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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, published by the Libyan Society for Food and Nutrition under the Libyan Authority for Scientific Research, continues its series of issues, which began with the first volume in 2020. The journal's editorial board is pleased to present the sixth volume (2026) to our honored researchers and readers. This release coincides with the renewal of the journal's accreditation by the Ministry of Higher Education's electronic platform for academic journals (DOLJ) for the year 2026. It reflects the ongoing mission of both the Society and the journal to enrich knowledge in the fields of food and nutrition, while encouraging the publication of research that contributes to advancing the food manufacturing sector, ensuring food security, and protecting consumers in Libya.

Editor-in-Chief extends sincere thanks and appreciation to all consultants and members of the editorial board for their dedicated efforts and their steadfast commitment to ensuring the journal's continued publication and success, despite extremely limited resources. This sixth volume contains studies in the fields of food and nutrition that serve as a valuable link in the research literature, helping our readers deepen their knowledge and strengthen their own research foundations. Furthermore, as an electronic journal, it is poised—by the grace of Allah—to achieve a wider reach and foster more rapid interaction among researchers and readers alike. We invite researchers who wish to publish their work—in either Arabic or English—in future issues of the journal to ensure high quality and to strictly follow the journal's research submission guidelines. We also encourage them to remain mindful of the purpose and significance of their scholarly contributions. On behalf of the editorial board, I would like to express our gratitude to all the researchers whose work has been accepted for publication in this volume; we encourage them to continue their pursuit of research and learning. To those whose submissions were not accepted, we urge you to persevere, conduct further research, and refine your focus, so that your future work may reach the highest international and scientific standards. While the journal takes pride in the growing interest from researchers, it reaffirms its commitment to rigorous academic publishing standards. We remain dedicated to continuously refining our peer-review and development processes, striving to create a reliable knowledge platform that contributes to fostering nutritional awareness and supporting food and nutrition policies. Furthermore, we are pleased to note that the journal is currently in the process of applying for an "Arab Impact Factor" and implementing Digital Object Identifiers (DOI)—key steps toward elevating the journal to the highest professional standards.

In concluding, we extend our deepest gratitude to all the researchers who chose this journal to publish their work in this volume. We also express our sincere appreciation to all our reviewers for their diligence and effectiveness in evaluating the submissions, ensuring they are presented in the best possible form. We pray that we may all be guided in our service to science and society, and that this work proves to be a valuable contribution to researchers and those with an interest 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 Pone 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).
9. Taking into consideration how and the importance of using punctuation marks when writing, such as:
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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.
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    b. The article does not infringe upon the rights of others.
    c. Each person whose name is mentioned as an author of the article has contributed their effort in accordance with the scientific principles of copyright.
    d. Upon acceptance of the research for publication, the researcher(s) must sign a document transferring all intellectual property rights related to the research to the Libyan Journal of Food and Nutrition.
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15 - Research Submissions) for publication after scientific review and acceptance) in the Libyan Journal of Food and Nutrition through the website (registration box at the top left of the screen) after registering with the researcher's email address.

Note: Authors must review the detailed explanation of the writing and publication guidelines (and ensure that the research conforms to the publication conditions before uploading it).

Prepared and reviewed by:

Members of the Editorial Board of the Libyan Journal of Food and Nutrition

1/11/2026

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CONTENTS

No.	TITLE	Page
1	**Dietary Habits and Gastrointestinal Symptoms in Ajdabiya: A Cross-Sectional Survey** Faraj Rabeh, Seraj A. Abbas and Mohmed Adrees	1
2	**Development and Sensory Evaluation of Gluten-Free Baked Products: A Comparative Study of Bread, Biscuits, and Pizza** Naji E. Aborus, Ibrahim Greiby, Amal M. Othman, and Amina M. Omran	9

CONTENTS

Arabic Abstracts

ر.م.	العنـــــــــــوان	الصفحة
1	العادات الغذائية والأعراض الهضمية في أجدابيا: مسح مقطعي فرج رابح, و سراج عباس و محمد ادريس	8
2	تطوير وتقييم حسي لمنتجات المخبوزات الخالية من الجلوتين: دراسة مقارنة للخبز والبسكويت والبيتزا ناجي أبوراس، إبراهيم غريبي، أمال م. عثمان، وأمينة م. عمران	26

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