

# Malaysian Journal of Nutrition

## Guidelines for submitting manuscripts

The **Malaysian Journal of Nutrition** welcomes manuscripts on all aspects of nutrition in the form of original articles, review articles, case-reports, short communications, book reviews and letters to the Editor. To avoid delays in publication, authors are advised to adhere closely to the instructions below.

All materials submitted for publication is assumed to be submitted exclusively to the Malaysian Journal of Nutrition (MJN) unless the contrary is stated.

Manuscripts must be submitted in English (British English).

All manuscripts submitted must be original and may be submitted electronically to the Editor ([khorgl@medic.upm.edu.my](mailto:khorgl@medic.upm.edu.my)).

Hard copies (original plus 2 copies) of the manuscript should be posted to the mailing address of the Editor provided at the end of these Guidelines. A soft copy of the manuscript will be requested when the manuscript is accepted.

### *Manuscript*

Manuscripts should be typed on ISO A4 paper (210 x 297mm), 12-point font Times New Roman, double-spaced and on one side of the paper. There should be a margin of 2.5 cm on all sides.

The title page should state the title of the manuscript, full first name and surname of each author, authors' departments and institutions, city and country. Also enclose the complete postal address, telephone number, fax number and e-mail address of the author who will be responsible for all correspondences regarding the manuscript.

An abstract not exceeding 250 words in length should be provided. on a page of its own. Make sure the title of the manuscript is included in the Abstract page. Do not include names and other details of author(s) on the Abstract page.

Introduction, Materials and Methods, Results, Discussion, Acknowledgements and References should follow with each section beginning on a fresh page.

### *Citations and References*

Citations and references should follow the Harvard referencing system.

In the text, references are cited by the 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.*

In the Reference section, list the references in alphabetical order. For each reference, all authors' names should be included. Examples of correct forms of references are given below:

#### 1. Journal

Name of the journal abbreviated according to the "World list of scientific periodicals". Do not place full stops between initials.

Chong YH, Tee ES, Ng TKW, Yap SB & Mok SK (1982). A study of the food intake and nutritional

status of the armed forces. *Med J Malaysia* 37:46-51.

## 2. Books and Monographs

Balkan J (1998). *Herbal Remedies*. The Guernsey Press, United Kingdom

De Rose L, Messer E & Millman S (eds) (1998). *Who's Hungry? And How Do We Know?* United Nations University Press, Tokyo

Underwood BA (1998). Prevention of Vitamin A Deficiency. In: *Prevention of Micronutrient Deficiencies*. Howson CP, Kennedy ET & Horwitz A (eds). National Academy Press, Washington D.C.

### **Tables and Illustrations**

Each table should be typed double-spaced on a separate sheet of paper. Tables should be numbered consecutively and should be completely labeled so as to be comprehensible without reference to the text. Omit internal vertical lines.

All illustrations and diagrams should be referred to as figures and numbered consecutively. Each illustration should be on a separate sheet of paper. Submit good quality original or glossy prints for direct reproduction. Photocopies of illustrations are not acceptable.

Roman numerals should be used when numbering tables and illustrations. Tables and illustrations should be kept to a minimum.

### **Units and Abbreviations**

All measurements should be reported using the metric system. Explain any abbreviations unless immediately obvious.

### **Proofs**

The leading author will receive 20 copies of the reprints free of charge. Requests for additional reprints should be made to the Editor MJN. A nominal charge will be levied for each additional reprint.

Editorial correspondence and submission of manuscript should be addressed to:

Professor Dr Khor Geok Lin  
The Editor  
Malaysian Journal of Nutrition  
Department of Nutrition and Dietetics  
Faculty of Medicine and Health Sciences  
Universiti Putra Malaysia  
43400 Serdang, Selangor  
Malaysia

Tel/Fax: 603- 89472460

Email: [khorgl@medic.upm.edu.my](mailto:khorgl@medic.upm.edu.my)

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