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[Concise, Informative Article Title in English: Maximum 20 Words]

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[https://doi.org/\[DOI\]](https://doi.org/[DOI]).

ABSTRACT

The abstract must be written briefly and factually in a structured format covering Background, Methods, Results, and Conclusion, reflecting the actual sequence of the study. Abstract should be written separately from the main body of the article and must stand alone without any table, figure, or image. Reference citation inside the abstract should be avoided; if it is truly indispensable, cite the author's name and publication year in APA style. Non-standard abbreviations should be avoided, but if indispensable, the full term must be spelled out at its initial mention. The word length is 200–250 words, written in English

Background: [Insert background content.] **Objective:** [Insert objective content.]

Methods: [Insert methods content.] **Results:** [Insert results content.] **Conclusion:**

[Insert conclusion content.]



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INTRODUCTION

[GUIDANCE — DELETE BEFORE SUBMISSION] The introduction contains the purpose of the article/research formulated and presented through an adequate background. It must cover the nutrition or food-health problem being addressed, supporting facts from previous studies, gap analysis, research status, research novelty, and the research objective. The gap analysis means the shortcoming found within prior nutrition or food-science research, while the research status is the position of the present study towards previous studies, whether it corrects, debates, or supports them. References cited in the introduction should be recent and predominantly published within the last five years, using the author–date citation format consistent with APA 7th edition.

METHODS

[GUIDANCE — DELETE BEFORE SUBMISSION] The method used should be accompanied by references, and any relevant modification to a published protocol must be explained in full. This section should specifically describe the study design and setting, the population or specimens together with the sampling technique, the laboratory procedures and instrumentation used (including reagent grade, calibration, and analytical principle), the quality control and biosafety measures applied, the outcome or diagnostic cut-off

definitions, and the statistical analysis technique. A statement of ethical approval, including the name of the ethics committee and the approval reference number, must be included at the end of this section. Long or multi-step laboratory procedures may be listed as numbered stages, while simple or standard working methods do not need to be explained in excessive detail.

Study Design and Setting

[Replace this text with the manuscript content. Use concise scientific English, define abbreviations at first mention, report exact denominators and effect estimates, and cite every non-original claim.]

Population, Specimens, and Sampling

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Laboratory Procedures and Instrumentation

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Quality Control and Biosafety

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Outcome Definitions

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Statistical Analysis

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Ethical Approval

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RESULTS

[GUIDANCE — DELETE BEFORE SUBMISSION] Result should be presented continuously, starting from the main result until the supporting results. Unit of measurement used should follow the prevailing international system (SI). It is also allowed to present diagrams, tables, pictures, and graphics, followed by a narration of them.

Figures and Tables must follow these rules:

Figures, tables, and diagrams should be editable (not image screenshots). Figure remarks are placed below the figure, with 4 pt spacing before. The title of the figure is placed after the remarks, using single spacing.

The title of the table should be written first, using Arial 9, single space, with 6 pt spacing before and after. The content of the table should be written using Arial 10, single space.

The remarks of the table are placed below the table, using Arial 10, single space, with 4 pt spacing before.

Table 1. [Insert descriptive table title stating variables, materials/subjects, treatment or condition, and key experimental parameters, e.g., medium, duration, temperature, or setting]

Analyte / variable	Group A	Group B	p value
[Variable 1]	[value]	[value]	[value]
[Variable 2]	[value]	[value]	[value]
[Variable 3]	[value]	[value]	[value]

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[INSERT HIGH-RESOLUTION FIGURE HERE]
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Figure 1. [Concise title]. State specimen, stain/magnification/scale bar, instrument, or analytical method when relevant.

DISCUSSION

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Strengths and Limitations

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Implications for Practice and Research

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CONCLUSION

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DECLARATIONS

Competing Interests

[The authors declare no competing interests / specify relevant financial and non-financial interests.]

Funding

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Author Contributions (CRediT)

[Author initials: Conceptualization; Methodology; Validation; Formal analysis; Investigation; Resources; Data curation; Writing—original draft; Writing—review & editing; Visualization; Supervision; Project administration; Funding acquisition.]

Acknowledgments

[Recognize non-author contributions and technical support; obtain permission from named individuals.]

Generative AI Declaration

[Authors are required to clearly and transparently disclose whether artificial intelligence (AI) tools were used during the preparation of the submitted manuscript. If applicable, authors must provide a detailed explanation of the extent and nature of AI involvement in the writing process, ensuring transparency and accountability in accordance with ethical publishing standards.]

REFERENCES

[GUIDANCE — DELETE BEFORE SUBMISSION] Use **APA 7th edition** (author–date). Ensure every in-text citation appears in the list and vice versa. Prefer primary, peer-reviewed, recent sources; include DOI as a live <https://doi.org/> link. The journal website currently recommends **at least 80% recent references** and **reference-manager use such as Mendeley, End Note and Zotero**; verify article-type requirements before submission.

Journal articles (with DOI)

Author, A. A., & Author, B. B. (Year). Title of the article. *Journal Title*, Volume(Issue), page–page. <https://doi.org/10.xxxx/xxxxx>
Example:

Kartini, D., & Hikmandayani, S. (2023). Effectiveness of continuity of midwifery care on maternal anxiety during labor. *Journal of Midwifery, Maternal and Reproductive Health Studies*, 5(2), 88–97. <https://doi.org/10.xxxx/j2mr.v5i2.xxxx>

Journal articles (without DOI, from journal sites)

Author, A. A. (Year). Title of the article. *Journal Title*, Volume(Issue), page–page. <https://www.journalwebsite.com/article-url>

Books

Author, A. A. (Year). *Title of the book* (Edition ed.). Publisher.

Contoh:

Potter, P. A., & Perry, A. G. (2021). *Fundamentals of nursing* (10th ed.). Elsevier.

Book chapter

Author, A. A. (Year). Title of the chapter. In E. E. Editor (Ed.), *Title of the book* (pp. xx–xx). Publisher.

Example:

Watson, J. (2020). Caring science and holistic nursing practice. In M. Smith (Ed.), *Theoretical foundations of nursing* (pp. 45–62). Springer.

Official reports/organizations (WHO, Ministry of Health, etc.)

Organization Name. (Year). *Title of the report*. Publisher (if different from the organization name). URL

WHO example:

World Health Organization. (2025). *Levels and trends in child malnutrition*.

<https://www.who.int/publications/i/item/9789240112308>

Example of the Ministry of Health:

Ministry of Health of the Republic of Indonesia. (2025). *Indonesian Nutritional Status Survey (SSGI) statistical report*.

<https://www.badankebijakan.kemkes.go.id/survei-status-gizi-indonesia-ssgi-2024>

Government regulations/legal documents

President of the Republic of Indonesia. (Year). *Presidential Regulation of the Republic of Indonesia Number xx of Year on [Topic]*. Jakarta: President of the Republic of Indonesia. URL

Example:

President of the Republic of Indonesia. (2021). *Presidential Regulation of the Republic of Indonesia Number 72 of 2021 on the Acceleration of Stunting Reduction*. <https://peraturan.bpk.go.id/Details/174964/perpres-no-72-tahun-2021>

Official website/page (with specific dates)

Organization Name atau Author, A. A. (Year, Month Day). *Title of the specific webpage*. Site Name. URL

Example:

Ministry of Health of the Republic of Indonesia. (2024, March 12). *Maternal mortality reduction strategy 2024–2029*.

Kementerian Kesehatan RI. <https://www.kemkes.go.id/xxxxx>

Thesis/thesis/dissertation

Author, A. A. (Year). *Title of the thesis or dissertation* [Master's thesis/Doctoral dissertation, Institution Name]. Repository Name (jika ada).

Example:

Suryani, A. (2024). *Determinants of exclusive breastfeeding practice among postpartum mothers in Kendari City* [Unpublished master's thesis]. Poltekkes Kemenkes Kendari.

Hidayat, A. (2021). *The relationship between spiritual care and anxiety levels in hospitalized patients* [Master's thesis, Poltekkes Kemenkes Kendari]. Institutional Repository.

Conference proceedings/papers

Author, A. A. (Year, Month Day–Day). *Title of the paper* [Paper presentation]. Conference Name, City, Country.

Example:

Rahayu, S. (2022, October 12–13). *Innovations in community-based nursing care* [Paper presentation]. National Nursing Conference, Kendari, Indonesia.

Online news/media articles

Author, A. A. (Year, Month Day). Title of the article. *Publication Name*. URL

Example:

Selig, K., & Karlamangla, S. (2024, August 8). What to know about the Park fire, the 4th largest in California history. *The New York Times*. <https://www.nytimes.com/2024/08/08/us/park-fire-california.html>

Dataset

Author, A. A., atau Organization. (Year). *Title of the dataset* (Version xx) [Dataset]. Repository/Publisher. URL atau DOI

International standards/guidelines (e.g. SDG, ICMJE)

United Nations Department of Economic and Social Affairs. (Year). *SDG indicator metadata*. <https://unstats.un.org/sdgs/metadata/files/Metadata-xx-xx-xx.pdf>

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☐	Ethics approval, consent, funding, competing interests, data availability, and CRediT contributions are complete.
☐	Tables are editable, figures are at least 300 dpi, captions are self-explanatory, and all items are cited in order.
☐	Statistics include denominators, units, effect estimates, 95% confidence intervals, and exact p values where appropriate.
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