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### Title of Manuscript: Journal of Nutrition Explorations (Font Arial 12 bold)

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ARTICLE INFO	ABSTRACT
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# Article History: Received Accepted Published online

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## 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. (Arial font size 11 pt with 1.5 spacing).

Provide sufficient background and context.

Identify shortcomings or gaps in existing knowledge.

Clearly state research objectives or aims.

# **MATERIALS AND 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. (Arial font size 11 pt with 1.5 spacing).

Research design must be well-defined.

### **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

Title 1	Title 2	Title 3
Entry 1	Data	Data
Entry 1	Data	Data

The text continues here (Figure 1).

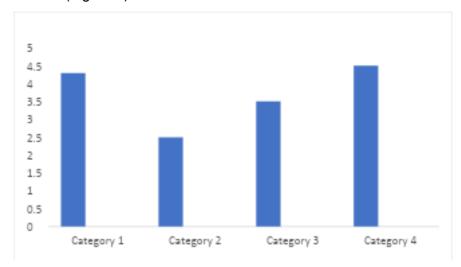


Figure 1. Example of figure/chart/flowchart presentation.

### **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). (Arial font size 11 pt with 1.5 spacing).

#### 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 is presented in narratives rather than bullet points. (Arial font size 11 pt with 1.5 spacing)

#### **BIBLIOGRAPHY**

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 (superscript)** citation style (Mendeley or Zotero).

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