

# AUTHOR GUIDELINES OF JOURNAL OF NUTRITION AND FOOD

Journal of Nutrition and Food is a scientific publication in the field of nutrition and food related to aspects of biochemistry, clinical nutrition, community nutrition, functional foods, and socio economy, including nutrition and food information and regulation. Published articles are original research articles and reviews (by invitation) about nutrition and food that haven't been published or not under review process in other scientific journals and are the original work of the authors, not plagiarism.

## GENERAL INSTRUCTIONS

The manuscript is arranged with these chapters: Title, Writers, Institutions and correspondence address, Abstract, Keywords, Introduction (Background and Objectives), Methods, Result and Discussion, Conclusion, Acknowledgement and References.

The manuscript is typed using MS-Word, Times New Roman font 12, left margin 4 cm, right, top and bottom margin 3 cm. It should be maximum 20 pages with 1.5 spacing, appendices are unnecessary. Manuscript should be given line number at the left margin starting from references. Manuscript should be sent as soft file in Indonesia or English language. Figures should be sent in JPEG format. Decimal should be written using comma not dot; thousand and million numbers should be written using dot (Rp 25.500 or \$ 1.000); large number can be replaced with word (2 million for 2.000.000).

## TITLE PAGE

**Title.** Manuscript title consists of important and interesting keywords (variables) and is not necessarily the same as the title of the research report/final project. Using words such as "influence", "relationship", and "analysis" should be avoided. The title should be written both in Indonesian and English, consists of 10-15 words. Running title (6-8 words) for header should be provided. English title should be written in uppercase and Indonesian title should be written in sentence case and italic.

**Authors.** Consists of full name of each authors (without academic title), institutions/affiliations with full address and postal code, including correspondence and electronic mail (email) one of the authors.

**Abstract.** Contains a brief description of the research objectives, methods, results, and policy implications in a single paragraph. Abstract should be written in English and Indonesian, not more than 300 words, with single spa-

cing, includes keywords reflecting the content of the manuscript. Keywords consist of 3-5 words and should be alphabetized.

## CONTENT PAGE

**Introduction.** Consists of background and research objectives that are written in different paragraph. Background should contained state of the art from domestic and foreign journals as primary references.

**Methods.** Consists of these subchapters: design, location and time; sampling(survey), data collection (survey), Procedure, materials, and tools (laboratory); and data analysis.

**Results and Discussion.** Should be written in one chapter. Result presents various characteristics data subjects/samples and the findings of the research while discussion contains argument that relates and compares the finding with theory/concept/findings from other researches. Discussion should be meaningful, not results (tables and figures). Point out the implications of research findings using primary references.

**Conclusion.** Contain answers to the research objectives and is not a summary of the results.

Recommendation (optional) should be written in this chapter in separate paragraph. Recommendations may be implications for programs and advanced research that needs to be done based on research findings or conclusions of the authors.

**Acknowledgement.** Contains acknowledgments to donors or sponsors, contributors of materials and research facilities. The names should be written without academic title.

## REFERENCES

Only includes the references cited in the manuscript. Use the newest reference (should be from the last 10 years), with the ratio of primary references 80%. Number of references should be 10-20 references, and at least one of them cited one article that has been published in Journal of Nutrition and Food. Reference style should be written according to Harvard system, containing name-year arrange in alphabetical order based on the author names. Maximal 10 author names should be written, if there are more than 10 authors, write the first ten authors followed with *et al.*

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Use these guidelines to write the references:

### **Journals:**

- Tuan NT, Nicklas TA. 2009. Age, sex, and eth-  
nic differences in the prevalence of under-  
weight and overweight, defined by using  
the CDC and IOTF cut points in Asian chil-  
dren. *Eur J Clin Nutr* 63(11):1305-1312.  
<http://dx.doi.org/10.1038/ejcn.2009.90>.
- Sukandar D, Khomsan A, Herawati T. 2009. Ka-  
jian program pemberdayaan ekonomi ke-  
luarga untuk peningkatan akses pangan. *J*  
*Gizi Pangan* 4(3):157-166.

### **Books:**

- Gibson RS. 2005. *Principles of Nutritional As-  
sessment*. 3rd Edition. New York: Oxford  
University Press.
- Sherwood L. 2011. *Fisiologi Manusia dari Sel ke  
Sistem* (Brahm UP, penerjemah). Jakarta,  
EGC.
- [Kemenkes RI] Kementerian Kesehatan Re-  
publik Indonesia. 2013. *Riset Kesehatan  
Dasar*. Jakarta: Kemenkes RI.

### **Articles in Proceeding:**

- Muhilal & Hardinsyah. 2004. Penentuan Kebu-  
tuhan Gizi dan Kesepakatan Harmonisasi  
di Asia Tenggara dalam Soekirman dkk  
(Eds.), *Ketahanan pangan dan Gizi di Era  
Otonomi Daerah dan Globalisasi*. Prosid-  
ing Widyakarya Nasional Pangan dan Gizi  
VIII (page 302-307), 17-19th May. Jakar-  
ta: LIPI.

### **Final project (Undergraduate Thesis, Thesis, Dissertation)**

- Friska T. 2002. Penambahan sayur bayam (*Ama-  
ranthus tricolor* L.), sawi (*Brassicajuncea*  
L.) dan wortel (*Daucus carota* L.) pada  
pembuatan crackers tinggi serat makanan  
[Undergraduate Thesis]. Bogor: Institut  
Pertanian Bogor.

### **Internet:**

- [WHO] World Health Organization. 2009. Key  
strategies for promotion of breastfeed-  
ing: Facts and Figures. World Health Or-  
ganization Western Pacific Region [http://  
www.wpro.who.int/internet/resources.  
ashx/NUT/Global+Facts+and+Figures.pdf](http://www.wpro.who.int/internet/resources.ashx/NUT/Global+Facts+and+Figures.pdf)  
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