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## DIABESMILE COOKIES, AN INNOVATION FOR DIABETICS WINS BRONZE MEDAL AT NATIONAL INNOFEST 2015



PENANG, 6 October 2015 – DiabeSmile Cookies is an innovative nutritional food, suitable not only for diabetics but also as an alternative food for everyone.

Student from the Nutritional Sciences Programme, School of Health Sciences, Universiti Sains Malaysia (PPSK, USM) Ng Sze Han, 27, who created this product that won the bronze medal at the recently concluded National Innofest 2015 competition, revealed that the food consisted of cinnamon powder as a sugar substitute while oyster mushroom powder Pleurotus Sajor-Caju (PSC) was used to replace white flour as part of the innovation.

“This food is high in fibre content (8%) but has a low Glysemic Index (GI) of 49; as such the digestion of carbohydrates takes longer and glucose absorption is reduced, affecting the glysemic response rate. Those who consume this food will feel full due to the delayed gastric emptying and in the long run this could help prevent over-eating and obesity,” Sze Han explained.



He believes that this product can be commercialised as an alternative high-fibre food suitable for everyone due to its aroma, taste, appearance and texture which received positive feedback from those who tasted his product during the competition.

The representative of the Dean of PPSK, USM Associate Professor Dr. Wan Rosli Wan Ishak, who is also Sze Han’s supervisor was present during the closing ceremony of National Innofest 2015. He commented that such competitions are an important platform which enables young researchers to display their innovations.

Commending the participation of secondary school students in this competition for the first time, Wan Rosli observed that their presence together with those from institutions of higher learning proved that Malaysian youth are innovative and creative as evidenced by the many products on display.

“The culture of innovation must be instilled and supported by all parties including various government and private agencies whose support for new inventions will be a catalyst to even more new inventions produced by our students, from both secondary schools and institutions of higher learning,” he stated.



Wan Rosli also expressed his hope that the number of entries would increase next year so that competition will become stiffer, thereby resulting in more competitive innovations.

National Innofest 2015 which ran from 1 – 3 October 2015 at the USM Health Campus was organised to instil the skills of innovation and creativity among Malaysian students, and represents a platform for the contribution of ideas and innovations in the various fields of study while allowing participants to showcase their ability at creating useful products.

The competition also aspires to serve as a centre of excellence functioning primarily to nurture competitive talent in invention and innovation, and also to engage strategically in smart partnerships with government and non-governmental organisations, higher learning institutions, entrepreneurial associations and private organisations from all over the country.

The jury of National Innofest 2015 comprised professionals and academics with experience and expertise in the various categories being contested, such as technical aspects and management in engineering, computer sciences, pure sciences, health sciences and environmental sciences/sustainability studies. A total of 14 entries were accepted for competition from secondary schools as well as public and private institutions of higher learning.

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Photo: Courtesy of Ng Sze Han



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