



JURNAL GIZI DAN PANGAN

INDONESIAN JOURNAL OF NUTRITION AND FOOD

Jurnal Gizi dan Pangan

Volume 21, Number 1, March 2026

Articles

- **Association between food choice and mental health status among undergraduate students in a Public University, Health Campus in Malaysia**
Misha Afrina Muzlan, Zafirah Mohd Nor, Amal K Mitra, and Hamid Jan Jan Mohamed 1
- **Caffeine variability in unlabelled ready-to-drink beverages: Laboratory quantification and Compliance with Indonesian National Standard and U.S. Food and Drug Administration Standards**
Sitti Junaina Musa, Ahmad Rohi Ghazali, Nor Farah Mohamad Fauzi, Mohd Izham Mohamad, Abdul Hadi Abd Rahman, and Nik Shanita Safii 11
- **Association of sociodemographic characteristics, physical activity level, health status, and chrononutrition characteristics with nutritional status among female administrative staff of district health offices in Perak, Malaysia**
Siti Nurhuda Maisa and Hazizi Abu Saad 21
- **Tryptophan and protein deviation in relation to wellbeing: An exploratory study on university students**
Maria-Monica Popescu-Mitroi and Ionel Popescu-Mitroi 31
- **Consumers' awareness, knowledge, attitudes, and practices on menu calorie tagging in Putrajaya chain restaurants**
Naqibah Zainal Arif, Siti Raihanah Shafie, Wan Ying Gan, Syafiqah Rahamat, Mohd Redzwan Sabran, Munirah Mohd Nasir, Fatimah Sulong, Zulkifli Jamil, and Nazli Suhardi Ibrahim 39
- **The association of body mass index, eating habits, and physical activity on menstrual health among female students aged 14 to 16 years old at SMK Shah Alam, Malaysia**
Raihanah Adzra Binti Abdul Aziz and Farhanah Binti Ahmad Shuhaimi 49
- **Impact of soybean (*Glycine max*) sprout juice consumption on blood glucose individuals with type 2 diabetes mellitus**
Wulan Desi Lestari, Dwipajati, Fitria Dhenok Palupi 59



Published by:



Food and Nutrition Society of Indonesia



Department of Community Nutrition, Faculty of Human Ecology, IPB

- Editor in Chief : Dodik Briawan
- Editorial Board : Ali Khomsan
Amin Ismail
Ardiansyah
Hayati Mohd Yusof
Mira Dewi
Nobuko Murayama
Phumon Sookwong
Saskia de Pee
Sri Anna Marliyati
Cesilia Meti Dwiriani
- 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
As Syaffa Amalia Adha
- 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.