

## INSTRUCTION TO AUTHORS

The **International Journal of Food and Nutritional Sciences (IJFANS)** (ISSN: 2319-1775 (Print) e-ISSN 2320-7876 (Online)) is a **Quarterly online free open access published Journal**, which publishes evidence based original research papers, review articles, short-reviews and short communications dealing with all the recent advances on Basic, Clinical Nutrition and Food Sciences. The journal aims to publish the highest quality original research articles dedicated to areas of Food Sciences, Food Engineering, Food Processing, Food Chemistry, Food Biotechnology, Food Microbiology, Clinical Nutrition, General Medicine, Public Health & Hygiene, Community Nutrition, Medical Biochemistry, Health & Nutrition, Food Policy, etc. The papers should preferably be from original and unpublished research. It is expected that submitted manuscript are not submitted anywhere else for publication.

The submitted manuscripts will be peer reviewed. The high quality, scientifically robust manuscripts (not previously published and not under consideration for publication in any other journal) will be considered for publication.

### Preparation of Manuscript

The basic language of Journal is English; hence manuscript should be prepared in English using "MS Word" with 1 inch margin on all sides (Top, Bottom, Left and Right side) of the page. The preferred font is "Times New Roman". The font size should be of 12pt, but main sub headings may be of 14pt (Verdana). All plant and microorganism's scientific names should be written in italic, as suggested by taxonomy. All research articles should be typed 1.5 spacing.

### The manuscript should have the following sections:

- Page1: Title page, Name(s) of Author(s), Affiliations, Corresponding author
- Page 2: Abstract & Key words
- Page 3 onwards: Introduction, Materials and methods, Results and Discussion, Conclusion, Acknowledgement (if any),
- Second Last Page: Ethical Issues/approval and Disclaimer.
- Last Page: References (Vancouver Style)

Language	Page Margin	Text Font Type	Text Font Size	Heading Font Type and Size	Line Spacing	Microorganisms Scientific Names
English	1 inch on all sides	Times New Roman	12 pt	Verdana 14 pt	1.5	Italics as suggested by Taxonomy

## **Title Page**

The title should appear on a separate page, followed by the author name, institution name and complete address by indicating suitable superscripts.

- The full title of the paper without abbreviations. The title should be as clear, brief and informative as possible, specifying the content of the article. You may suggest alternate short title also.

- Full names of all co-authors and their affiliations should be included in title page.
- Mention corresponding author in asterisk mark (\*). Corresponding author contact information (address, telephone, e-mail).

- Paper Title: CAPITAL LETTERS. 14 point type, Bold (Verdana)
- Author(s): First Letter Capital, 12 point type, Bold (Verdana)
- Affiliation(s): Word case, 10 point type (Times New Roman) Corresponding author has the responsibility to ensure that all co authors are aware and approve the contents of the submitted manuscript.

## **Abstract**

Abstract should be provided on a separate page after the title page. Total size of the abstract should not exceed 200 words. It should represent the total paper by providing objectives, methodology and conclusions very briefly. Abstract should be typed in single-space to distinguish it from the Introduction.

## **Key Words**

The keywords should be provided at the end of the abstract. List 4 to 6 relevant key words after abstract. These should be theme of the paper or most commonly used words.

## **Introduction**

The Introduction is a clear statement of the problem, with relevant background most recent literature on the subject, and the proposed approach or solution. It should be understandable to reviewers from a multi-disciplinary area.

## **Materials and Methods**

Area, population, sample size, rationale etc. should be listed. The main methods used should be briefly described, citing references. All important materials and equipments (the manufacturer's name, if possible), the location of the sample should be provided. New methods

or substantially modified methods may be described in sufficient detail. Efforts should be made to mention adaptation or standardization of the methods. The statistical method and the level of significance chosen shall be clearly stated.

### **Results and Discussion**

Results and discussion can be provided separately or combined based on the author's requirement. The results of the work should be clearly stated and illustrated where necessary by tables and figures. The statistical methods used to analyse data and significance level of the factors should be stated wherever necessary. The interpreted results should be explained clearly in discussions and should relate them to the existing knowledge in the field as clearly as possible. Tables, Graphs, photos and figures (Illustrations) should be inserted at the end of the manuscript and should be appropriate numbered and titles with an explanatory heading. Color photographs and illustrations (line drawings, halftones, photos, photomicrographs etc) must be clean originals. Those photographs must be clear and sharp. Digital files are recommended for highest quality reproduction and should follow the following guidelines.

- 300dpi or higher sized to fit journal page
- JPEG, GIF, TIFF and PDF formats are preferred
- Acknowledgement (if any)

### **Conclusions**

Concisely summarizes the principal conclusions of the work and highlights the wider implications. This section should not merely duplicate the abstract.

### **Acknowledgements**

Acknowledgements as well as information regarding funding sources may be provided.

### **References**

Your references should be arranged numerically to match the order in which you have used your sources in the text

<b>Type of source</b>	<b>Format</b>
Book (one author)	Nazni, P. Nutritional Profile of the Pre-School Children. New Delhi: IIFANS Publications; 2013.
Book (two or more authors)	Nazni, P, Katare, C. Changing Behaviour of Pre-School Children. New Delhi: IIFANS Publications; 2013.
Chapter in an edited book	Mangai A. Food intake is a social issue. In: Murali L, Radha A, editors. Food perspectives in Modern India. New Delhi: IIFANS Press; 2013; p. 68-77.
Journal article	Mangai A, Katare C, Nazni P. Lycopene as anti-oxidant in prevention of

	diseases. <i>Int. J Food Nut Sc.</i> 2013; 1 (2): 68-77
Website with Author	Nazni P. The art of Balanced and healthy Food. 2008 [cited 2008 Nov 5]. Available from: <a href="http://www.iifans.org/">http://www.iifans.org/</a>
Website with no author	IIFANS Institute. Acknowledging your sources [academic Integrity page]. No date [cited 2008 Nov 5]. Available from: <a href="http://www.ijfans.com/">http://www.ijfans.com/</a>
Secondary Referencing	Singh has argued, as cited in Murali-Jagadisan 1 1 Murali-Jagadisan N. <i>The Art and Science of Good Food</i> . New Delhi: IIFANS Press; (2008); p.23

### **Tables**

Tables should be typed on a separate page and must be numbered with Arabic numerals in the order in which they are cited in the text. They should have a brief descriptive title placed at the top. Footnotes can be included below the table. Table caption should be 12 point Times Roman italic.

### **Figures**

Should be on separate pages but not inserted within the text. All figures must be referred to in the text and numbered with Arabic numerals in the sequence in which they are cited. Each figure must be accompanied by a legend explaining in detail the contents of the figure and are to be typed under the figures.

### **Legends/Captions for figures**

Text type should be 12 point Times Roman italic (eg; Figure 1. Caption). A caption should be provided for each figure. The legend should be typed into the manuscript, directly beneath the figure. Legends are to be listed in numerical order, labeled as "Figure 1", "Figure 2", etc.

### **Review Article**

Organization of the review article is at the author's discretion and must be at a length of 3000 words excluding references and abstract. Abstract and key words are required. Tables, figures, illustrations and references are to be arranged according to research papers.

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form sign it and can be send as an attachment file through email or by post/courier along with the publication charges.

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Authors involving in the usage of experimental animals and human subjects in their research article should seek approval from the appropriate Ethical committee in accordance with their research samples. The Method section of the manuscript should include a statement to prove that the investigation was approved and that informed consent was obtained.

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