

Example of format for Mal J Nutr manuscript main document

Title of Manuscript [12-point font Bookman Old Style, bold]

ABSTRACT [10-point font Bookman Old Style, bold]

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
(in small letters unless it is a noun, arrange in alphabetical order)

INTRODUCTION [10-point font Bookman Old Style, bold]

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, 1.0 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.

[10-point font Bookman Old Style, bold]

METHODOLOGY [10-point font Bookman Old Style, bold]

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 [10-point font Bookman Old Style, bold]

After that, you should describe your results. 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 the 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 in 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 [10-point font Bookman Old Style, bold]

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 [10-point font Bookman Old Style, bold]

Then you conclude the findings of the study. [10-point font Bookman Old Style, 1.0 spacing]

Acknowledgement [8-point font Bookman Old Style, bold]

You can thank anyone or acknowledge any funding or support here. [8-point font Bookman Old Style, 1.0 spacing]

Conflict of interest [8-point font Bookman Old Style, bold]

Authors need to declare any conflict of interest. [8-point font Bookman Old Style, 1.0 spacing]

References [8-point font Bookman Old Style, bold]

- Blasbalg TL, Hibbeln JR, Ramsden CE, Majchrzak SF & Rawlings RR (2011). Changes in consumption of omega-3 and omega-6 fatty acids in the United States during the 20th century. *Am J Clin Nutr* 93:950-962.
- Cole TJ (2006). Sampling, Study Size, and Power. In BM Margetts & M Nelson (eds). *Design Concepts in Nutritional Epidemiology* (pp. 64-86). Oxford University Press Inc., New York.
- de Benoist B, McLean E, Egli I & Cogswell ME (eds) (2008). *Worldwide Prevalence of Anaemia 1993-2005: WHO Global Database on Anaemia*. WHO Press, Geneva.
- Haller J (2005). Vitamins and brain function. In HR Lieberman, RB Kanarek & C Prasad (eds). *Nutritional Neuroscience* (pp. 207-233). CRC Press, Florida.
- Institute of Medicine (2010). *Dietary Reference Intakes for Calcium and Vitamin D*. Ross AC, Taylor CL, Yaktine AL & Del Valle HB (eds). National Academy of Sciences, Washington, DC.
- Mostafa Kamal SM & Md Aynul Islam (2010). Socio-economic correlates malnutrition among married women in Bangladesh. *Mal J Nutr* 16(3): 349-359.
- Moy FM, Gan CY & Siti Zaleha MK (2006). Eating patterns of school children and adolescents in Kuala Lumpur. *Mal J Nutr* 12(1): 1-10.
- The World Bank (2016). In: *Safe Motherhood and Maternal Health*. From <http://go.worldbank.org/V5EPGZUL40>. [Retrieved May 23 2016].
- World Health Organization (2015). In: *Global Health Observatory: Malaysia Statistics Summary, 2002-present*. From <http://apps.who.int/gho/data/node.country.country-MYS?lang=en>. [Retrieved March 1 2016].

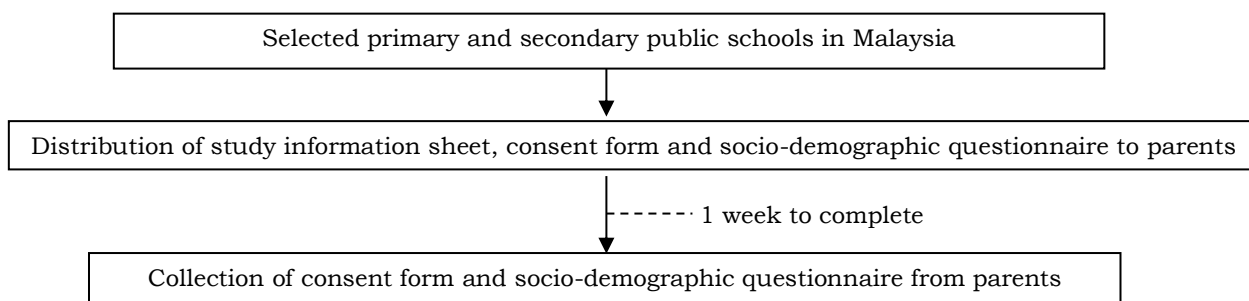
[8-point
font
Bookman
Old
Style, 1.0
spacing,
one
blank
line
between
reference
entries.]

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

Figure: [9-point font Bookman Old Style, 1.0 spacing]



201
202
203
204
205
206
207
208
209
210
211
212
213
214
215
216
217
218
219
220
221
222

Figure 1. Data collection flow

Figure 1. Flowchart of the study