Nutri-Sains: Jurnal Gizi, Pangan dan Aplikasinya
Vol ……., No…….. (Year): 00–00. DOI: 10.21580/……..will be filled in by the Editor

ISSN 2541-5921 (online); 2528-3170 (printed)

Article Title

The title should be a) a brief formulation of the content, and be compact and clear; it can be creative in order to attract readers; b) a maximum 20 words; c) be written in English; d) The first word capitalized [Cambria Font, 16 pt., bold, left alignment]

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Abstract: This should be in English. It should comprise one single-spaced paragraph and not exceed 250 words. It should be brief and clear, comprising five elements: 1) the background of the research, 2) the aims of the research, 3) the methods, 4) the results, 5) the implication of the research. Do not use abbreviations or citations. [Cambria Font, 10 pt, justify alignment]

Keywords: The keywords can be drawn from the research variables, the characteristics of the subjects, and the referenced theories. They should be arranged in alphabetical order and separated by semicolons, with a minimum of three words or combinations of words. [Cambria Font 10 pt, left alignment]

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INTRODUCTION [Calibri 12 pt., bold, left alignment, UPPERCASE]

Article are written in a single-column format. The introduction should briefly provide information about the background, literature review, the originality of the work/novelty, the objective, and the hypothesis. The background should indicate a knowledge gap which requires answers or explanations. The literature review should provide an exposition of the relevant theories to the research, and should both guide and support understanding and answers to the research question/s. In addition, explain the originality of the work. The formulation of the hypothesis should be based on the theoretical review and as far as possible be expressed in terms of one-tailed direction. The objectives should be presented in a narrative with the use of effective sentences. The introduction should be approximately 20% of the total text. [Justified, Cambria Font 11 pt, spacing 1.5]

METHODS [Calibri 12 pt., bold, left alignment, UPPERCASE]

This section describes the overall research methods used in the research process. It should identify the study design, variables, the research subjects, the research instruments (their names, item numbers, etc.), and data collection techniques, and the statistical analysis techniques employed. Please ensure that sufficient information is given to guide further research. The section should be approximately 20% of the total text). [Justified, Cambria Font 10.5 pt, spacing 1.5]

Design, Time, and Place (study design, variables)

This section should clearly describe the research design, period, and study location in a coherent paragraph format. For studies conducted outside a laboratory setting, please specify the exact time or duration of the research. Tables and figures should not be included in this section. If the study involves human or animal subjects, provide the ethical clearance number and include a statement confirming that informed consent was obtained from participants.

Population and Sample (the research subjects)

This section should clearly describe the study population, sample size, and sampling technique in a coherent and sequential paragraph. For laboratory-based research, include detailed information on the materials and instruments used. Authors should also specify inclusion and exclusion criteria, demographic characteristics (if relevant), and the setting where the subjects or samples were obtained. The rationale for determining the sample size or power analysis, if conducted, should be briefly mentioned.

Research Procedure and Instrument (the research instruments; their names, item numbers, etc.)

This section should describe the procedures used to conduct the research in a logical sequence, including each step taken from data collection to measurement. Authors must specify the instruments or tools used, along with their names, item numbers, and sources or developers. For questionnaire-based studies, include information on the structure, number of items, and response scales. If the instrument has been adapted or modified, explain the adaptation process and provide evidence of its validity and reliability. Laboratory or analytical methods should be described briefly but clearly, citing standard references where applicable.

Data Processing and Analysis (data collection techniques, and the statistical analysis techniques employed)

This section should explain the techniques used for data collection, processing, and statistical analysis in a clear and sequential manner. Authors should describe how the data were prepared, coded, and verified prior to analysis. The statistical methods applied—both descriptive and inferential—must be stated explicitly, along with the software used (e.g., SPSS, STATA, R). The choice of analytical techniques should align with the study objectives and data type. For studies involving hypothesis testing, specify the significance level (e.g., $p < 0.05$) and any confidence intervals used. If applicable, include brief information on how missing data or outliers were handled.

RESULTS [Calibri 12 pt., bold, left alignment, UPPERCASE]

This section contains the data (in their simplest form), the results of the assumption tests, and the results of the hypothetical tests, presented sequentially or integrated and analyzed critically. The results should answer the research question and/or hypotheses. Tables, charts or pictures should help to explain the analyses in a way that is meaningful and easy to understand. This section should also be approximately 20% of the total text. [Justified, Cambria Font 10.5 pt, spacing 1.5].

Tables and Figures

The relationship between the tables or figures and the text should be clear. As the tables and figures supplement the text, they should all be referenced in the text. Authors must also explain what the readers should look for when using the tables or figures. All tables and figures must be referenced using APA 7th edition standard.

Note: Tables and figures must be placed at the top or bottom the page, not in the middle. The following are examples of how to display data in the form of tables or figures.

Table 1

Characteristics of Respondents [Cambria Font, 10 pt., italic, left alignment]

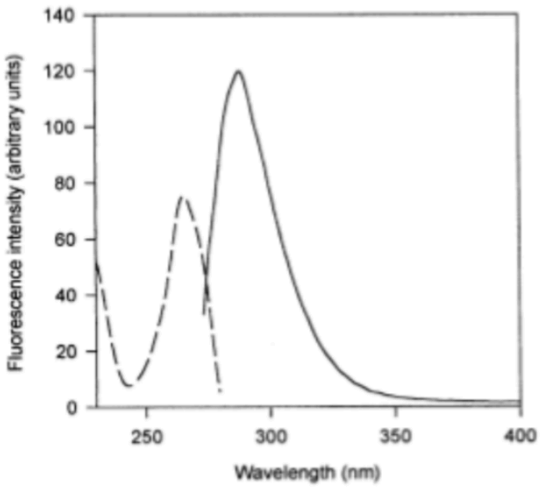
Characteristics of respondents	Number	%
Gender		
Male	3	17.60
Female	14	82.40
Age Group		
Age 40-49	8	47.05
Age 50-59	9	52.90
Education		
Junior high school	5	29.40
Senior high school	10	58.80
College/academy	2	11.80
Occupation		
Private	1	5.9
Trader	5	29.4
Housewife	9	52.9
Other	2	11.8
Nutritional Status		
Underweight	2	11.76
Normal	6	35.29
Overweight	9	52.95
Total	17	100

Source: Personal Document. [Cambria Font, 9 pt]

Figure 1

Graph of Wavelength in Fluorescence intensity

[Cambria Font, 10 pt., italic, left alignment]



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DISCUSSION [Calibri 12 pt., bold, left alignment, UPPERCASE]

The Discussion section should interpret the study's findings in relation to previous research and the proposed hypotheses. Authors are encouraged to explain the meaning and implications of the results within a broad scientific context, rather than simply restating the results. This section should highlight how the findings relate to the research objectives or questions presented in the Introduction (what/how), provide a clear scientific explanation for the observed results (why), and compare them with findings from other relevant studies (what else), noting any similarities or differences. Authors should support their arguments with relevant theories, concise citations, and references to published literature. The Discussion may also include recommendations or directions for future research. [Justified, Cambria Font 11 pt, spacing 1.5]

CONCLUSION [Calibri 12 pt., bold, left alignment, UPPERCASE]

This section presents the main conclusions of the study. They should be presented in concise, clear, and compact sentences based on the results and discussions, in the form of paragraphs (not using bullet points or numbering); clarify the findings of the study as a synthesis of the results of the data analysis and discussion; and highlight original findings that contribute to the development of nutritions. The implications and limitations of the study are also described in this section. It should be a maximum of 1 page. [Justified, Cambria Font 11 pt, spacing 1.5]

Acknowledgment – if any [Calibri 12 pt.,left alignment, italic]

This is a brief text acknowledging the contributions of specific colleagues, institutions, or agencies that supported the authors' efforts. [Justified, Cambria Font 11 pt, spacing 1.5]

Declaration of Generative AI and AI-assisted writing [Calibri 12 pt.,left alignment, italic]

Authors must declare whether Artificial Intelligence (AI) tools were used in the research and preparation of the manuscript. If AI tools were used, authors must specify the names of the tools and their purposes.

Author Contribution Statement [Calibri 12 pt.,left alignment, italic]

Authors must describe each author's contribution to the research and manuscript preparation, including conceptualization, methodology, data collection and analysis, and manuscript writing and revision. This statement must be uploaded through the Supplementary File section.

Funding [Calibri 12 pt.,left alignment, italic]

Authors must disclose the source of funding for the research and/or manuscript preparation, whether self-funded or supported by an institution or other organization. If no external funding was received, this must be explicitly stated.

Conflict of Interest [Calibri 12 pt.,left alignment, italic]

Authors must declare whether any conflicts of interest exist in relation to the research and publication of the manuscript. If no conflicts of interest exist, this must be explicitly stated.

REFERENCES [Calibri 12 pt., bold, left alignment, UPPERCASE]

The reference list contains full details of all the references cited in the text of the article. It is recommended that they should be from the last 10 years and listed in alphabetical order following the American Psychological Association Referencing Style (7th Edition); refer to https://apastyle.apa.org/products/publication-manual-7th-edition.

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Example:

Amran, Y., Febrianti, F., & Irawanti, L. (2010). Pengaruh Tambahan Asupan Kalium dari Diet terhadap Penurunan Hipertensi Sistolik Tingkat Sedang pada Lanjut Usia. *Kesmas*, *3*. https://doi.org/10.21109/kesmas.v5i3.145

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