Title

[The title is set in bold 16-point Arial, justified. The first letter of the title should be capitalised with the rest in lower case. You should leave 22 mm above the title and 6 mm below it. The title should reflect the contents of the paper and be specific, descriptive, concise, and comprehensible to readers outside the subject field.]

Firstname Lastname[1,1]*, Firstname* Lastname[2], and *Firstname* Lastname[1]
[The style for the names is First Names, typed in italic 10-point Times, then Last Name, typed in 10-point Times, with a comma after all except the last author, which is separated by a comma + "and". Do not use academic titles.]

[1]Department of Nutrition, Faculty of Medicine, Universitas Negeri Semarang, Semarang, Central Java, Indonesia
[2]Department, University / Organization, City, State/Province, and Country
[Affiliations of authors should be typed in 9-point Times. They should be preceded by a numerical superscript corresponding to the same superscript after the name of the author concerned.]

Abstract. The heading Abstract should be typed in bold 9-point Arial, followed immediately by the abstract text in normal 9-point Times New Roman, with single line spacing. The abstract should be centred across the page. The abstract must be written in English and presented as a single paragraph not exceeding 200 words. It should concisely summarize the background, objective, methods, main results, and conclusion of the study, with emphasis on clear and data-driven findings.

Keywords: Select 3-5 relevant keywords that reflect the subject, purpose, and focus of the paper

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