

Media Gizi Indonesia

(National Nutrition Journal)

GUIDELINE FOR AUTHOR

Media Gizi Indonesia (MGI) / National Nutrition Journal

Last Updated: September 2025

I. GENERAL GUIDELINES

Papers submitted to the editorial are self-generated papers, scientific, contain contemporary issues and unpublished. To avoid duplication, the editor does not accept papers that are also sent to other journals at the same time for publication.

Each author should attach:

- **Originality Statement Sheet**
A signed statement declaring that the submitted article is original and free from any form of plagiarism.
- **Title Page**
A separate title page containing the title of the article, the full names of all authors, their institutional affiliations, and the corresponding author's contact information (including email address).
- **Proofread Article**
A professionally proofread version of the article must be submitted after acceptance and upon request by the editorial team.

II. FORMAT MANUSCRIPT WRITING

Manuscript should be typed using MS Word program, 1.5 space on A4 paper size with the left should be 4 cm length, while right, top, and bottom margin should be 3 cm length. The font used should be Times New Roman, sizing 16 pt for the title, 10 pt for author's name, 9 pt for author's identity, 11 pt for abstract and main content, and 9 pt for tables and figures. Specifically, for tables, single spaced should be used. The contents of the paper are made in two columns. The length of article should not below 10 pages and should not exceed 15 pages, send both in print-out and softcopy. Authors should also follow the manuscript preparation guidelines.

III. WRITING SYSTEM

Title in English

Author's Name (without degree)

Affiliation, City

Email:

Abstract in English (include keywords)

Introduction

Methods

Results and Discussion

Conclusion and Suggestion

References

Annotation

a. Title and Author's Identity

Title is written as clear, concise, informative, and understandable as possible. The maximum length of the title consists of 20 words. The author's name and identity (affiliation, city), are included

below the title. The name of corresponding author(s) is annotated by marking with numbers and (*) superscript. **For undergraduate thesis, the name of thesis advisor is written as second author.**

b. Abstract and Keywords

Abstracts are written in English in Bahasa Indonesia and in Times New Roman 11 pt, single-spaced. Abstracts consist of no more than 250 words length, written in 1 (one) paragraph. Keywords are written below the abstract, consist of 3-5 specific words that are consistently used in the manuscript. Avoid using quotations and the use of abbreviations in writing abstracts.

Abstracts contain brief information regarding the background of the study, objectives of the study, brief summary of the methods (research design, subject selection, methods of data analysis), results, and discussion (use the most specific data in answering the objectives of the study, along with the signification results of statistical test, if any), conclusion as well as the significance/urgency of obtained conclusion.

c. Manuscript

The core section of a manuscript consists of subtitles: introduction, methods, results and discussions, and conclusion and suggestions.

Introduction

The introduction part comprises the background of the study, research intention, research questions, previous studies and the objectives of the study.

Methods

The methods section consists of the steps completed by the author in doing the research, elaborated completely, yet concisely, begins from research design (including the sampling methods, if any), samples, materials, & tools used, working methods, techniques of data collection, and data analysis.

Methods also include agreement from ethical commission (research involving human subject and/or animal experience).

Results and Discussions

Results of the study provide clear and concise results that are in line with the objectives of the study. The results can be complemented with tables and figures to help explaining the results.

- Number and title of a table are placed above the table and are written in bold. Table numbering is done in sequence. The lines used in table are only in table head and bottom (without column lines) with single space. Further explanations regarding the data on the table, the explanation can be written below the table.
- Number and label of figures are placed below figures and are written in bold. Figures numbering is done in sequence.
- Sources of reference are placed below tables/figures for tables and figures cited from other references (other than research results).

Discussions explains research results, concisely, and clearly. Using relevant arguments to the research topic and answering the research questions. Employ references (other research results or theories) to support the explanation of research. If there is abbreviation, use the standardized abbreviations. The use of abbreviations must be preceded by the extensions first. Foreign terms are written in *Italics*. Numbers written in the beginning of a sentence are written in a word.

Conclusion

Conclusion elucidates important matters discussed in the result and analysis briefly, concisely, clearly, and answers research questions. Conclusion can be completed with suggestions (if necessary).

Acknowledgement (if necessary)

Acknowledgement given to person/institution who have important roles in conducting a research (for example, funders) and/or writing scientific manuscripts and includes explanations whether the research is part of a series of research in thesis/dissertation.

Authors' Contribution

Details of each author's specific contribution to the research and the preparation of the paper. This section is important for transparency, accountability and proper attribution of credit.

References

Writing references refers to the APA Referencing Guide 6th edition. [*Publication Manual of the American Psychological Association*. (6th ed.). (2010). Washington, D.C.: American Psychological Association]. References are arranged systematically and sorted alphabetically according to author's name. Generally, writing references is as follows:

Author, A.A., Author, B.B., & Author, C.C. (year of publication). *Title of publication: sub title*. (Edition [if not the first edition]). City of publication: Publisher.

A minimum of 80% of the literature used comes from 'up to date' sources (published no more than 10 years before scientific papers submitted to MGI). Unpublished sources, such as manuscripts or personal communication cannot be used as references for the writing.

EXAMPLES OF CITATION IN MANUSCRIPT

a. 1 author

Smith (2017) or (Smith, 2017)

b. 2 authors

Smith and Jones (2017) or (Smith and Jones, 2017)

c. 3 or more authors

Smith, et al. (2017) or (Smith, et al., 2017)

EXAMPLES OF REFERENCES WRITING

a. References from books

- Contento, I.R. (2011). *Nutrition Education* (2nd ed.). Sudbury, Massachusetts: Jones and Bartlett Publishers.
- Mahan, L.K., & Raymond, J.L. (2017). *Krause's Food & The Nutrition Care Process*. Canada: Elsevier Health Sciences.

b. Books or reports composed by organizations, associations, or government agencies

Kementerian Kesehatan. (2013). *Hasil Riset Kesehatan Dasar 2013*. Jakarta: Badan Penelitian dan Pengembangan Kesehatan, Kementerian Kesehatan RI.

c. Book chapters on a book that has editors

Brown, J.E. (2011). *Nutrition Through the Life Cycle* (Fourth Edition). Janet Sugarman Isaacs, *Infant Nutrition* (pp. 223 – 225). Belmont, CA, USA: Wadsworth.

d. Conference manuscript – online

Bochner, S. (1996, November). *Mentoring in higher education: Issues to be addressed in developing a mentoring program*. Paper presented at the Australian Association for Research in Education Conference, Singapore. Diakses dari <http://www.aare.edu.au/96pap/bochs96018.txt>

e. Manuscripts from a journal

El-Gilany, A. H., & Elkhawaga, G. (2012). Socioeconomic determinants of eating pattern of adolescent students in Mansoura, Egypt. *The Pan African Medical Journal*, 13, 22. <https://doi.org/10.4314/pamj.v13i1>.

McDonald, C. M., McLean, J., Kroeun, H., Talukder, A., Lynd, L. D., & Green, T. J. (2015). Correlates of household food insecurity and low dietary diversity in rural Cambodia. *Asia Pacific Journal of Clinical Nutrition*, 24(4), 720–730. <https://doi.org/10.6133/apjcn.2015.24.4.14>

Diana, R., Sumarmi, S., Nindya, T. S., Rifqi, M. A., Widya, S., & Rhitmayanti, E. (2017). *Household Income and Unbalanced Diet Among Urban Adolescent Girls. Proceedings of the 4th Annual Meeting of the Indonesian Health Economics Association (INAHEA 2017)*.

f. Thesis/Dissertation – printed version

Hilgendorf, M. (2018). *Assessing Malnutrition In Liver Disease Patients Being Evaluated For Transplant Using The Nutrition Focused Physical Exam* (Unpublished master's thesis). University of Kentucky, Lexington, Kentucky.

Diana, R. (2014). *Pengaruh pemanfaatan pekarangan dan penyuluhan terhadap konsumsi sayur dan asupan gizi rumah tangga dan balita*. Institut Pertanian Bogor.

g. Thesis/Dissertation – web version

Hilgendorf, M. (2018). *Assessing Malnutrition In Liver Disease Patients Being Evaluated For Transplant Using The Nutrition Focused Physical Exam* (Master's thesis, University of Kentucky, Lexington, Kentucky). Diakses dari https://uknowledge.uky.edu/cgi/viewcontent.cgi?article=1065&context=foodsci_etds

h. Web page (if referenced are a few pages on the same web page, use the homepage page)

Statistic Bureau of East Java. (2018). Number and Percentage of Poor, P1, P2 and Poverty Line By Regency / Municipality, in 2017. Retrieved November 22, 2018, from <https://jatim.bps.go.id/statictable/2018/01/15/733/jumlah-dan-persentase-penduduk-miskin-p1-p2-dan-garis-kemiskinan-menurut-kabupaten-kota-tahun-2017.html>

Examples of tables:

Table 1. Characteristics of Patients in Malnutrition and Non-Malnutrition Groups

Karakteristik	Malnutrition (n=70)		Non-Malnutrition (n=233)		Total (n=303)	χ^2	<i>p value</i>
	n	%	n	%			
Sex							
Male	38	54,3	117	52,5	155	0,070	0,790
Female	32	45,7	106	47,5	138		
Age							
<55 years old	48	68,6	151	67,7	199	0,890	0,180
≥55 years old	22	31,4	72	32,3	94		
Education							
Low	24	34,3	51	22,9	75	10,153	0,063
Middle	33	47,1	151	67,7	184		
High	13	18,6	21	9,4	33		

Table 2. Average of Nutrition Intake in Malnutrition and Non-Malnutrition Groups

Nutrition Intake	Malnutrition (Mean ± SD)	Non-Malnutrition (Mean ± SD)	t	<i>p value</i>
Calories	1328,1± 215,3	1482,9± 327,4	2,04	0,032
Protein	43,2±13,1	48,7±17,3	2,47	0,010

Example of a figure:

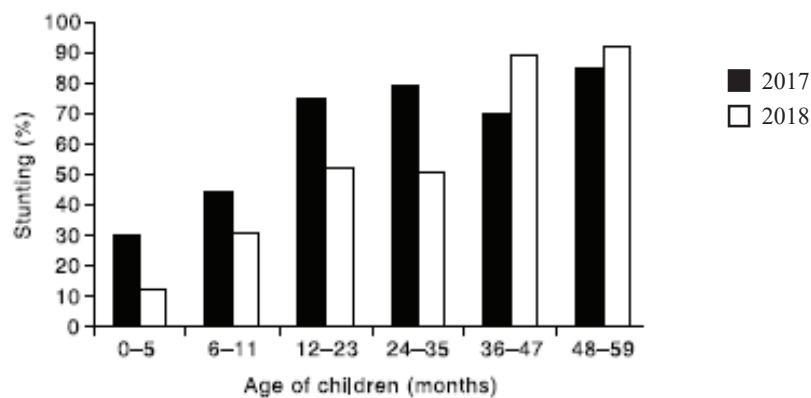


Figure 1. Changes in Stunting Prevalence (%) in Toddlers in Kalimantan

FORMULIR BERLANGGANAN

Jurnal Media Gizi Indonesia

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