

INDEX OF AUTHORS

Adhani ZT, 61	Kamarudin KS, 147
Ahmad A, 197	Krishnasamy S, 71
Ali A, 147	Kusuma S, 11
Ali MKM, 1	Law CJ, 157
Almurdi, 209	Lee JN, 157
Amalia D, 175	Li NM, 51
Amran SA, 1	Lim AFLAF, 1
Andari IH, 11	Lim PY, 91
Angraini DI, 41	Lipoeto NI, 209
Appukutty M, 91	Mardhiah SZ, 81
Aris N, 167	Mohamad MI, 31
Awi AS, 111	Mohamed HJJ, 147
Azlan AN, 71	Munawwir A, 61
Azmawi NI, 51	Musa SJ, 31
Azmia F, 1	Nasir ADA, 101
Bahrin AAS, 167	Nizamuddin MN, 101
Berawi KN, 41	Nurwati Y, 187
Bibus D, 157	Oka AASI, 11
Chan YM, 91	Prabandari Y, 175
Chandra DN, 21	Pramesthi IL, 11
Chin YT, 91	Putri DE, 209
Ching YK, 91	Rahman AHA, 31
Dewi AN, 11	Rahman RA, 157
Draman N, 197	Rashid SMM, 71
Efrida, 209	Rican NFM, 51
Ermayani E, 11	Ristanti IK, 175
Fadzli NZSM, 121	Rolker HB, 157
Faraji M, 21	Rozaimi NS, 111
Farapati F, 101	Rusydiana HA, 187
Fauzi NFM, 31	Safii NS, 31
Fauziyyah H, 81, 197	Saupi IA, 111, 131
Februhartanty J, 11, 21	Sayekti WD, 41
Ghazali AR, 31	Sazali A, 51
Halib H, 111	Shamsudin J, 121
Hamazaid NH, 157	Shinta D, 11
Haron H, 157	Solomons NW, 157
Hazizi AH, 81, 197	Suzana S, 71
Hidayat AT, 11	Taib NAS, 111
Hussin N, 111, 131	Utami F, 175
Ishak WRW, 1	Vanoh D, 81, 197
Issa ZM, 101	Wangsa A, 21
Jalil AMM, 111, 131	Widyahening IS, 21
Juherman YN, 175	Wiradnyani LAA, 11, 21

INDEX OF AUTHORS

Yaacob N,	51	Zainuddin AA,	147
Yahya HM,	51	Zainuddin NS,	81, 197
Yap AXW,	71	Zakaria NS,	147
Yaswir R,	209	Zaman FN,	71
Yoga MAP,	41	Zapawi MMM,	71
You YX,	71	Zuhra RT,	209
Yusof HM,	147	Zulkornain SAF,	147
Yusoff NA,	51	Zulkurnain M,	1
		Zuraida R,	41

INDEX OF SUBJECTS

- Adherence, 61
Adult, 81, 197
Age, 41
Anthocyanins, 175
Anthropometry, 71
Anti-inflammatory, 175
Antioxidant activity, 1, 111
Athletes, 31
Attitude, 121
Blended training, 11
Body mass index, 167
Caffeinated beverages, 31
Caffeine, 31
Children, 147
Cognitive function, 147
Comorbidities, 41
Dark chocolate, 111, 131
Deaf adults, 71
Demographic, 121
Dietary intake, 197
 knowledge, 121
 practice, 71
Drying rate, 1
Dysmenorrhea, 167
Eating behaviour, 101, 167
Education, 41
Educational materials, 21
Employment, 41
Energy, 81
Fatty acids composition, 157
Gender, 41
Glycemic index, 111
Health benefit, 131
Hemodialysis, 41
High pressure processing, 1
Human milk, 157
Hypertension, 187
Indonesia, 11
Infertile, 61
Ingestion, 31
Insulin resistance, 209
Ipomoea batatas L., 175
Lactation, 157
Low-income, 71
Maternal, 157
Mediterranean diet, 61
Men, 61
Mental health, 51
Mindfulness, 197
Misreporting, 81
Moisture reduction, 1
Non-diabetic, 209
Nova classification system, 147
 food classification system, 51
Nutrition education, 11, 21, 41
Nutritional value, 1
Obese, 209
Obesity, 71, 81, 197
Omega-3 fatty acids, 157
On-campus students, 101
Overweight, 81
Oxidative stress rodent model, 175
Perceived stress, 167
Physicochemical, 131
Phytochemicals 1
Poor sleep quality, 91
Practices, 121
Pre-elderly, 187
Psychological, 91
Qualitative, 101
Raven progressive matrices, 147
Red seaweed, 1
Sacha inchi oil, 111
Safe dose, 31
Secondary school teacher, 11
Self-compassion, 197
Sensory acceptance, 131
Short sleep duration, 91
Sperm quality, 61
Substitution, 131
Sugar-sweetened beverages, 21
Terengganu, 147
Type 2 diabetes mellitus, 121
Ultra-processed food, 51, 147
University students, 167
Urban adolescents, 21
Validation, 187
Vegetarians, 91
Vitamin D, 209
Waist-to-height ratio, 187
 β -cell function, 209

ACKNOWLEDGEMENT

Indoensian Journal of Nutrition and Food would like to thank and express appreciation to all peer reviewers who have reviewed the manuscript for publication of *J Gizi Pangan* Volume 20, year 2025

Adriyan Pramono
(Nutrition Study Program, Faculty of Medicine, Diponegoro University, Indonesia)

Ahmad Syauqy
(Department of Nutritional Sciences, Faculty of Medicine, Diponegoro University, Indonesia)

Anisa Lailatul Fitria
(Faculty of Public Health, Universitas Airlangga, Indonesia)

Ann C. Cayetano
(Institute of Human Nutrition and Food, College of Human Ecology, University of the Philippines Los Baños, Philippines)

Asih Setiarini
(Department of Public Health Nutrition, Faculty of Public Health, Universitas Indonesia, Indonesia)

Bayu Anggileo Pramesona
(Public Health Program, Faculty of Medicine, University of Lampung, Indonesia)

Bibi Nabihah Abdul Hakim
(Faculty of Hospitality, Tourism and Wellness, Universiti Malaysia Kelantan, Malaysia)

Diah Mulyawati Utari
(Department of Nutrition, Faculty of Public Health, Universitas Indonesia, Indonesia)

Dian Novita Chandra
(Department of Nutrition Science Clinic, Faculty of Medicine, Universitas Indonesia, Indonesia)

Etika Ratna Noer
(Department of Nutrition Science, Faculty of Medicine, Universitas Diponegoro, Indonesia)

Emy Huriyati, M.Kes.
(Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Indonesia)

Fillah Fithra Dieny
(Faculty of Medicine, Diponegoro University, Indonesia)

Fitriyono Ayustaningwarno
(Nutrition Science Study Program, Faculty of Medicine, Diponegoro University, Indonesia)

Gemala Anjani
(Nutrition Study Program, Faculty of Medicine, Diponegoro University, Indonesia)

Khairil Shazmin Binti Kamarudin
(Community Nutrition, Universiti Malaysia Terengganu, Malaysia)

ACKNOWLEDGEMENT

Khor Ban Hock
(Faculty of Food Science and Nutrition, Universiti Malaysia Sabah, Malaysia)

Lily Arsanti Lestari
(Faculty of Medicine, Public Health and Nursing, Gadjah Mada University, Indonesia)

Loh Su Peng
(Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Malaysia)

Marhazlina Mohamad
(School of Nutrition and Dietetics, Universiti Sultan Zainal Abidin (UniSZA), Malaysia)

Maria Theresa M. Talavera
(Institute of Human Nutrition and Food, College of Human Ecology, University of the Philippines Los Baños, Philippines)

Mohd Redzwan bin Sabran
(Department of Nutrition and Dietetics, Faculty of Medicine and Health, Universiti Putra Malaysia, Malaysia)

Mohamad Khairi Mohd Zainol
(Faculty of Fisheries and Food Science, Universiti Malaysia Terengganu, Malaysia)

Mohd Ramadan Ab Hamid
(Centre for Dietetics Studies, Faculty of Health Sciences, Universiti Teknologi MARA (UiTM), Malaysia)

Nizaha Juhaida Mohamad
(Faculty of Fisheries and Food Science, Universiti Malaysia Terengganu, Malaysia)

Nurul Fadhilah Binti Abdullah
(Faculty of Sport Science and Coaching, Sultan Idris Education University, Malaysia)

NurZetty Sofia Zainuddin
(Dietetics Programme, School of Health Sciences, Universiti Sains Malaysia, Malaysia)

Norhaizan Mohd Esa
(Department of Nutrition, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Malaysia)

Qonita Rachmah
(Department of Nutrition, Faculty of Public Health, Airlangga University, Indonesia)

Rahayu Indriasari
(Department of Nutritional Sciences, Faculty of Public Health, Hasanuddin University, Malaysia)

Razinah Binti Sharif @ Mohd Sharif
(Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Malaysia)

ACKNOWLEDGEMENT

Rio Jati Kusuma
(Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Indonesia)

Robi Andoyo, STP., M.Sc., Ph.D.
(Food Technology, Faculty of Agricultural Industrial Technology, Padjadjaran University, Indonesia)

Syahrul Bariah Abdul Hamid
(Centre for Dietetics Studies, Faculty of Health Sciences, Universiti Teknologi MARA (UiTM),
Malaysia)

Wahyu Kurnia Yusrin Putra
(Department of Public Health Nutrition, Faculty of Public Health, Universitas Indonesia, Indonesia)

Wong Chee Yen
(Faculty of Medicine, Universiti Sultan Zainal Abidin, Malaysia)

Yasmin Ooi Beng Houi
(Faculty of Food Sciences & Nutrition, Universiti Malaysia Sabah, Malaysia)

You Yee Xing
(Centre for Healthy Ageing and Wellness, Universiti Kebangsaan Malaysia, Malaysia)

AUTHOR GUIDELINES OF JURNAL GIZI DAN PANGAN (INDONESIAN JOURNAL OF NUTRITION AND FOOD)

Jurnal Gizi dan Pangan (Indonesian Journal of Nutrition and Food) is a scientific publication in nutrition and food sciences in the fields of biochemistry, clinical nutrition, community nutrition, and functional foods, as well as the socioeconomic fields of nutrition and food, including nutrition and food information and regulations. Published articles are original research articles and reviews (by invitation) on nutrition and food that have not been published elsewhere, nor are they under review by other scientific journals. Additionally, they must be the original work of the authors.

GENERAL INSTRUCTIONS

The manuscript should be arranged with these sections: title, authors, affiliations, corresponding author's contact details, abstract, keywords, introduction (background and objectives), methods, results and discussion, conclusion, acknowledgments, and references.

The manuscript should be typed using Microsoft Word and Times New Roman font at size 12, with a 4-cm left margin and 3-cm right, top, and bottom margins. It must contain about 4,000 words, excluding title, list of authors, author affiliations, acknowledgements, declaration of conflict of interest, and references, with 1.5 spacing. Appendices are unnecessary. The manuscript should be given line numbers in the left margin and written in English. Figures should be sent in the JPEG format. Decimals should be written using dots, as opposed to commas (e.g., 22.5% or 22.5), numbers in the thousands and millions should be written using commas (e.g., IDR 25,500 or USD 1,000), and large numbers can be written in words (e.g., 2 million for 2,000,000).

All submitted works will be checked using anti-plagiarism software with a maximum similarity percentage of 20%.

TITLE PAGE

Title. The manuscript title consists of important and interesting keywords (variables), and it is not necessarily the same as the title of the research report/final project. Use of words such as influence, relationship, and analysis should be avoided. The title should be written in English, consisting of 10–15 words. A running title (6–8 words) for the header should be provided.

Authors. The list of authors consists of full names of authors (without academic titles), institutions/affiliations with full addresses and postal codes, and the phone number as well as

electronic mail (e-mail) address of the corresponding author.

Abstract. The abstract contains a brief description of the research objectives, methods, results, and implications in a single paragraph. It should be written in no more than 300 words with single spacing. Keywords should reflect the content of the manuscript. Keywords consist of 3–5 words and should be alphabetized.

CONTENT PAGE

Introduction. The introduction consists of the background of the study and research objectives. The background of the study should explain the state of the art of the topic by referring to pieces of local and international literature as primary references. Research gap should also be included.

Methods. The methods section consists of these subchapters: design, location, and time; sampling (non-laboratory research)/materials and tools (laboratory research); data collection (non-laboratory research)/procedure (laboratory research); and data analysis.

The author needs to write the ethical clearance number of his/her research. No tables or figures should be added to this section.

Results and Discussion. Results and discussion should be written in a single section. The results subsection presents data on the characteristics of the subjects/samples and findings of the research, while the discussion subsection contains arguments that relate and compare the findings with scientific theories, concepts, and findings from other studies. The discussion should be meaningful and not merely a restatement of the results. If applicable, implications of the research findings should be highlighted and supported with references.

Conclusion. This section contains answers to the research objectives and should not be a summary of the results. To provide recommendations is optional. Recommendations, if provided, should be written in a separate paragraph within the conclusion section. They can include implications of programs and suggestions for future research that is considered important to be carried out based on the current research results.

Acknowledgements. This section contains acknowledgments for contributions given but does not justify authorship. Contributions may be provided by research grant donors or sponsors, contributors of samples/materials, and providers

of research facilities and other types of contributions. Individual names should be written without their academic titles.

Declaration of conflict of interest. Write down "The authors have no conflict of interest" if the authors do not have any conflict of interest during the preparation of the manuscript.

REFERENCES

List only references cited in the manuscript. Use relatively new references (should be from the last 10 years), with a ratio of primary references of about 80%. There should be 20–40 references, and at least one of them should be an article that has been published in *Jurnal Gizi dan Pangan* (Indonesian Journal of Nutrition and Food). The referencing style should be in accordance with the Harvard system, containing a name or names and year arranged in alphabetical order based on the author's last name or authors' last names. If there are more than 10 authors in a reference, write the first ten authors, followed by et al.

In-text citations are differentiated in terms of whether they are written at the beginning or the end of a sentence, e.g., for a single author: (Khomsan 2014); for two authors: (Khomsan & Sukandar 2010); for more than two authors: (Khomsan et al. 2013); for more than one reference: (Khomsan et al. 2010; Briawan et al. 2015). One paragraph consists of at least two sentences.

Authors are suggested to use reference management software, e.g., Mendeley, Zotero, EndNote, etc. Use the following guidelines when writing a list of references.

Journals:

Olive LS, Sciberras E, Berkowitz TS, Hoare E, Telford RM, O'neil A, Mikocha-Walus A, Evans S, Hutchinson D, McGillivray JA et al. Child and parent physical activity, sleep, and screentime during covid-19 and associations with mental health: Implications for future psycho-cardiological disease? *Front Psychiatry* 2332. <https://doi.org/10.3389/fpsyt.2021.774858>

Tuan NT, Nicklas TA. 2009. Age, sex, and ethnic differences in the prevalence of underweight and overweight, defined by using the CDC and IOTF cut points in Asian children. *Eur J Clin Nutr* 63(11):1305–1312. <http://dx.doi.org/10.1038/ejcn.2009.90>

Books:

Gibson RS. 2005. *Principles of Nutritional Assessment*. 3rd Edition. New York (USA): Oxford University Press.

[MoH RI] Ministry of Health Republic of Indonesia. 2013. *Riset Kesehatan Dasar*. Jakarta (ID): MoH RI.

Articles in Proceedings:

Muhilal & Hardinsyah. 2004. Penentuan Kebutuhan Gizi dan Kesepakatan Harmonisasi di Asia Tenggara dalam Soekirman dkk (Eds.), *Ketahanan pangan dan Gizi di Era Otonomi Daerah dan Globalisasi*. Prosiding Widyakarya Nasional Pangan dan Gizi VIII (page 302–307), 17–19th May. Jakarta (ID): LIPI.

Final project (Undergraduate Thesis, Thesis, Dissertation)

Friska T. 2002. Penambahan sayur bayam (*Amaranthus tricolor* L.), sawi (*Brassicajuncea* L.), dan wortel (*Daucus carota* L.) pada pembuatan crackers tinggi serat makanan [Undergraduate Thesis]. Bogor: IPB University.

Internet:

[WHO] World Health Organization. 2009. Key strategies for promotion of breastfeeding: Facts and Figures. <http://www.wpro.who.int/internet/resources.ashx/NUT/Global+Facts+and+Figures.pdf> [Accessed 9th April 2011].

FIGURES AND TABLES

Figures and tables must be incorporated into the text (a maximum of 5 for both tables and figures). They should be presented in the order of when they are called out in the text. Graphs and images must be in the acceptable resolution range (at least 300 dpi). Tables must be formulated directly in Microsoft Word and not in an image format. Add footnotes rather than writing information directly in the figures and tables. The titles of figures and tables should be written in left alignment using sentence case.

Manuscript submission:

Upload the manuscript as a Microsoft Word file to <https://journal.ipb.ac.id/index.php/jgizipangan/about/submissions>.

Contact person:

Secretariat of Jurnal Gizi dan Pangan, Email: jgp@apps.ipb.ac.id

SURAT PERNYATAAN PENULIS

Yang bertandatangan di bawah ini menyatakan bahwa:

Judul artikel :

Penulis : 1.
2.
3.
4.

Nama dan alamat penulis untuk korespondensi :

Nama :

Alamat :

Telp/ Fax/

Email

Manuskrip tersebut sudah diperiksa dengan seksama oleh para penulis dan tidak mengandung fabrikasi, falsifikasi, dan plagiarisme. Manuskrip tidak sedang dalam proses penerbitan di jurnal atau media publikasi lain selama proses penelaahan di JGP berlangsung.

Penulis akan mengikuti semua proses publikasi sesuai dengan ketentuan Jurnal Gizi dan Pangan serta mengikuti saran Editor dan Mitra Bestari, termasuk untuk melakukan perbaikan pada manuskrip dan koreksi bahasa yang perlu dilakukan sebelum dilakukan pemformatan akhir pada manuskrip.

Penulis tidak akan menarik kembali manuskrip yang telah dikirimkan hingga keluar keputusan status manuskrip. Penarikan manuskrip akan berakibat pada diskualifikasi penulis dari JGP selama tiga edisi berturut-turut, berlaku sejak dikeluarkannya surat keputusan.

Penulis juga bersedia untuk membayar *publication fee* sebesar Rp. 1.500.000 yang dibayarkan sebelum manuskrip versi online diterbitkan.

*)

Lembar ini dapat diperbanyak

**)

Keputusan akan dicetak berwarna atau tidak dikembalikan kepada penulis

***)

Mohon ditandatangani oleh semua penulis. Bila salah satu penulis susah dihubungi atau sudah pindah alamat, maka bisa menggunakan scanned signature (scan tanda tangan)

Yang Membuat Pernyataan^{***},

Materai
10000

Tanda tangan penulis 1:

Tanggal

Tanda tangan penulis 2:

Tanggal

Tanda tangan penulis 3:

Tanggal

Tanda tangan penulis 4:

Tanggal

*)
**)
***)

Lembar ini dapat diperbanyak

Keputusan akan dicetak berwarna atau tidak dikembalikan kepada penulis

Mohon ditandatangani oleh semua penulis. Bila salah satu penulis susah dihubungi atau sudah pindah alamat, maka bisa menggunakan scanned signature (scan tanda tangan)