



JURNAL GIZI DAN PANGAN

INDONESIAN JOURNAL OF NUTRITION AND FOOD

Jurnal Gizi dan Pangan

Volume 20, Number 1, March 2025

Articles

- **High-pressure pre-treatment of *Kappaphycus alvarezii*: Effect of drying rate on physicochemical properties and antioxidant activities**
Ahmad Fakhzan Lim Ahmad Fahmi Lim, Siti Azhani Amran, Musfirah Zulkurnain, Majid Khan Majahar Ali, Fauzan Azima, and Wan Rosli Wan Ishak 1
- **The experiences of blended training implementation from Nutrition Goes To School (NGTS) program in Indonesia**
Judhiastuty Februhartanty, Indriya Laras Pramesthi, Sari Kusuma, Dewi Shinta, Aisyah Nurcita Dewi, Evi Ermayani, Ahmad Thohir Hidayat, A A Sagung Indriani Oka, Izzati Hayu Andari, and Luh Ade Ari Wiradnyani 11
- **Targeted educational materials on sugar-sweetened beverages for urban adolescents in Jakarta: A mixed-methods study**
Mahsa Faraji, Luh Ade Ari Wiradnyani, Dian Novita Chandra, Judhiastuty Februhartanty, Andrean Wangsa, and Indah Suci Widyahening 21
- **Caffeine ingestion among athletes based on safe dose daily allowance in Malaysia**
Sitti Junaina Musa, Ahmad Rohi Ghazali, Nor Farah Mohamad Fauzi, Abdul Hadi Abd Rahman, Mohd Izham Mohamad, and Nik Shanita Safii 31
- **Relationship between age, gender, education level, employment status and comorbidity with nutritional status in hemodialysis patients**
Reni Zuraida, M. Agung Prasetya Adnyana Yoga, Dian Isti Angraini, Wuryaningsih Dwi Sayekti, and Khairun Nisa Berawi 41
- **Higher ultra-processed food consumption is associated with increased risk of mental health issues in undergraduates**
Azira Sazali, Nur Atikah Yusoff, Nadya Insyirah Azmawi, Ng Ming Li, Hanis Mastura Yahya, Norhasniza Yaacob, and Nurul Fatin Malek Rivan 51
- **Adherence to the mediterranean diet for a better sperm quality: A comprehensive systematic review and meta-analysis**
Abdul Munawwir and Zalsabila Tiara Adhani 61

Editor in Chief : Dodik Briawan

Editorial Board : Ali Khomsan
Amin Ismail
Ardiansyah
Hayati Mohd Yusof
Mira Dewi
Nobuko Murayama
Phumon Sookwong
Saskia de Pee
Siti Muslimatun
Sri Anna Marliyati

Managing Editor : Zuraidah Nasution

Section Editors : Anna Vipta Resti Mauludyani
Eny Palupi
Hana Fitria Navratilova
Karina Rahmadia Ekawidyani
Muhammad Aries
Purnawati Hustina Rachman
Yessi Crosita

Administrative Staff : Zhahrina Nasution

Publication Fee : IDR 1,500,000 (150 US\$ Full amount)

Publication Frequency : Three times a year (March, July, and November)

Subscription Rate : IDR 250,000 /year (not including shipping rate and handling)
Bank BNI account number: 0266948576
SWIFT Code: BNINIDJABGR
Account name: Dodik Briawan

Editorial Address : Secretariat of Jurnal Gizi dan Pangan
(Indonesian Journal of Nutrition and Food)
Department of Community Nutrition, Faculty of Human Ecology
IPB University, Dramaga, Bogor 16680
Telephone: (0251)8621363; Email: jgp@apps.ipb.ac.id

Jurnal Gizi dan Pangan (Indonesian Journal of Nutrition and Food) is routinely published three times per year since 2006 and received accreditation from Ministry of Research, Technology, and Higher Educational Decree Number 28/E/KPT/2019 in 26 September 2019. This journal focuses on research publications in the fields of human nutrition and food sciences, nutrition care process in both clinical and community settings, functional, traditional and novel foods, healthy diets, as well as sustainable food and nutrition.