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EDITORIAL FOREWORD

The Libyan Society for Food and Nutrition (affiliated to the Libyan Authority for Scientific Research at the Ministry of Higher Education) is pleased to announce to the researchers that, with Allah's grace and success, the third volume of issue one of the "Libyan Journal of Food and Nutrition" has begun. In the interest of the editorial board not to prolong and delay the publication, it was decided to publish the accepted and ready-to-publish research papers electronically on the journal's website with the final and approved numbering of the volume in each issue. Then, after completing the issue, it will be compiled and published electronically and on paper.

The flame of the "Libyan Journal of Food and Nutrition" continues to accompany researchers specialized in the fields of food and nutrition sciences, illuminating their path, whether they are professors, master's students, doctoral students, or researchers in research centers or scientific institutions in the country. The journal also has a positive impact on the progress of the Libyan Society for Food and Nutrition in achievement most of its objective by supporting scientific research and encouraging researchers.

Praise be to Allah, we have seen a lot of interest and support from readers and researchers since the first release of this scientific journal, as it seeks to occupy an important and prestigious position like other scientific journals, whether paper or electronic, or both, in introducing higher education institutions and various scientific research centers in the Libyan state, for what it contributes. It encourages the production and dissemination of knowledge among interested researchers and stakeholders.

In conclusion, the editorial board of the journal extends its sincere thanks and gratitude to everyone who contributed to the completion of this issue, especially the researchers, the refereed professors, the scientific committee, the editorial board, the secretary, the technical designer of the issue, and the expert professors in the advisory board for their great interest and efforts that contributed to achieving the vision and goals of the magazine. Unlimited determination and persistence to raise the journal to compete with other scientific journals in the same field were obvious from everyone.

Dr. Ahmed Ashour Ahmed;
Editor-in-Chief of the journal

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 250 words, and in English language shall not exceed 300 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 method of **(Harvard) or (American Psychological Association) APA** of References style is used in writing references or referring to them within the research. Provided that the number of references shall not be less than 5 and not more than 30 references **(more than 70% of the references are up-to-date, for the last ten years)**, except in special cases determined by the editorial board of the journal.
9. Taking into consideration how and the importance of using punctuation marks when writing, such as:
 - 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 row 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.
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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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 - The article has not been previously published and will not be re-published after being accepted for publication in LJFN. The article or any part of it may be published with the permission of the Editor-in-Chief.
 - The article does not violate the rights of others.
 - Everyone mentioned his name as the author of the article has participated in an effort according to the scientific foundations of rights.
 - When the research is accepted for publication, the researcher (s) signs the transfer of all property rights related to the research to the Libyan Society for Food and Nutrition.

Editorial Board

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