

GUIDE FOR AUTHORS AMERTA NUTRITION

Amerta Nutrition only publishes original articles relating to all nutritional disciplines. Articles will be considered for publication on the condition that they have not been published or sent to other journals. Articles can be classified as research study, literature review, systematic review, scoping review, and meta analysis that can help readers obtain information on nutritional issues as well as various studies in nutrition science. The article should also support the advancement of science, education, and the development of nutritional practices. The manuscript shall be published in Bilingual (English and Indonesian) starting from March 2023, therefore the author shall ensure that the manuscript is collected in accordance with Indonesian or English writing principles and there is no error in the wording. The length of the manuscript should also be proportional. **The manuscript is submitted via website (Open Journal System). The script should be typed using MS Word program, Calibri font, 14 pt size for the title, and 9 pt for other than the title, single space with left, right, up, and bottom margin of 2.5 cm. Titles are typed in bold, while Latin names are typed in italic. Article length can not be less than 7 pages and not more than 14 pages. The author must also follow the guidelines for the preparation of manuscripts according to the type of script to be published.**

1. RESEARCH STUDY

- **The Title** should be short, specific, and informative. The Maximum title consists of 20 words (not exceeding 80 letters and spaces) with capital letters on the first letter of each word according to the Enhanced Spelling and center location. Titles can be written in English or Indonesian.
- **Author's Name** includes the author's full name, affiliate author, affiliate name, and address, and is written in sequence using the number symbol (1).

Example:

Farapti Farapti¹, Qonita Rachmah², Emalia Rhitmayanti³, Mahmud Aditya Rifqi⁴

¹Department of Nutrition, Faculty of Public Health, Universitas Airlangga, Indonesia

²Department of Nutrition and Dietetics Institute of Nutrition, Mahidol University, Thailand

³Department of Nutrition, Faculty of Medicine, Universitas Brawijaya, Indonesia

⁴Department of Community Nutrition, Faculty of Human Ecology, Institut Pertanian Bogor, Indonesia

- **ABSTRACT** should be structured with short descriptions (containing no more than 250 words, formatted in a single space, and only one paragraph). The abstract should be written in English and Indonesian. Footnotes, references, and abbreviations are not used in abstracts. Abstracts in the research report should consist of "**Background:**", "**Objectives:**", "**Methods:**", "**Results:**" and "**Conclusions:**" typed in one paragraph.
- **Keywords** contain 3-5 words and/or phrases and should be written underneath the abstract. Keywords must be written in English and Bahasa Indonesia with words or sentences in accordance with scientific standards.
- **The Correspondent Author** contains the details of the author data in charge with the detailed address and e-mail (consisting of full name, name of institution, address, telephone number, fax number, and email address).
- **INTRODUCTION** consists of background issues, problem formulation, research objectives, and benefits.
- **METHODS** contain clear descriptions of the tools and materials used and research schemes and methods useful for other researchers to replicate and check validity if necessary. Reference should be given to the method used. Studies involving animal or human subjects must include the certificate number, approval date, and the institution that issued the ethical research approval.

- **RESULTS AND DISCUSSIONS** should be presented accurately and concisely in a logical order with the number of tables and illustrations needed to summarize the important results of the study. Tables must be using horizontal lines (without vertical line separation). The mathematical equation must be written clearly. If the mathematical symbol is not available on the computer, the symbol can be handwritten with a pencil. The decimal number must be separated by a comma (,) if the article is written in Indonesian Version or a dot (.) if the article is written in English Version. Tables, illustrations, and photographs should be quoted in the text in sequence and separated from the text. The title and detailed description of the illustrations (drawings, graphs) are written in the legend for illustration, not in the illustration. All non-standard abbreviations used should be described in the footnotes. The discussion explains the meaning of the results of the study, does not repeat the results, how the reported results can solve the problems, the differences and similarities with the studies that have been done before, and the possibility of developing the study. This section should include the advantages and disadvantages of the study.
- **CONCLUSIONS** is the answer to the question formulation that is asked at the end of the introduction. The conclusions should be based on the results and discussions described earlier. Add suggestions or feedback for further research.
- **ACKNOWLEDGEMENT** for all research contributors, if any, should be stated briefly on the manuscript before reference.
- **CONFLICT OF INTEREST AND FUNDING DISCLOSURE** is a description about conflict of interest and the sponsor or funding source with the decision letter number if any.
- **AUTHOR CONTRIBUTIONS** is a description regarding the role of each author in writing article.
- **REFERENCES** should be arranged in accordance with the **Nature** system. Journal managers advise authors to use Mendeley-specific apps or other reference apps (for example Endnote, Zotero, and RefWorks).

References should be numbered consecutively in the order in which the citation is first mentioned in the text, written with superscript, and placed at the end of the text in numerical rather than in alphabetical order. Reference must be valid, **80% comes from publications in the last 10 years and contains at least 40% of primary references (from journals, theses, dissertations, and patent documents)**. Unpublished sources, such as a preparatory or personal communication script, can not be accepted as a reference. Only the sources cited in the text appear in the reference list. The author's name should be written consistently. The number and volume of the journal should be included. Editions, publishers, cities, and page numbers of textbooks should be included. Referrals downloaded from the internet, including access times and web addresses, should also be included. Abbreviations of journal names should be written in full. All research reports must have **more than 10 references** and literature review articles must have **at least 15 references**.

Format for Citing Article from Journal:

1. Marantha, H. A. & Rustanti, N. Kandungan Gizi, Sifat Fisik, dan Tingkat Penerimaan Es Krim Kacang Hijau dengan Penambahan Spirulina. *Journal of Nutrition College* **3**, 755-761 (2014). <https://doi.org/10.14710/jnc.v3i4.6877>.
2. Hasanuddin, K. H., Dewi & Fitri. Pengaruh Proses Pembuatan Es Krim terhadap Mutu Es Krim. *Jurnal Agroindustri* **1**, 1-7 (2011). <http://doi.org/10.31186/j.agroind.1.1.1-7>.

Format for Citing Book:

1. Adriani, M. & Wirjatmadi, B. *Peranan Gizi dalam Siklus Kehidupan*. (Penerbit Kencana, 2014).
2. Kuntoro. *Metode Sampling dan Penentuan Besar Sampel*. (Pustaka Melati IKAPI, 2008).
3. Susianto & Ramayulis, R. *Fakta Ajaib Khasiat Tempe*. (Penebar Swadaya, 2013).

Format for Citing Electronic Publication:

1. Pusat Data dan Informasi Kementerian Kesehatan Republik Indonesia. Situasi Kesehatan Kerja. (2015). Available at: <http://www.depkes.go.id/download.php?file=download/pusdatin/%0Ainfodatin/InfoDatin-2015.pdf.%0A>. (Accessed: 1st January 2018).
2. International Labour Organization. Keselamatan dan Kesehatan Kerja. (2013). Available at: http://www.ilo.org/wcmsp5/groups/public/-asia/-ro-bangkok/-ilo-jakarta/documents/publication/wcms_237650.pdf. (Accessed: 31st January 2018).

Format for Citing Proceeding:

1. Jus'at, I. Penyimpangan Positif Masalah KEP di Jakarta Utara dan di Pedesaan Kabupaten Bogor Jawa Barat. in Prosiding WNPG VII 153-156 (Lembaga Ilmu Pengetahuan Indonesia, 2000).
2. Rachmah, Q., & Wantanee, K. Energy Distribution of Macronutrient among Adolescents in Indonesia: Secondary Analysis of Total Diet Study Data. in 4th Asian Academic Society International Conference (AASIC) 2016 170-176 (2016).

Format for Citing Bachelor Thesis, Master Thesis, and Dissertation:

1. Umasangaji, M. Hubungan antara Asupan Energi, Protein, Status Gizi dengan Kesegaran Jasmani pada Anggota Klub Tennis Meja Satelit dan Salero Star Kota Ternate. (Universitas Politeknik Kesehatan, 2012).
2. Swasono, M. A. Optimasi Pengolahan Kaldu Ayam dan Brokoli dalam Bentuk Instan dan Analisa Biaya Produksi. (Universitas Brawijaya, 2008).

Format for Citing Patent:

Herdian, H., Pudjiono, P. I., & Angwar, M. Sari Tempe Kental Manis dan Proses Pembuatannya. HC-H3.02.P01.012.1796/2006.

All displayed images, illustrations, and photos must be relevant, informative, concise, and source-named (if any), provided in the file (in JPG, JPEG, or TIFF format). All images, illustrations, and photos must be separated from the text. Written permission must be obtained for the copying of previously published material (copyright); including tables, images, and citation text that exceed 150 words. If using a patient photo, it must be accompanied by a signed publication permit form. A copy of the license shall be accompanied by a publication document. The editor reserves the right to edit the manuscript, match the manuscript to the availability of the journal, and ensure concise, clear, and consistent writing. All submitted texts and illustrations listed shall become the permanent property of the publisher, and shall not be published elsewhere in full or in part, printed or electronic, without the express written permission of the publisher. All data, opinions or statements appearing in the manuscript are the responsibility of the author. Thus, the publisher, the editorial board, and all **Amerta Nutrition** journals shall not be liable or liable in any way for the consequences of any inaccuracies or errors in data, opinions or statements.

2. LITERATURE/SYSTEMATIC/SCOPING REVIEW & META ANALYSIS

- **The Title** should be short, specific, and informative. The maximum title consists of 20 words (not exceeding 80 letters and spaces) with capital letters on the first letter of each word according to the Enhanced Spelling and center location. Titles can be written in English or Indonesian.
- **Author's Name** includes the author's full name, affiliate author, affiliate name, and address, and written in sequence using the number symbol (1).

Example:

Farapti Farapti¹, Qonita Rachmah², Emalia Rhitmayanti³, Mahmud Aditya Rifqi⁴

¹Department of Nutrition, Faculty of Public Health, Universitas Airlangga, Indonesia

²Department of Nutrition and Dietetics Institute of Nutrition, Mahidol University, Thailand

³Department of Nutrition, Faculty of Medicine, Universitas Brawijaya, Indonesia

⁴Department of Community Nutrition, Faculty of Human Ecology, Institut Pertanian Bogor, Indonesia

- **ABSTRACT** should be structured with short descriptions (containing no more than 250 words, formatted in single space, and only one paragraph). The abstract should be written in English and Indonesian. Footnotes, references, and abbreviations are not used in abstracts. Abstracts in the literature review should consist of "**Background:**", "**Objectives:**", "**Methods:**", "**Discussions:**" and "**Conclusions:**" typed in one paragraph.
- **Keywords** contain 3-5 words and/or phrases and should be written underneath the abstract. Keywords must be written in English and Bahasa Indonesia with words or sentences in accordance with scientific standards.
- **The Correspondent Author** contains the details of the author data in charge with the detailed address and e-mail (consisting of full name, name of institution, address, telephone number, fax number, and email address).
- **INTRODUCTION** consists of the background of the problem, the formulation of the problem, the purpose of the literature review, and the research benefits. The introduction in the literature review follows the main topics written and the general overview of the topics to be covered.
- **METHODS** contain clear descriptions of the tools and materials used and research schemes and methods useful for other researchers to replicate and check validity if necessary. Reference should be given to the method used. Studies involving animal or human subjects must include the certificate number, approval date, and the institution that issued the ethical research approval. Reviews contain **points and detailed items** based on literature/literature that correlates with the subject covered, which will be discussed in the discussion section.
- **DISCUSSIONS** describe the detail of the subject discussed or the elaboration of the review, not repeat the review, how the review of the reported literature can solve the problem, as well as differences and similarities with previous studies. This section should include the advantages, disadvantages, and conclusions of the research results.
- **CONCLUSIONS** is the answer to the question formulation that is asked at the end of the introduction. The conclusions should be based on the discussions described earlier. Add suggestions or feedback for further research.
- **ACKNOWLEDGEMENT** for all research contributors, if any, should be stated briefly on the manuscript before reference.
- **CONFLICT OF INTEREST AND FUNDING DISCLOSURE** is a description about conflict of interest and the sponsor or funding source with the decision letter number if any.
- **AUTHOR CONTRIBUTIONS** is a description regarding the role of each author in writing article.
- **REFERENCES** should be arranged in accordance with the **Nature** system. Journal managers advise authors to use Mendeley-specific apps or other reference apps (for example Endnote, Zotero, and RefWorks).

References should be numbered consecutively in the order in which the citation is first mentioned in the text, written in a superscript, and placed at the end of the text in numeric rather than in alphabetical order. Reference must be valid, **80% comes from publications in the last 10 years and contains at least 40% of primary references (from journals, theses, dissertations, and patent documents)**. Unpublished sources, such as a preparatory or personal communication script, can not be accepted as a reference. Only the sources cited in the text appear in the reference list. The author's name should be written consistently. The number and volume of the journal should be included. Editions, publishers, cities, and page numbers of textbooks should be included. Referrals downloaded from the internet, including access times and web addresses, should also be included. Abbreviations of journal names should be written in full. All research literature review article must have **at least 25 references**.

Format for Citing Article from Journal:

1. Marantha, H. A. & Rustanti, N. Kandungan Gizi, Sifat Fisik, dan Tingkat Penerimaan Es Krim Kacang Hijau dengan Penambahan Spirulina. *Journal of Nutrition College* **3**, 755-761 (2014). <https://doi.org/10.14710/jnc.v3i4.6877>.
2. Hasanuddin, K. H., Dewi & Fitri. Pengaruh Proses Pembuatan Es Krim terhadap Mutu Es Krim. *Jurnal Agroindustri* **1**, 1-7 (2011). <http://doi.org/10.31186/j.agroind.1.1.1-7>.

Format for Citing Book:

1. Adriani, M. & Wirjatmadi, B. *Peranan Gizi dalam Siklus Kehidupan*. (Penerbit Kencana, 2014).
2. Kuntoro. *Metode Sampling dan Penentuan Besar Sampel*. (Pustaka Melati IKAPI, 2008).
3. Susianto & Ramayulis, R. *Fakta Ajaib Khasiat Tempe*. (Penebar Swadaya, 2013).

Format for Citing Electronic Publication:

1. Pusat Data dan Informasi Kementerian Kesehatan Republik Indonesia. Situasi Kesehatan Kerja. (2015). Available at: <http://www.depkes.go.id/download.php?file=download/pusdatin/%0Ainfodatin/InfoDatin-2015.pdf.%0A>. (Accessed: 1st January 2018).
2. International Labour Organization. Keselamatan dan Kesehatan Kerja. (2013). Available at: http://www.ilo.org/wcmsp5/groups/public/-asia/-ro-bangkok/-ilo-jakarta/documents/publication/wcms_237650.pdf. (Accessed: 31st January 2018).

Format for Citing Proceeding:

1. Jus'at, I. Penyimpangan Positif Masalah KEP di Jakarta Utara dan di Pedesaan Kabupaten Bogor Jawa Barat. in Prosiding WNPG VII 153-156 (Lembaga Ilmu Pengetahuan Indonesia, 2000).
2. Rachmah, Q., & Wantanee, K. Energy Distribution of Macronutrient among Adolescents in Indonesia: Secondary Analysis of Total Diet Study Data. in 4th Asian Academic Society International Conference (AASIC) 2016 170-176 (2016).

Format for Citing Bachelor Thesis, Master Thesis, and Dissertation:

1. Umasangaji, M. Hubungan antara Asupan Energi, Protein, Status Gizi dengan Kesegaran Jasmani pada Anggota Klub Tenis Meja Satelit dan Salero Star Kota Ternate. (Universitas Politeknik Kesehatan, 2012).
2. Swasono, M. A. Optimasi Pengolahan Kaldu Ayam dan Brokoli dalam Bentuk Instan dan Analisa Biaya Produksi. (Universitas Brawijaya, 2008).

Format for Citing Patent:

Herdian, H., Pudjiono, P. I., & Angwar, M. Sari Tempe Kental Manis dan Proses Pembuatannya. HC-H3.02.P01.012.1796/2006.

All displayed images, illustrations, and photos must be relevant, informative, concise, and source-named (if any), provided in the file (in JPG, JPEG, or TIFF format). All images, illustrations, and photos must be separated from the text. Written permission must be obtained for the copying of previously published material (copyright); including tables, images, and citation text that exceed 150 words. If using a patient photo, it must be accompanied by a signed publication permit form. A copy of the license shall be accompanied by a publication document. The editor reserves the right to edit the manuscript, match the manuscript to the availability of the journal, and ensure concise, clear, and consistent writing. All submitted texts and illustrations listed shall become the permanent property of the publisher, and shall not be published elsewhere in full or in part, printed or electronic, without the express written permission of the publisher. All data, opinions or statements appearing in the manuscript are the responsibility of the author. Thus, the publisher, the editorial board, and all **Amerta Nutrition** journals shall not be liable or liable in any way for the consequences of any inaccuracies or errors in data, opinions or statements.