**Example of format for Mal J Nutr manuscript main document**

**Title of Manuscript**

**ABSTRACT**

**Introduction:** This is an example of how your abstract should look like. The introduction includes rationale and purpose of the study. For example, the MyBreakfast Study is a comprehensive nationally representative study on breakfast habits among school children aged 6 to 17 years. This study aimed to determine breakfast habits among Malaysian school children. **Methods:** Summary of your methods (study design, analytical methods). Example, this was a cross-sectional study involving primary and secondary school children aged 6 to 17 years. Socio-demographic background was obtained from parents through a questionnaire. Breakfast consumption was assessed using a breakfast habits questionnaire (BHQ). Height and weight were measured. Z-scores for BMI-for-age and height-for-age were determined and classified using WHO AnthroPlus software. **Results:** Main findings, example, a total of 8705 children had participated in the study, 5581 from primary school and 3124 from secondary school. The proportion of children recruited from the urban and rural area was 68.4% and 31.6% respectively. The overall prevalence of overweight and obesity was 14.0% and 14.4% respectively. It was found that 24.6% of the children skipped breakfast at least 3 days per week. **Conclusion:** Key aspects derived from the study. Example, Overall, 1 in 4 children skipped breakfast at least days a week. Interventions to promote regular breakfast consumption should be conducted in schools. The abstract should not be more than 250 words.

**Keywords:** keyword 1, keyword 2, keyword 3

**INTRODUCTION**

The Malaysian Journal of Nutrition (Mal J Nutr) welcomes manuscripts on current and emerging topics in human nutrition in the form of original articles, review articles, case reports, short communications and letters to the Editor. Mal J Nutr is an international peer-reviewed journal. All materials submitted for publication are assumed to be submitted exclusively to the Malaysian Journal of Nutrition (Mal J Nutr) unless the contrary is stated.

The manuscript must adhere to the submission guidelines before it is considered eligible for review. Manuscripts should be typed on 10-point font Bookman Old Style, 1.5 lines spacing with a margin of 2.5 cm on all sides. The manuscript should have page number and include line numbering commencing from Introduction. This is an example of citation in text: in a study by Moy, Gan & Siti Zaleha (2006) in Kuala Lumpur, breakfast was found to be the most commonly skipped meal among school children and adolescents, and breakfast skipping was found to increase with age and was more prevalent in girls than boys (Moy *et al.*, 2006).

Tables should be sufficiently labelled so as to be comprehensible and complement information in the text. Tables should be numbered consecutively in Arabic numerals in the sequence they are mentioned in the text. For example, Table 1 shows the demographic characteristics of the children. Tables should be typed on 9-font Bookman Old Style and single spaced. Do not use border lines on the right and left side of the table, nor vertical lines within the table body. Use a single top line, a single line below the headings, and a single bottom line. All illustrations and diagrams should be referred to as Figures and numbered consecutively in Arabic numerals. Combined total number of tables and figures should not exceed five with the exception of Review Papers. Place tables and figures after the References, and not within the main text.

**METHODOLOGY**

In the Methodology section, authors should state the authority which provided ethical approval for the study, along with a statement in regards to the informed consent of participants. The study or clinical trial registration number should be provided, if applicable.

**RESULTS**

After that you should describe your result. Tables should be numbered consecutively in Arabic numerals in the sequence they are mentioned in the text. Do not put your tables here. Place tables and figures after the References, and not within the main text. Mention, for example, Table 1 shows the socio-demographic characteristics of the children, or majority of the children were of Malay ethnic group (61.1%) (Table 1), or the data collection flow is shown in Figure 1. Put all your tables and figures after references, not here. All statistical notations should be italics, for example, *t* for *t*-test, *F* for ANOVA, *r* for correlation, *N* for population number, *n* for sample number, and *SD* for standard deviation.

**DISCUSSION**

Then you discuss your findings. Please be careful with the citation style, make sure you follow the guidelines. In the text, references are cited by surname(s) of the author(s) and year of publication parenthetically at the appropriate place. Three authors appear in full on first citation, e.g, Bray, Whipp & Koyal (1994), but subsequently as Bray *et al.* (1994). For four or more authors, indicate the first author followed by *et al.*

**CONCLUSION**

Then you conclude the findings of the study.

**Acknowledgement**

You can thank anyone or acknowledge any funding or support here.

**Conflict of interest**

Authors need to declare any conflict of interest.

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**Table 1.** Socio-demographic characteristics of the children

|  |  |  |
| --- | --- | --- |
| *Characteristics* | *n* | *%* |
| Age group |  |  |
| Primary school |  |  |
| 6 – 9 years | 3183 | 36.6 |
| 10 – 12 years | 2398 | 27.5 |
| Secondary school |  |  |
| 13 – 15 years | 2447 | 28.1 |
| 16 – 17 years | 677 | 7.8 |
| Sex |  |  |
| Boys | 4039 | 46.4 |
| Girls | 4666 | 53.6 |
| Ethnic group |  |  |
| Malay | 5322 | 61.1 |
| Chinese | 1620 | 18.6 |
| Indian | 714 | 8.2 |
| Bumiputera Sabah/Sarawak | 987 | 11.3 |
| Others | 62 | 0.7 |
| Region |  |  |
| Central | 1791 | 20.6 |
| Southern | 1729 | 19.9 |
| Northern | 2177 | 25.0 |
| East Coast | 1453 | 16.7 |
| East Malaysia | 1555 | 17.9 |
| Location |  |  |
| Urban | 5958 | 65.4 |
| Rural | 2747 | 31.6 |

1 week to complete

Selected primary and secondary public schools in Malaysia

Distribution of study information sheet, consent form and socio-demographic questionnaire to parents

Children aged 6 to 9 years

Children aged 10 to 18 years

Distribution of food record, breakfast habits questionnaire, FFQ and PAQ-C to parents

Day 1:

Anthropometric measurements, weekend 24-hour dietary recall and FFQ

Day 2:

Weekday 24-hour dietary recall, breakfast habits questionnaire and PAQ-C or PAQ-A

Collection of consent form and socio-demographic questionnaire from parents

Anthropometric measurements and collection of food record, breakfast habits questionnaire, FFQ and PAQ-C

**Figure 1.** Data collection flow