri Lanka, Colombo. These guidelines were developed with the collaboration of the Ministry of Health, Sri Lanka Medical Nutrition Association and the College of Anaesthesiologists & Intensivists of Sri Lanka.



PAST EVENTS SINCE LAST PUBLICATION

SLMNA Council meeting

'Sri Lanka Medical Nutrition Association (SLMNA) Council meeting was held on 25th May 2022 at the Medical Nutrition Unit of the National Hospital Sri Lanka, Colombo as a hybrid event through the zoom platform.



PAST EVENTS SINCE LAST PUBLICATION

Workshop on 'Benefits of proteins for healthy life style

'Benefits of Protein for Healthy Lifestyle (Protein-for-All)' workshop was conducted by the Sri Lanka Medical Nutrition Association in collaboration with the U.S Soybean Export Council(USSEC) on the 22nd of June 2022 from 9.00 am to 1.30 pm at Lotus Ballroom of Shangri-La Hotel, Colombo.

Group work on preparing protein-adequate diet plans for the food crisis in Sri Lanka was done for the following categories.

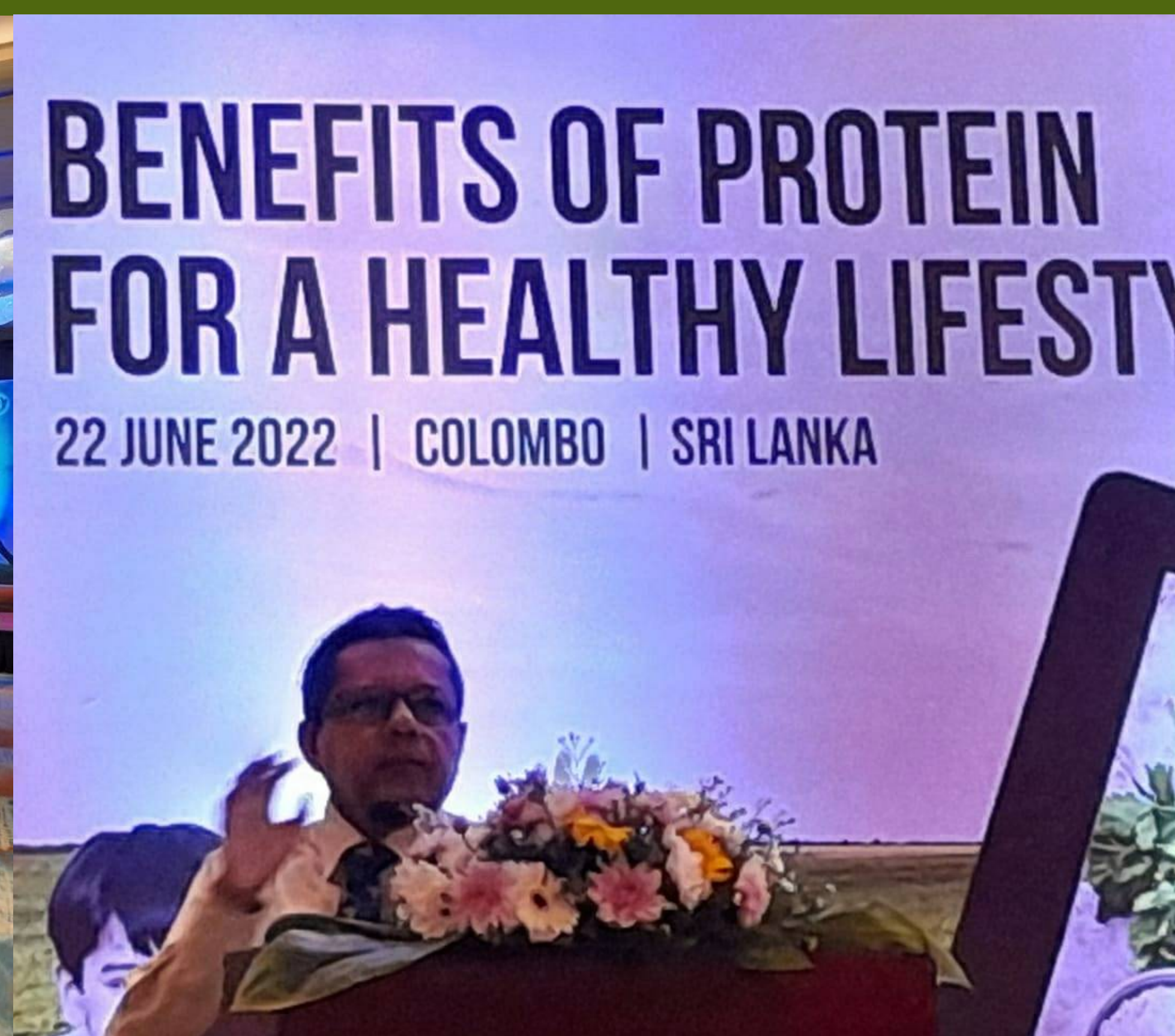
- Critically ill patient in ICU
- Inward (hospitalized) patient
- Clinic patient
- Less than 5 years old child
- School-going child
- More than 70 years old elderly person

And also following topics were discussed at that forum.

'Nutrition gaps in Sri Lankan diet' - Dr(Mrs) Renuka Jayatissa, the President of Sri Lanka Medical Nutrition Association

'Current protein security challenges and feeding chickens for optimum performance' -Dr. Susil Silva, Head of Animal Utilization- SA, U.S. Soybean Export Council

'Road Map of the Poultry Industry, Myths & Misconception, Pros & Cons of Backyard Farming'- Dr Athula Mahagamage- Team Leader – Sri Lanka, U.S. Soybean Export Council



LOW SALT RECIPES

A guide for healthy cooking
2021



Ministry of Health
Sri Lanka



Sri Lanka Medical
Nutrition Association



World Health
Organization
Sri Lanka



Chefs Guild of Lanka



CLINICAL
NUTRITION GUIDELINE

NUTRITIONAL MANAGEMENT
of
CRITICALLY ILL PATIENTS

MINISTRY OF HEALTH
IN COLLABORATION WITH
SRI LANKA MEDICAL NUTRITION ASSOCIATION
&
COLLEGE OF ANAESTHESIOLOGISTS
& INTENSIVISTS OF SRI LANKA

2021



PUBLICATIONS

Food Security-Posters

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Sri Lanka Medical Nutrition Association



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අමු මිරිස්



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Sri Lanka Medical Nutrition Association

කොස් ඇට කල් තබා ගනිමු
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- මෙසේ මාරුවෙන් මාරුවට වැලි හා කොස් ඇට අතුරා ගන්න
- අන්තිමට සතකම් වැලි තට්ටුවක් දමන්න
- හොඳින් වසා සිසිල් වියලි ස්ථානයක තබන්න
- මෙසේ ඊලඟ කොස් වාරය තෙක් වුවත් කොස් ඇට කල් තබා ගන්න පුළුවන්
- (දැන් ඔබට අවාරේන් කොස් ඇට කන්න පුළුවන්)



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සරලව ආහාර කල් තබා ගනිමු -3

කොස් වලින් අටු කොස්



- කොස් දිග අතට කැලී කපා ගන්න.
- නටන වතුරේ විනාඩි දෙකක් තුනක් තම්බා පෙරා ගන්න.
- තද අවිවේ දින 2-3ක් වියලා ගන්න.
- සුළං නොවැදින ලෙස අසුරා ගන්න

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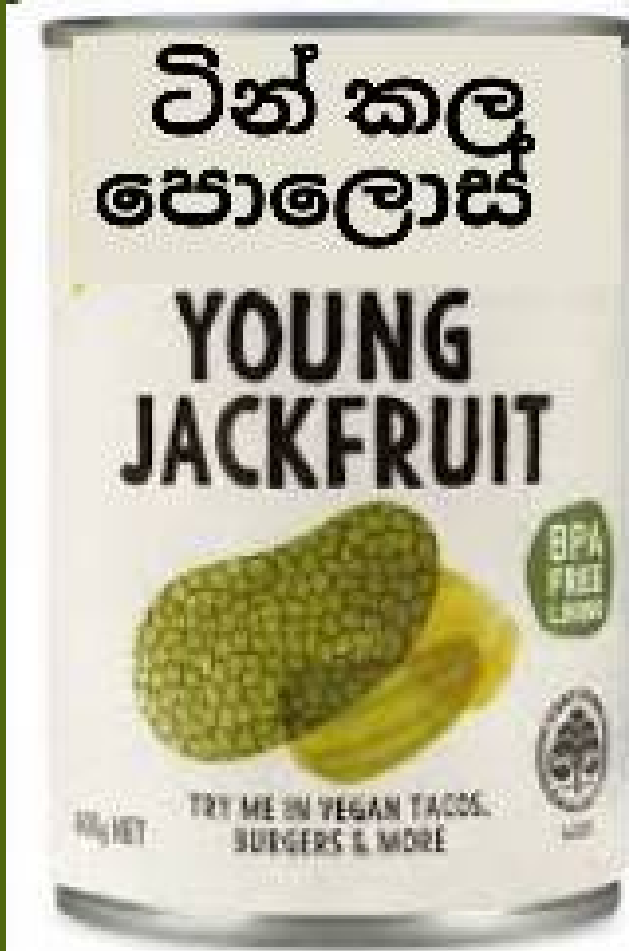


PUBLICATIONS

Food Security-Posters

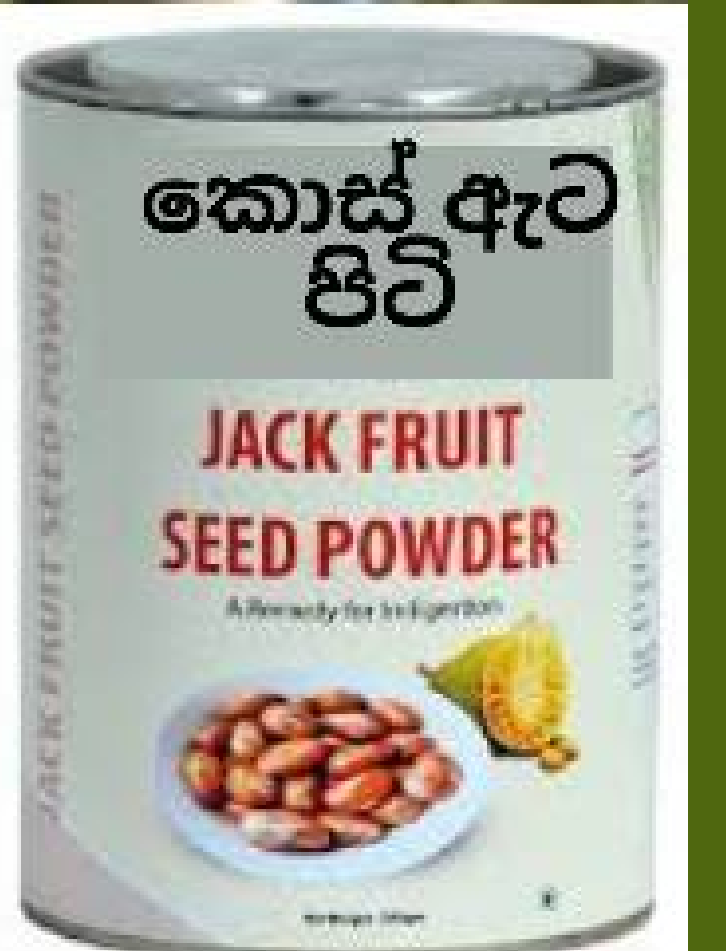


ඉදිරියේදී දරුණු විය හැකි ආහාර අර්බුදයට මුහුණ දීමට සූදානම් වෙමු.
නොමිලේ ලැබෙන කොස් කල් තබා ගමු.
වියලි කොස්, අටු කොස්, කොස් ඇට පිටි නිපදවමු.



බත් ගසෙන් ගොඩ යමුද?

ගස් යට කුණු වී අපතේ යන කොස්, පොළොස් හා වරකා අපනයනයෙන් විදෙස් විනිමය උපයා ආර්ථිකය ගොඩනගමු.



රස ගුණ පිරි බතල

ලක් පොළොවේ ඕන පොහොර බෙහෙත් මොකුත් ඉබේ වැවෙන රස වවමු බතල

තැනක නැතිව ගුණ දෙන පුංචි ඉඩක



ශ්‍රී ලංකා පෝෂණ වෛද්‍ය සංගමයේ පණිවිඩයකි.

ඉක්මණින්ම පළදාව ලබා ගත හැකි එළවලු වර්ග හයක්

තොඩි ඉඩක උනත් වවන්න පුලුවන්



ලුණු කොළ



රාබි



කංකුං



මෑ කරල්



කරවිල



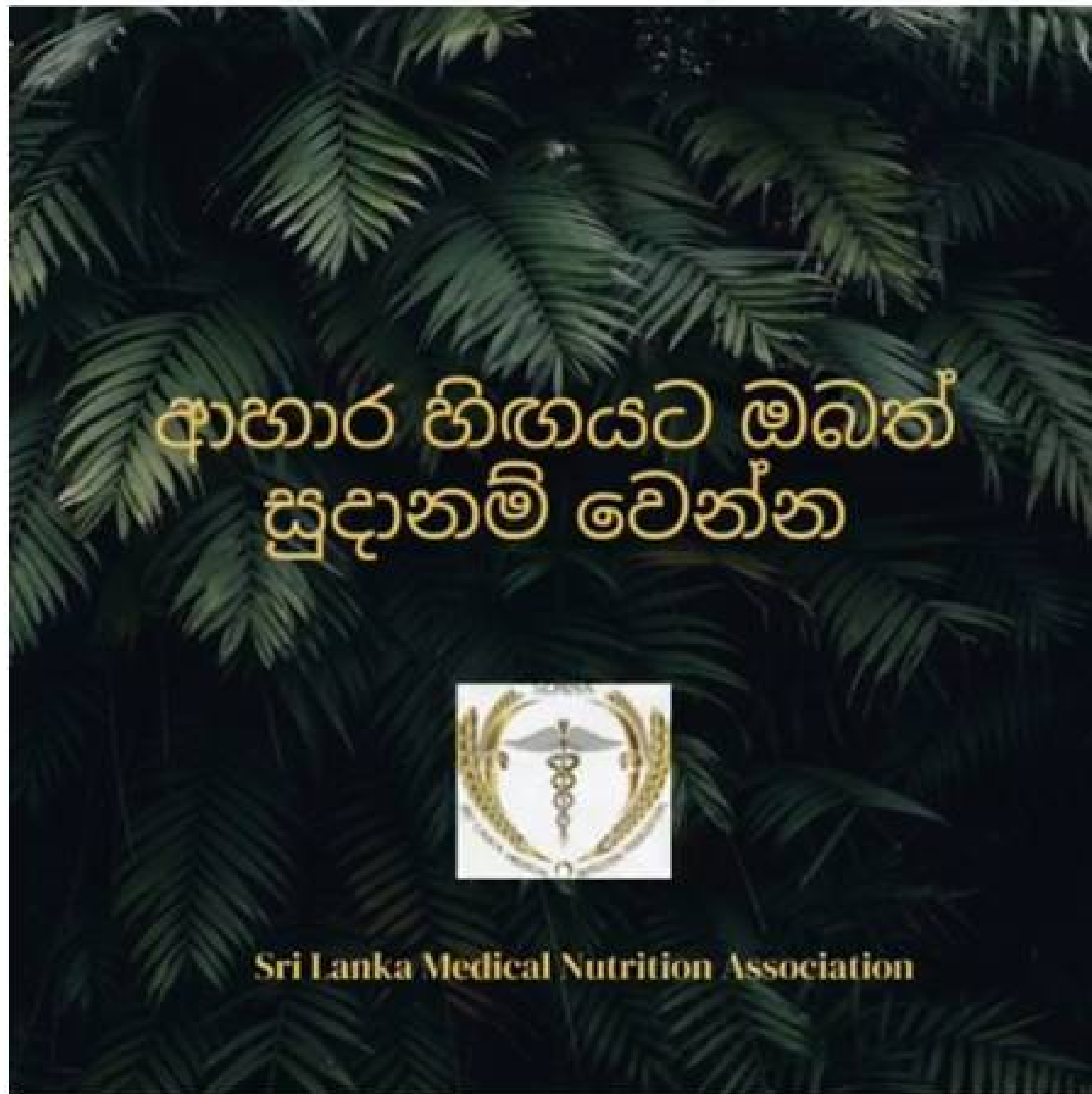
තම්භලා

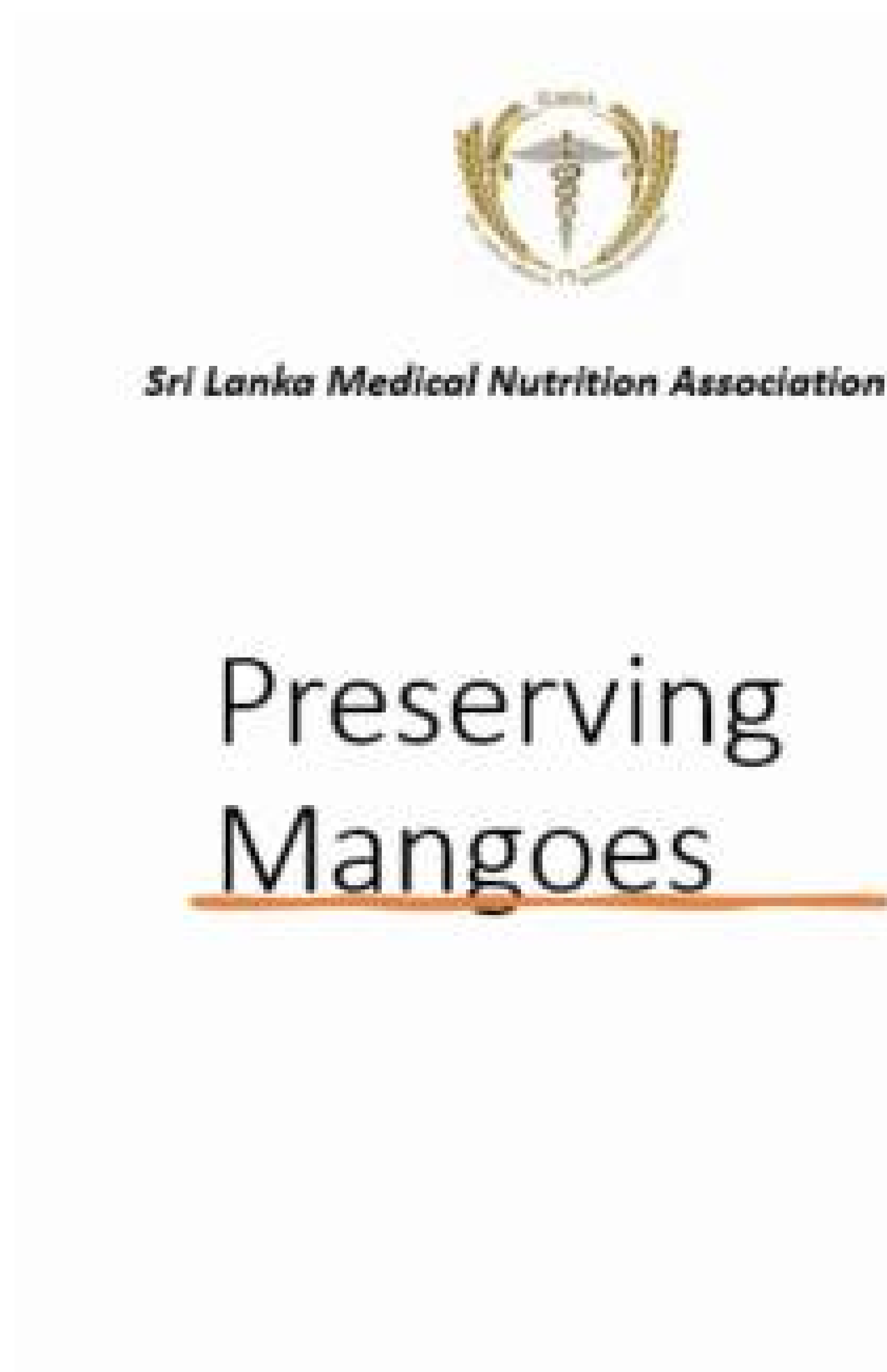
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PUBLICATIONS

Food Security-Videos





PUBLICATIONS

Food Security-Videos



ශ්‍රී ලංකා ජෛෂණ වෛද්‍ය සංගමයේ පණිවිඩයකි.



Let's make an
"Edible garden"

කන්නට
හැකි
ගෙවත්තක්



ශ්‍රී ලංකා ජෛෂණ වෛද්‍ය සංගමයේ පණිවිඩයකි.



කන්නට හැකි
ගෙවත්තක් හදමු.

කන්නට
හැකි
ගෙවත්තක්

නුදුරු අනාගතයේදී ඇතිවිය හැකි යැයි අනුමාන කරන ආහාර අර්බුදය හමුවේ ඇති විය හැකි පෝෂණ ගැටළු අවම කර ගැනීම සඳහා ඉටු කරන සමාජ මෙහෙවරකි.

අදියර 1 - අප අවට සිටින අවදානම් කාණ්ඩ හඳුනා ගැනීම

වයස අවුරුදු 2 ට අඩු කුඩා දරුවන්



විශේෂඥ වෛද්‍ය රේඛුකා ජයතිස්ස
පෝෂණ වෛද්‍ය අංශය
ජාතික මහ රෝහල
කොළඹ

UPCOMING EVENTS

Market fair

Market fair will be held on July 2022 at Golden Rose Hotel, Boralesgamuwa.

MCQ Discussion -for Selection examination 2022



MCQ DISCUSSION

MSc in Human Nutrition

Selection Examination 2022

Organized by  **SLMNA**

Day 1 - 3rd July 2022
Day 2 - 10th July 2022
Day 3 - 17th July 2022
Day 4 - 24th July 2022

8.30 am - 4 pm

(Special arrangement will be made for those who are unable to join on 10th due to Eid al-Adha)

Registration: Extended till 30th June 2022 (Few slots available)
<https://forms.gle/u8fmNrQXufjS3PJ38>

Platform: Zoom

Course fee: All 4 days Rs 7500/=, Per session Rs 2500/=

Payments: Name - Sri Lanka Medical Nutrition Association
Bank - BOC Regent Street branch
Acc no - 0077108452
Reference - MCQ 2022 your name

For inquiries:
✉ humannutrition8thbatch@gmail.com
☑ Dr Menaka 0776663286
☎ Dr Pamoda 0718411734





STAY CONNECTED WITH

SLMNA

**Sri Lanka Medical Nutrition Association,
17/1 Wijerama Road , Nugegoda , Sri Lanka.
Email -slmna2015@gmail.com**