



Nutrition Research Role in Health and Well Being of Planet Population

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Abstract

The Abstract should begin on a new page following the title page and be typed in single-spacing to clearly distinguish it from the Introduction. Abstracts should provide a concise overview of all aspects of the study, as most databases primarily display this section. Both Short Communications and Review Articles must include an Abstract.

Keywords

Provide four to eight appropriate keywords arranged alphabetically.

Introduction

Shall start immediately after the Abstract, as the next paragraph, but should be typed in double space.

The Introduction should lead the reader to the importance of the study; tie-up published literature with the aims of the study and clearly states the rationale behind the investigation.¹



Figure 1: Legend for Figure 1 to be typed here

- Images should be High Resolution (300 DPI) in PSD, TIFF, JPEG, PNG Format

- Text within the images should be clear and readable

Materials and Methods

Shall start as a continuation to introduction on the same page. All-important materials used along with their source shall be mentioned. The main methods used shall be briefly described, citing references.²

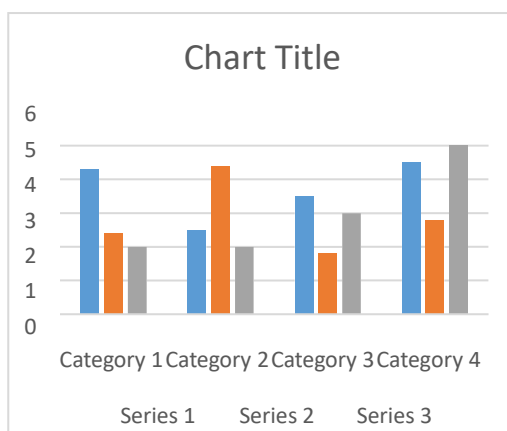


Figure 2: Legend for Figure 2

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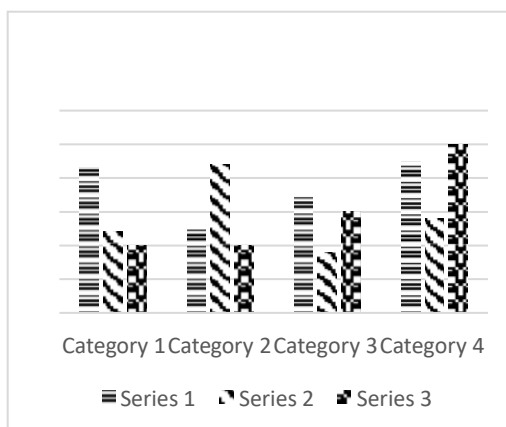
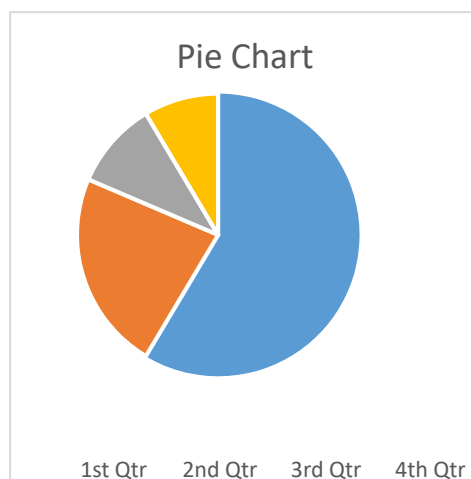
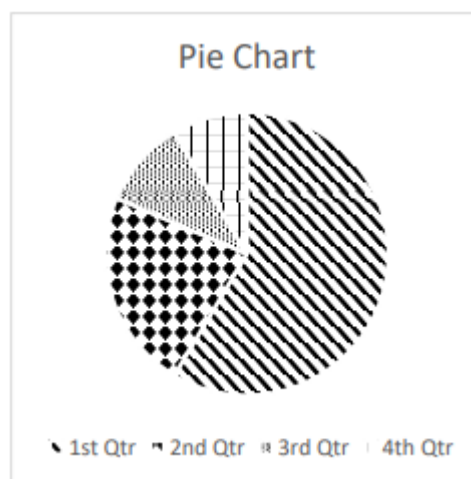


Figure 2: Legend for Figure 2

(Pattern fill makes the images easier to understand after gray scaling for hard copies)



Example 2: Caption for Figure 3
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Example 2: Caption for Figure 3
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Trivial details may be avoided. New methods or substantially modified methods may be described in sufficient detail. The statistical method and the level of significance chosen shall be



clearly stated. Current Research in Nutrition³ and Food Science Journal prefers to publish work that has been subjected to an appropriate statistical test at one level of significance.

Results

All findings presented in tabular or graphical form shall be described in this section. The data should be statistically analyzed and the level of significance stated. Data that is not statistically significant need only to be mentioned in the text – no illustration is necessary.

Example for table

Heading 1	Heading 2	Heading 3	Heading 4
Subheading 1		Subheading 2	
Data	Data	Data	Data
Data	Data	Data	Data
Data	Data	Data	Data
Data	Data	Data	Data
Data	Data	Data	Data

Table 1: Legend for table 1

All Tables and figures must have a title or caption and a legend to make them self- explanatory. Results section shall start after materials and methods section on the same page.

Discussion

This section should follow results, deal with the interpretation of results, convey how they help increase current understanding of the problem and should be logical. Unsupported hypothesis⁴ should be avoided. The Discussion should state the possibilities the results uncover, that need to be further explored.

Conclusion

Proper conclusion is required in all the articles.

Acknowledgement

Acknowledgement will include the acknowledgement to the research team or any entity which has provided help during the work.

Funding Sources

This section will include any funding sources along with the grant number (if any) provided to facilitate the research work.

If there are no funding sources then following statement should be mentioned:

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Authors are required to provide a statement detailing the specific contributions of each author to the manuscript. Each author's contribution to the manuscript should be clearly stated using the



format below. Contributions should reflect the specific roles each author played in the research and writing process.

Example:

- **John Doe:** Conceptualization, Methodology, Writing – Original Draft.
- **Sara Miller:** Data Collection, Analysis, Writing – Review & Editing.
- **Alen Kane:** Visualization, Supervision, Project Administration.
- **Linda Taylor:** Funding Acquisition, Resources, Supervision.

*In case of a single author if the statement is not provided, please use this-

The sole author was responsible for the conceptualization, methodology, data collection, analysis, writing, and final approval of the manuscript.

References

Reference style: AMA (American Medical Association)

1. References should be numbered consecutively in the order in which they are first mentioned in the text (not in alphabetic order).
2. In AMA (American Medical Association) style, "et al." is used when citing a source with more than six authors. The citation should list the first three authors followed by "et al." If there are six or fewer authors, you should list all authors' names.

In-Text Example

Understanding the role of functional foods in health promotion is a key area of research in nutrition.^{1,2} Whole grains have been shown to reduce the risk of cardiovascular diseases.³ Researchers like Brown and Smith,⁴ emphasize the importance of dietary fiber, while others suggest focusing on phytochemicals.⁵

Recent findings have indicated that fermented foods improve gut microbiota composition⁶; however, more longitudinal studies are needed.⁷⁻⁹ Studies by Jackson et al.,¹⁰ have also identified potential benefits of probiotics¹¹; these include improved digestion and enhanced immunity.

The effect of omega-3 fatty acids on reducing inflammation has been well-documented.¹²⁻¹⁵ Some studies,¹⁶ have even linked omega-3 intake with improved mental health outcomes, such as reduced symptoms of depression. Another investigation¹⁷ suggests that incorporating omega-3-rich foods into daily diets could provide holistic health benefits.



Key Points:

- Place superscript numbers immediately after the relevant fact, idea, or quotation. Example: This ingredient is known to enhance shelf life.¹
- Position superscripts outside periods and commas. Example: High temperatures can accelerate spoilage,^{2,3-5,7} but proper storage can mitigate this.
- Insert superscripts inside colons and semicolons. Example: Some researchers store samples in climate-controlled units⁸; others use chemical preservatives.⁹
- For multiple references, use hyphens for a continuous range and commas (without spaces) for separate references. Example: Several studies confirm this finding.^{1,4}
- Use a hyphen (not an en dash or em dash) to indicate a range of references, like 4-8.

Reference Example:

Article Text Citation (Superscript):

Recent studies have shown the impact of dietary fiber on gut health.¹

Reference (AMA Format):

1. Johnson JT, Smith LR, Taylor RP, Walker AG, Bennett CF, Green MJ, et al. Dietary fiber intake and its association with gut microbiota diversity in adults: A systematic review. *J Nutr Sci.* 2023;12(4):345-356. doi:10.1234/jns.2023.012345

In this example:

- "et al." is used after the first 6 authors as per AMA style guidelines when there are more than 6 authors.
- The journal name is italicized, and proper punctuation is maintained.

A DOI is included for electronic access, as recommended in AMA style.

Use the style of the example below:

Example: Journal article (print)

Godhia M. L., Naik N. Altered Lipid Responses to Dietary Interventions in Obesity. *Curr Res Nutr Food Sci Jour.* 2015; 3(1):01-11. DOI: <https://dx.doi.org/10.12944/CRNFSJ.1.1.01>

