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Title Manuscript (Font Times New Roman 14, Bold, Capitalize Each Word)

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Keywords:

*keyword 1, keyword 2, keyword 3,
keyword 4, keyword 5*

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ABSTRACT

A concise and factual abstract is required in 250-300 words. Abstract must be written in good English, in Italic letter, and single spacing. The abstract should state briefly: Background, Objective, Materials and Methods, Results and Conclusion. Immediately after abstract, provide 3 - 5 keywords that reflect the content of the manuscript. Keywords should be arranged alphabetically and separated by semicolon (;). Example of the abstract: Physical fitness needs to be possessed by every athlete according to their sport to improve their performance. Muscular endurance is one of the components that support physical fitness. The purpose of this study was to determine the relationship between energy and protein intake, nutritional status, hydration status, body fat percentage, and muscle mass to the muscular endurance of competing category pencak silat athletes at the DKI Jakarta Student Sports Training Center. This study used a cross-sectional research model design with a sample size of 12 people. The sample was taken using the total sampling technique..... (Times New Roman font size 10 pt with 1.15 spacing).

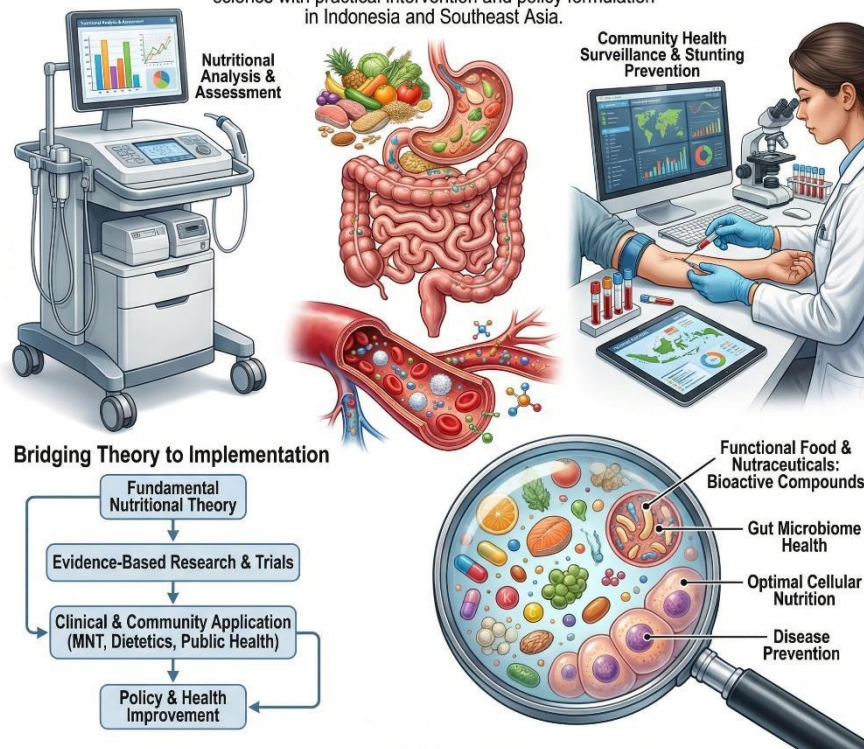
Key Messages:

- Write 2-5 key messages related to this study
- Key messages may relate to applicability, novelty, and/or impact of the research. (Times New Roman font size 10 pt with 1.15 spacing)

GRAPHICAL ABSTRACT

Journal of Indonesia Applied Nutrition: Bridging Theory and Real-World Practice

Peer-reviewed, open-access journal advancing nutritional science with practical intervention and policy formulation in Indonesia and Southeast Asia.



GRAPHICAL ABSTRACT can be left blank

INTRODUCTION

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 diverging hypotheses when necessary.

Finally, briefly mention the main aim of the work and highlight the principal conclusions. The introduction should discuss the background of the research, the rationale, and the research questions and/or aims(1). In this section(2), the current evidence on the topic should be discussed to subsequently be related to the research gap that would be addressed by the research. (Times New Roman font size 10 pt with 1.15 spacing).

Provide sufficient background and context.

Identify shortcomings or gaps in existing knowledge.

Clearly state research objectives or aims.

METHODS

This section should include the research design applied(3), context, subject and sampling, data collection tools, data analysis and the steps of the research(4). Please also state the ethical clearance attributes of the study. New methods and protocols should be described in detail while well-established methods can be briefly described and appropriately cited. (Times New Roman font size 10 pt with 1.15 spacing).

Research design must be well-defined.

Methods and materials must be described in sufficient detail for replication.

Sample size must be adequate, and sampling methods must be described.

Relevant tools, instruments, or software must be clearly described, including their sources and versions.

Data collection and analysis methods must be appropriate.

Ethical considerations must be addressed (e.g., informed consent, ethical approval).

CODE OF HEALTH ETHICS

If research is directly related to patients and uses test animals in research. Please attach a research code of ethics related to your article. (Times New Roman font size 10 pt with 1.15 spacing).

RESULTS

Results may be presented using tables, charts/figures/flowcharts or transcripts.

Results must be presented clearly and logically.

All relevant data must be included.

All tables and figures must be cited consecutively in the text.

Table 1. Example of table presentation

<i>Title 1</i>	<i>Title 2</i>	<i>Title 3</i>
<i>entry 1</i>	<i>data</i>	<i>data</i>
<i>entry 2</i>	<i>data</i>	<i>data</i>

The text continues here (Figure 1).

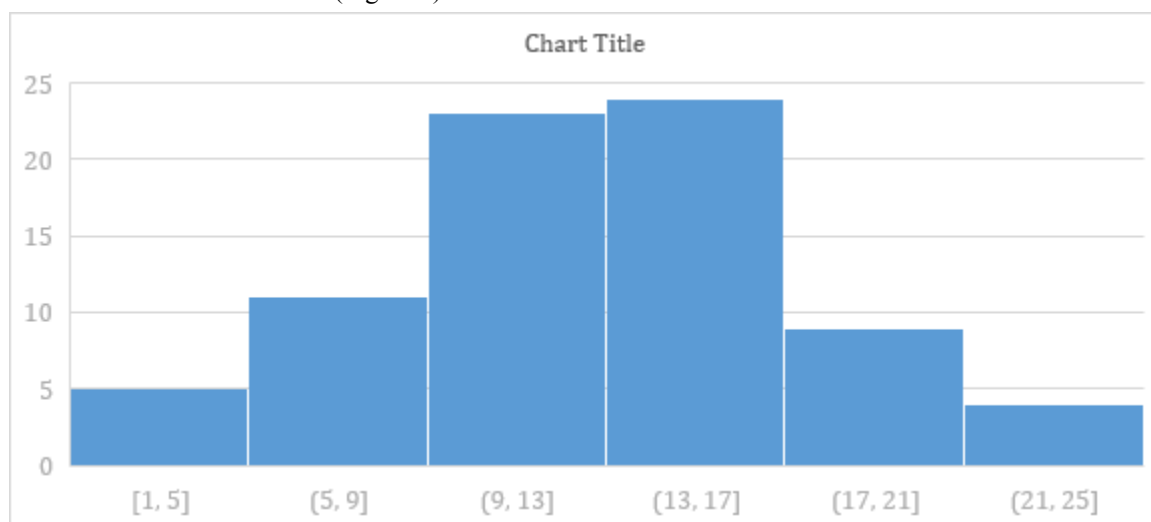


Figure 1. Example of figure/chart/flowchart presentation.

DISCUSSION

Authors should discuss the results and how they can be interpreted from the perspective of previous studies and of the working hypotheses(5).

The findings and their implications should be discussed in the broadest context possible.(6). (Times New Roman font size 10 pt with 1.15 spacing).

Research findings must be discussed in the context of the research question and literature.

Authors must contrast their findings with existing research in the field.

Critical analysis of the results, including limitations and potential biases, must be present.

CONCLUSION

Authors are expected to provide a brief conclusion to recap the information in the previous sections. It is recommended that the conclusion is presented in narratives rather than bullet points.

Authors are suggested to provide recommendation for further practice and research based on the current research. It is recommended that the recommendation be presented in narratives rather than bullet points. (Times New Roman font size 10 pt with 1.15 spacing)

FUNDING

Please add: "This research received no external funding," or "This research was funded by NAME OF

FUNDER, grant number XXX” and “The APC was funded by XXX”

ACKNOWLEDGMENTS

In this section, you can acknowledge any support given that is not covered by the author contribution or funding sections. This may include administrative and technical support or donations-in-kind (e.g., materials used for experiments).

CONFLICTS OF INTEREST

Declare conflicts of interest or state, “The authors declare no conflict of interest.”

REFERENCES

The amount of literature cited should be sound but reasonable and it is expected that 80% of them are current literature of the last 10 years. Please use Vancouver citation style (Mendeley or Zotero).

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