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Media Gizi Indonesia (MGI) that has been published since 2004 is a scientific journal that provides articles regarding the results of research and the development of nutrition including community nutrition, clinical nutrition, institutional nutrition, food service management, food technology, current issues on food and nutrition. This journal is published once every 4 months: January, May, and September.

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INTRODUCTION TO EDITOR

Media Gizi Indonesia (MGI) is a scientific journal published regularly every 4 months that provides articles regarding the research and the development of nutrition knowledge including community nutrition, clinical nutrition, institutional nutrition, food service management, food technology, and current issues on food and nutrition. Media Gizi Indonesia tries to always present a variety of scientific articles in the scope of Nutrition and Health.

This issue presents a diverse range of studies reflecting the evolving landscape of nutrition science in Indonesia. Topics span food innovations such as nutmeg jam, fermented egg flour, and high-protein snacks—to interventions targeting stunting, anemia, and adolescent nutrition. Behavioral and lifestyle factors are also explored, including athletes' eating habits, elderly dietary patterns, and the role of emotional eating. Several articles highlight community-based and digital strategies—like social media education and game-based learning—to improve nutrition awareness and practices. Together, these studies offer valuable insights into advancing public health nutrition through locally driven, evidence-based approaches.

We do hope MGI scientific journals can leverage the development of a writing culture and communicative scientific studies as well as attract readers and writers to participate in MGI for future issues. Media Gizi Indonesia will maintain its role in providing current, relevant, and topical issues in food and nutrition. Hopefully, the works displayed by MGI can provide benefits and enrich the readers' knowledge.

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Media Gizi Indonesia

(National Nutrition Journal)

Table of Contents

Effect Of Nutmeg Concentration In Nutmeg Jam And Cakes On Acceptability, Nutritional Content And Antioxidant Activity Endang Rumayomi, Anjar Briliannita, Fajar Irianto	88–94
Sensory Analysis of Instant Complementary Food with Fermented Egg Flour Substitution as a Source Of Protein And Selenium In Stunting Children Sonia Kurnia Dewi, Farah Rosyihana Fadhila, Nuryanto, Ani Margawati, Sugiharto, Ninik Rustanti, And Fitriyono Ayustaningwarno	95–106
Hedonic Test and Chemical Quality of Bomboloni Pandan Leaf Flour Addition with Filled Patin Fish Floss as High Protein Snack Athira Demitri, Eka Nenni Jairani, Lutfi Henderlan Harahap	107–115
From Schoolboy Into Full-Time Athlete: Exploring Sleeping Habits and Dietary Intake of Junior Football Players in East Java Anisa Lailatul Fitria, Qizza Salsabila, Heri Purnama Pribadi, Mahda Putri Kusumawardhani, Sasha Anggita Ramadhan, Aprillia Azzahra, Rian Diana, Mahmud Aditya Rifqi, Azizah Ajeng Pratiwi, Dominikus Raditya Atmaka, Tiara Tivany Simangunsong, Asri Meidyah Agustin, Nanang Tri Wahyudi	116–126
Overview of Changing Eating Patterns and the Association with Gender in Adolescent Athletes in Student-Athlete Training Centre DKI Jakarta During Covid-19 Marina Hardiyanti, Mirza Hapsari Sakti Titis Penggalih, Kurnia Maratus Solichah, Ibtidau Niamilah, Nia Bactiar, Naila Alfi Syarifah, Ni Putu Dewi Arini, Akbar Ramdan Listianto, Dian Adinda	127–134
Handgrip Strength and Dash Eating Behavior is Related to Higher Blood Pressure on Pre-Elderly and Elderly in Yogyakarta Adhila Fayasari, Anis Febri Nilansari, Margala Juang Bertorio	135–143
Effectiveness of Educational Media Instagram Reels and Tiktok on Knowledge to Prevent Iron Deficiency Anemia Kartika Pibriyanti, Dewi Sukowati, Qothrunnadaa Fajr Rooiqoh, Ladyamayu Pinasti, Lulu' Luthfiya, Indahtul Mufidah, Fathimah, Amal Fadholah	144–152
Smart Class Innovation Using Tes Duga to Accelerate Stunting Prevention in Agricultural Areas Musviro, Nurul Hayati, Iis Rahmawati	153–158
Evaluating Cadre Support in Maternal Feeding Practices: Influence on Eating Pattern of Children Under Two Ikeu Ekayanti, Reisi Nurdiani, Aulia Dwi Cantika, Nadzifatussyah'diyah, Zuraidah Nasution ...	159–167
Nutritional Intervention in Stunting Children Aged 1-5 Years-old Using Oral Nutritional Supplements (ONS) in Surabaya City Yoppi Yeremia Alexander, Nur Aisyah Widjaja, Roedi Irawan, Meta Herdiana Hanindita, Tausyiah Rohmah Noviyanti, Rino Tryanto Keya, Edi Hermanto, Moh. Bahmid, Iitdrie	168–177

Dietary Quality and Nutritional Status of Adolescents in Rural Areas of Sigi Regency, Indonesia Nikmah Utami Dewi, Sendhy Krisnasari, Kiki Sanjaya, Nurul Aida	178–184
Correlation of Emotional Eating and Nutritional Status among Adolescents in Surabaya Anisah Firdaus Rahmawati, Shintia Yunita Arini, Dominikus Raditya Atmaka, Ardyanisa Raihan Kusuma, Sheila Amara Putri, Mutiara Arsyah Wijanarko Vidianinggar, Norfezah Md Nor, Nadiatul Syima Mohd Shahid	185–190
Working Status, Social Eating and Diet Quality among the Indonesian Productive-Age Population: a Study of the Indonesian Food Barometer Alkanisa Rahma, Helda Khusun, Indah Tasya Kamila, Judhiastuty Februhartanty	191–201
Analysis of Micronutrient Intake, Maternal Weight Gain During Pregnancy, and Passive Smoker on Non-Syndromic Orofacial Cleft Incidence at Harapan Kita Women and Children Hospital Sonya Rosa, Ikeu Ekayanti, Ikeu Tanziha, Muhammad Syafrudin Hak	202–210
A SEM-PLS Analysis of Hypertension Determinants in West Java, Indonesia: Socio-ecological Model Approaches Yayuk Farida Baliwati, Putri Nur Laely, Akifa Laila Rusyda	211–222