

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

3 **Title of Manuscript**

6 **ABSTRACT**

7 **Introduction:** This is an example of how your abstract should look like. The introduction
8 includes rationale and purpose of the study. For example, the MyBreakfast Study is a
9 comprehensive nationally representative study on breakfast habits among school children
10 aged 6 to 17 years. This study aimed to determine breakfast habits among Malaysian school
11 children. **Methods:** Summary of your methods (study design, analytical methods). Example,
12 this was a cross-sectional study involving primary and secondary school children aged 6 to
13 17 years. Socio-demographic background was obtained from parents through a questionnaire.
14 Breakfast consumption was assessed using a breakfast habits questionnaire (BHQ). Height
15 and weight were measured. Z-scores for BMI-for-age and height-for-age were determined and
16 classified using WHO AnthroPlus software. **Results:** Main findings, example, a total of 8705
17 children had participated in the study, 5581 from primary school and 3124 from secondary
18 school. The proportion of children recruited from the urban and rural area was 68.4% and
19 31.6% respectively. The overall prevalence of overweight and obesity was 14.0% and 14.4%
20 respectively. It was found that 24.6% of the children skipped breakfast at least 3 days per
21 week. **Conclusion:** Key aspects derived from the study. Example, Overall, 1 in 4 children
22 skipped breakfast at least days a week. Interventions to promote regular breakfast
23 consumption should be conducted in schools. The abstract should not be more than 250
24 words.

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

41 INTRODUCTION

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

47

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

55

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

66

67 METHODOLOGY

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

71

72 RESULTS

73 After that you should describe your result. Tables should be numbered consecutively in
74 Arabic numerals in the sequence they are mentioned in the text. Do not put your tables here.
75 Place tables and figures after the References, and not within the main text. Mention, for
76 example, Table 1 shows the socio-demographic characteristics of the children, or majority of
77 the children were of Malay ethnic group (61.1%) (Table 1), or the data collection flow is shown
78 in Figure 1. Put all your tables and figures after references, not here. All statistical notations

79 should be italics, for example, *t* for *t*-test, *F* for ANOVA, *r* for correlation, *N* for population
80 number, *n* for sample number, and *SD* for standard deviation.

81

82 **DISCUSSION**

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

88

89 **CONCLUSION**

90 Then you conclude the findings of the study.

91

92 **Acknowledgement**

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

94

95 **Conflict of interest**

96 Authors need to declare any conflict of interest.

97

98

99

100

101

102

103

104

105

106

107

108

109

110

111

112

113

114

115

116

117

118 **References**

- 119 Blasbalg TL, Hibbeln JR, Ramsden CE, Majchrzak SF & Rawlings RR (2011). Changes in
120 consumption of omega-3 and omega-6 fatty acids in the United States during the 20th
121 century. *Am J Clin Nutr* 93:950-962.
122
- 123 Cole TJ (2006). Sampling, Study Size, and Power. In BM Margetts & M Nelson (eds). *Design*
124 *Concepts in Nutritional Epidemiology* (pp. 64-86). Oxford University Press Inc., New York.
125
- 126 de Benoist B, McLean E, Egli I & Cogswell ME (eds) (2008). *Worldwide Prevalence of Anaemia*
127 *1993-2005: WHO Global Database on Anaemia*. WHO Press, Geneva.
128
- 129 Haller J (2005). Vitamins and brain function. In HR Lieberman, RB Kanarek & C Prasad (eds).
130 *Nutritional Neuroscience* (pp. 207-233). CRC Press, Florida.
131
- 132 Institute of Medicine (2010). *Dietary Reference Intakes for Calcium and Vitamin D*. Ross AC,
133 Taylor CL, Yaktine AL & Del Valle HB (eds). National Academy of Sciences,
134 Washington, DC.
135
- 136 Mostafa Kamal SM & Md Aynul Islam (2010). Socio-economic correlates malnutrition among
137 married women in Bangladesh. *Mal J Nutr* 16(3): 349-359.
138
- 139 Moy FM, Gan CY & Siti Zaleha MK (2006). Eating patterns of school children and adolescents
140 in Kuala Lumpur. *Mal J Nutr* 12(1): 1-10.
141
- 142 The World Bank (2016). *In: Safe Motherhood and Maternal Health*. From
143 <http://go.worldbank.org/V5EPGZUL40>. [Retrieved May 23 2016].
144
- 145 World Health Organization (2015). *In: Global Health Observatory: Malaysia Statistics*
146 *Summary, 2002-present*. From [http://apps.who.int/gho/data/node.country.country-](http://apps.who.int/gho/data/node.country.country-MYS?lang=en)
147 [MYS?lang=en](http://apps.who.int/gho/data/node.country.country-MYS?lang=en). [Retrieved March 1 2016].
148
149
150
151
152
153
154
155
156
157
158
159
160
161
162
163
164
165
166
167
168
169
170
171

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

<i>Characteristics</i>	<i>n</i>	<i>%</i>
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

173

174

175

176

177

178

179

180

181

182

183

184

185

186

187

188

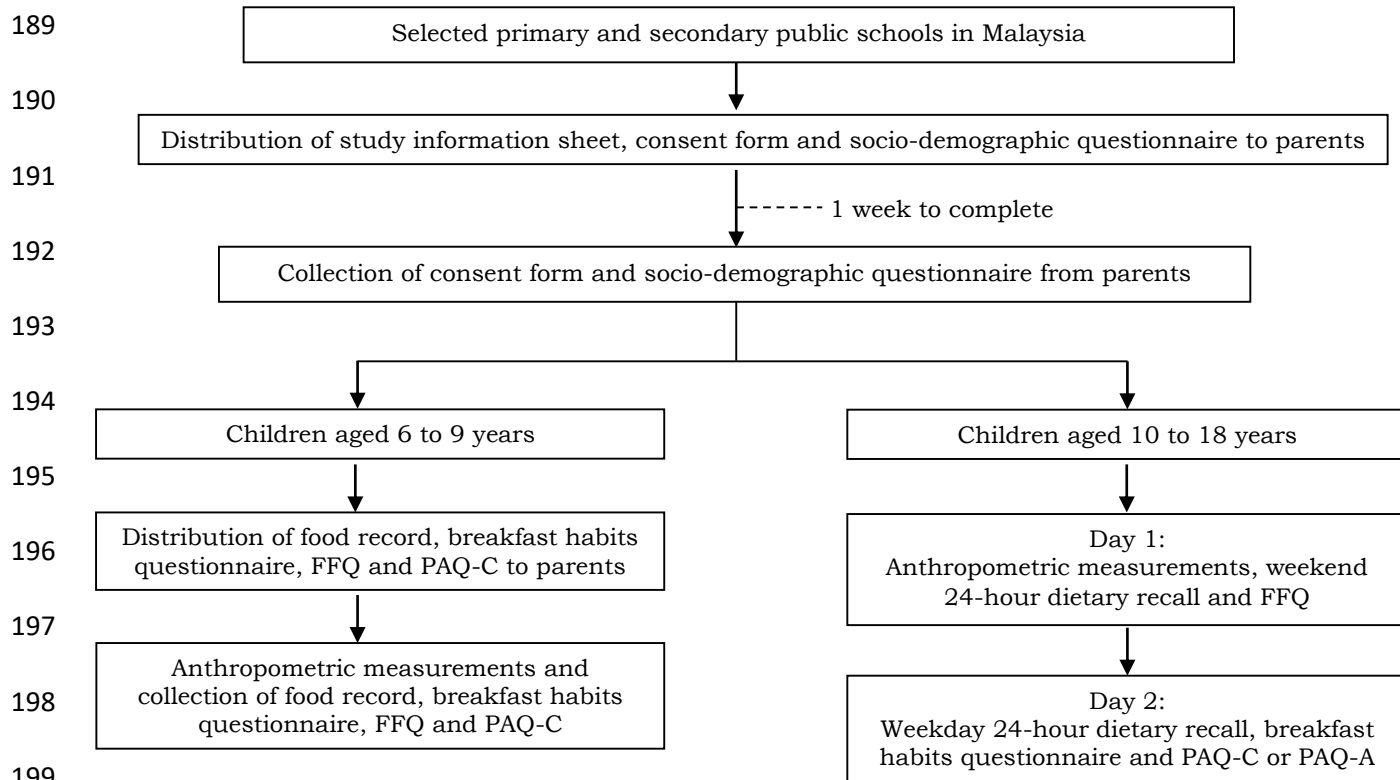


Figure 1. Data collection flow