



(Articles Written in English)

Title Centered, Bold, TNR 14pt, Max 15 Words, 1 space Firstname

Lastname1, Firstname Lastname2, and Firstname Lastname3* (bold, TNR 12pt)

1,2,3 Affiliation (TNR 9pt)

Address and phone/fax number of institution/affiliation

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ARTICLE INFORMATION

Article history

Submitted:

Accepted::

Keywords

Keyword 1:

Keyword 2:

Keyword 3:

Minimum 3 words maximum 5 words (capital letters only on the first keyword, separated by commas and not ending with a period after the last keyword.

ABSTRACT

Abstract written in English between 200-250 words, made concise and clear so that it is easy for readers to understand without having to read the entire contents of the paper. Keywords are written after the abstract is 1 space from the last sentence. Abstract contains introduction, research objectives, methods, main results and main conclusions. (TNR 10pt)

Introduction (Bold, TNR 12pt)

The introduction should briefly place the study in a broad context and highlight why it is important. It should define the purpose of the work and its significance. The current state of the research field should be carefully reviewed and key publications cited. Please highlight controversial and divergent hypotheses when necessary. Briefly state the main objectives of the research. References should be numbered (Vancouver style) according to the order of appearance and indicated by numbers in square brackets, for example, [1] or [2,3], or [4-6]. See the end of the document for further details on references. (TNR 10pt, 1.5 line spacing) No images, graphs, etc. included.

Method (Bold, TNR 12pt)

The methods section contains an explanation of the research design, location and time, research subjects, sampling method, research variables, data collection and data analysis, as well as other matters related to the research methodology. This section also explains that this research has obtained ethical approval from the ethics committee and includes the research ethics code number. (TNR 12pt, 1.5 line spacing).

Results and Discussion (Bold, TNR 12pt)

This section contains the research findings presented in the form of narrative, tables, and/or figures, as well as statistical test results with explanations without discussion. The results section is a critical component of the research paper that presents the data obtained from the study in a clear, logical, and systematic manner. Researchers should organize their findings sequentially, beginning with the most important results that directly

address the research objectives or hypotheses. When presenting data through tables, ensure they are properly numbered, titled, and referenced in the text. Each table should be self-explanatory with clear column headings and appropriate units of measurement. Figures and graphs should be used strategically to visualize complex data patterns, trends, or relationships that might be difficult to convey through text alone. All visual elements must be of high quality, properly labeled, and cited within the narrative. Statistical test results should be reported with precision, including relevant values such as p-values, confidence intervals, means, standard deviations, and effect sizes where applicable. The narrative should guide readers through the data systematically, highlighting key findings without interpreting their meaning or significance—that analysis belongs in the discussion section. Maintain objectivity by presenting both positive and negative results, avoiding selective reporting. Use past tense when describing what was found, and ensure consistency in terminology throughout the section.

Result (Bold, TNR 12pt)

The results section is the main part of the article that contains: data analysis results, hypothesis testing results (if any). Data can be presented with tables, graphs, or figures to clarify the results. Tables, graphs, or figures are inserted in the text and should not disrupt the one-page layout, with clear titles and/or captions. Table titles are left-aligned, while graph and figure titles are center-aligned. Maximum number of tables is 3. If there are graphs or figures, submit them as supplementary files in jpg format with good image quality. Description, tables, graphs, figures, should follow the format specified below. Table titles are written above the table, while figure titles are written below the figure. Tables with more complex compositions can use the example format such as Table 2. (TNR 12pt, 1.5 line spacing)

Tabel 1. Judul Tabel 1

| Characteristics | Frequency | Percentage (%) |
|------------------------|------------------|-----------------------|
| Variable 1 | | |
| xxx | xx | xx,xx |
| xxx | xx | xx,xx |
| Variable 2 | | |
| xxx | xx | xx,xx |
| xxx | xx | xx,xx |



Figure 1. Title figure 1 (10pt)

Discussion (Bold, TNR 12pt)

The discussion section is not a rewriting of the research results, but must contain a brief summary of the main research findings, supporting arguments, discussion of other relevant published research results, and the contribution of findings to the enrichment and development of science and technology for society. In this section, researchers also explain the benefits and limitations of the research. (TNR 12pt, 1.5 line spacing).

Conclusion (Bold, TNR 12pt)

The conclusion answers the research problem and objectives. Drawing conclusions, extensive demarcation, and the emergence of well-established new theories are more meaningful than superficial conclusions. Conclusions and recommendations are written in paragraph form without numbering. (TNR 12pt, 1.5 line spacing).

Acknowledgments (Bold, TNR 12pt)

Contains expressions of gratitude to individuals/groups/organizations/institutions for their support so that the research could be conducted successfully. *optional

Reference (Bold, TNR 12pt)

The reference list is written using Harvard citation style. It is recommended to use bibliographic software (Reference Manager), such as EndNote, Mendeley, or Zotero to avoid typing errors and duplicate references. (TNR 12pt, 1.5 line spacing).

Must consist of a minimum of 15 references and must be from international/national journals from the last 10 years. It is recommended to cite from this journal.

1. Hallowell SG, Froh EB, Spatz DL. Human Milk and Breastfeeding: An Intervention to Mitigate Toxic Stress. *Nurse Outlook*. 2017 Jan;65(1):58–67. doi: [10.1016/j.outlook.2016.07.007](https://doi.org/10.1016/j.outlook.2016.07.007)
2. Maimburg RD. Rates of breastfeeding initiation among newborns. *Sex Reproduction Health*. 2017 Jun; 12:1–2. doi: [10.1016/j.outlook.2016.07.007](https://doi.org/10.1016/j.outlook.2016.07.007)
3. Lim C, Thanoon O. 2 - *Social and Ethnic Determinants of Obesity*. In: Mahmood T, Arulkumaran S, editors. *Obesity*. Oxford: Elsevier; 2019. p. 13–21. doi: [10.1016/j.outlook.2016.07.007](https://doi.org/10.1016/j.outlook.2016.07.007)



4. Marcus JB. Chapter 11 - *Life Cycle Nutrition: Healthful Eating Throughout the Ages: Practical Applications for Nutrition, Food Science and Culinary Professionals*. In: Marcus JB, editor. *Culinary Nutrition*. San Diego: Academic Press; 2013. p. 475–543.
5. Filteau S, Manno D. *Nutrition and HIV/AIDS*. In: Caballero B, editor. *Encyclopedia of Human Nutrition (Third Edition)*. Third Edition. Waltham: Academic Press; 2013. p. 303–8.

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