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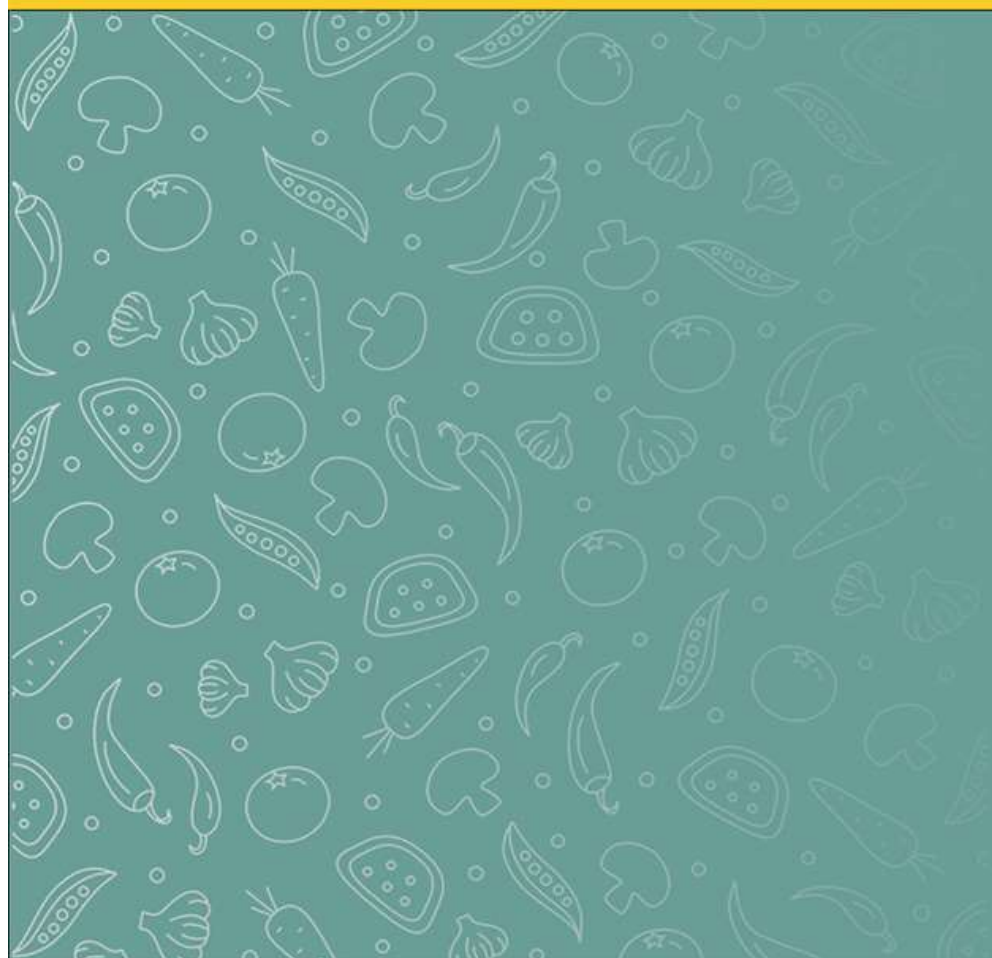


الجمعية الليبية للغذاء والتغذية
Libyan Society for Food and Nutrition



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Food & Nutrition

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EDITORIAL FOREWORD

Praise be to Allah who taught man what he did not know, and peace and blessings be upon the noblest of messengers.

The Libyan Journal of Food and Nutrition continues its publications since the first volume in 2020, issued by the Libyan Society for Food and Nutrition at the Libyan Authority for Scientific Research. The editorial board of the Libyan Journal of Food and Nutrition (renewed for this volume) is pleased to present to researchers and esteemed readers the **fifth volume of the journal for the year 2025**. This issue coincides with the launch of the journal's new website and its accreditation by the **electronic journal platform (DOLJ)** of the Ministry of Higher Education. This publication continues the mission of the association and the scientific journal to enrich knowledge in the fields of food science and nutrition, and to encourage the publication of research that contributes to improving the manufacturing system, food security, and consumer protection in Libya.

First, the editorial board extends its deepest condolences and prayers for the soul of the late **Professor Dr. Ahmed Ashour Ahmed**, former editor-in-chief (the first editor-in-chief and founding member of the journal). The deceased and all members of the original editorial board exerted tremendous efforts and perseverance in establishing and ensuring the success of the journal, and they have our utmost appreciation and respect. This fifth volume, which includes studies in the field of food and nutrition, can form an important link in the research chain for our esteemed readers, deepening their knowledge and strengthening their research sources. This is especially true since it is published as an electronic journal, which, Allah willing, will allow it wider dissemination and faster interaction between researchers and our valued readers. We hope that researchers, whom wish to publish their research in the journal, in either Arabic or English, in its upcoming issues will select their work based on quality, ensuring it is written according to the journal's research guidelines, and that they are mindful of the purpose and role they play. The editorial board and I are pleased to extend our thanks and appreciation to all the researchers whose work has been accepted for publication in this volume. We wish them to continue their research and learning, and we encourage those whose work was not accepted to persevere, research, and focus so that their future research will be of the highest international and scientific standard. While the journal takes pride in the increasing level of submissions from researchers, it reaffirms its commitment to rigorous scientific publishing standards and to continuously developing its peer-review and development mechanisms. This commitment aims to create a reliable knowledge platform that contributes to building nutritional awareness and supporting food and nutrition policies. In conclusion, extending my deepest gratitude and appreciation to all who contributed to the publication of this volume, including researchers, reviewers, and members of the editorial board. We pray that Allah grants us all success in serving science and society, and that this work will be a valuable addition for researchers and those interested in the fields of food and nutrition.

Dr. Ibrahim Greiby Emhemmed

Editor-in-Chief

INSTRUCTIONS FOR AUTHORS

1. The number of pages of the article shall not exceed a maximum of (20) twenty pages, including the list of references, figures, tables and appendices. Except in exceptional circumstances estimated by the editorial board of the journal.
2. The words of the title of the article do not exceed twenty (20) words, including the main and secondary title, and are not less than five (5) words, so that the title expresses the search and is not short until it is not understood or is not long until its meaning is lost.
3. The number of abstract words in Arabic shall not exceed 300 words, and in English language shall not exceed 350 words as a maximum. Key words range from four to seven (4 - 7) words.
4. **An abstract in English** shall be attached to the research presented in Arabic, provided that the translation conforms to the Arabic abstract, and for the research submitted in the English language, **an abstract in Arabic shall** be submitted with it in conformity with the English language summary (including the title of the paper and names of the authors and their Affiliation).
5. The research shall be submitted written in Arabic or English and printed using Microsoft Word, with one spaces and in **(Simplified Arabic) font**, size 14 for Arabic searches, and in Times New Roman, with one spaces, and size 12 for English searches on A4 paper and send it as an electronic copy (Word file) to the E-mail of the journal.
6. The main title of the research **16 Bold** in the middle, the names of the authors **14 Bold** and their affiliation (12) not Bold. The name of the corresponding author, along with his phone number and E-mail address should be written at the bottom of the abstract.
7. Main headings **14 Bold** on both sides of the paper from the right in Arabic and to the left in English. Subheadings **12 Bold** on both sides of the paper, from the right in Arabic and on the left in English (**non-numbering**). All text in the paper must be 14 normal in Arabic and 12 normal in English with the same font type showed previously, with 1 space between the lines.
8. Only the Harvard or American Psychological Association (APA) style should be used for writing or citing references (in a comprehensive manner consistent with the style used for all types of references). The number of references should be no less than 5 and no more than 30, with 80% being recent for original research articles and 90% for technical articles. For systematic review and meta-analysis articles, the number of references should be no less than 60 and the percentage of recent references 70% (except in special cases as determined by the journal's editorial board).
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 - a. The dot (.), the semicolon (;), the hyphen (:), the exclamation point (!), the question mark (?), the dash (-)
 - b. Quotation marks (“ ”), regular parentheses (), square brackets [], and removed text (....) and the join sign (-).

10. Figures and tables are placed in the body of the research directly after referring to it in the text, and so on. Tables are arranged and placed appropriately with text centered inside table cells (with no shadow at any raw or column and text size not less than 10 or more than 12 (especially tables that need to change the **page position to landscape**) and the title is written above the table so that the journal editorial board can properly output the journal. And control of distances (especially the prescribed page margins). Figures are preferred to be drawn using the Excel software to be labeled (at the **bottom of each figure** and not inside it) and numbered with text font size as shown in tables.
11. Conclusions: The number of its words does not exceed 100 words in one paragraph.
12. Thanks and gratitude (optional): Thanks are given to everyone who has supported in research or writing in terms of financial support, printing, and non-essential suggestions. The number of its words does not exceed 50 words.
13. Any attachments could be added: such as data or terms related to the article. But it does not change the meaning and value of the article. But the author sees it as a useful addition to the reader.
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Prepared and reviewed by:

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1/12/2025

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