

1 **Title**

2

3 **ABSTRACT**

4 Abstract should NOT include heading sections such as Background, Purpose, Methods, Results,
5 Conclusion, etc. A single paragraph of the abstract not exceeding 250 words should be prepared.

6 Abstract should describe the purpose, study methods, main findings and the principal
7 conclusion of the study.

8

9 **Keywords:** (not more than five)

10 This journal recommends using MeSH headings as the keywords. Please correct, if possible.

11 <https://meshb.nlm.nih.gov/search>

12

13 **INTRODUCTION**

14 Cite all references within the text by the last name of the first author:

15 [example]

16 Khalid (2002) or (Khalid, 2002)

17 Khalid and Rahman (2002) or (Khalid and Rahman, 2002)

18 Zahoor et al. (2002) or (Zahoor et al., 2002)

19 Zahoor et al. (2002a).../Zahoor et al. (2002b)

20

21

22 **MATERIALS AND METHODS**

23 **Subtitle**

24

25 **Subtitle**

26

27 **Subtitle**

28 The units should be formatted according to the style required by the Pak J Food Sci (e.g., mL,
29 L, μ L, μ g, h, min, s, mL/d, and $^{\circ}$ C, etc.).

30 The important reagents or devices should be provided their manufacturer first time only, e.g.
31 glucose (Sigma-Aldrich Co.). Please put the manufacturer only a second time.

32 1~5 (O), from 1 to 5 (O), but 1–5(X)

33 In case of human or animal studies, the approval of local/national ethical committee or the
34 specific name of the approving authorities and specific approval/ethics number should be stated.

35 Statistical software and significance should be correctly stated.

36

37 **RESULTS AND DISCUSSION (or separately)**

38 **Subtitle**

39

40 **Subtitle**

41

42 **Subtitle**

43 Significance must correspond with Tables and Figures (e.g., $p < 0.05$).

44 A separate conclusion section is not to be used. Conclusions should be incorporated into
45 discussion section.

46

47

48

49 **REFERENCES**

50 References should be formatted according to the style required by the Pak J Food Sci.

51

52 *Journal example:*

53 Khalid N, Shu G, Holland BJ, Kobayashi I, Nakajima M, Barrow CJ. Formulation and
54 characterization of O/W nanoemulsions encapsulating high concentration of astaxanthin. Food
55 Res Int. 2017. 102:364-371.

56

57 *Online journal example:*

58 Khalid N, Shu G, Holland BJ, Kobayashi I, Nakajima M, Barrow CJ. Formulation and
59 characterization of O/W nanoemulsions encapsulating high concentration of astaxanthin. Food
60 Res Int. 2017. 102:364-371. <https://doi.org/10.1016/j.foodres.2017.06.019>

61

62 *Epub ahead of print example:*

63 Khalid N, Shu G, Holland BJ, Kobayashi I, Nakajima M, Barrow CJ. Formulation and
64 characterization of O/W nanoemulsions encapsulating high concentration of astaxanthin. Food
65 Res Int. <https://doi.org/10.1016/j.foodres.2017.06.019>

66

67 *Book example:*

68 Whitney EN, Rolfes SR. Understanding nutrition. 10th ed. Thomson Wadsworth. 2005. p 264-
69 280.

70 Gordon MF. The mechanism of antioxidant action *in vitro*. In: Hudson BJJ, editor. Food
71 Antioxidants. Elsevier Applied Science. 1990. p 1-18.

72

73

74 *Patent example:*

75 Himmelsbach F, Langkopf E, Eckhardt M, Mark M, Maier R, Lotz R, et al. 8-[3-Amino-
76 piperidin-1-yl]-xanthines, the preparation thereof and their use as pharmaceutical compositions.
77 US Patent 9,321,791. 2016.

78

79 *URL (web page) example:*

80 Statistics Pakistan. 2015 Annual report on the statistics for elderly. [cited 2025 Oct 2]. Available
81 from: [https://tradingeconomics.com/pakistan/population-ages-65-and-above-percent-of-total-](https://tradingeconomics.com/pakistan/population-ages-65-and-above-percent-of-total-wb-data.html)
82 [wb-data.html](https://tradingeconomics.com/pakistan/population-ages-65-and-above-percent-of-total-wb-data.html)

83 *Dissertation example:*

84 Zahoor T. Isolation of microbes for industrial fermentation from traditionally fermented
85 soybean products and their characterization. PhD Dissertation. University of Agriculture
86 Faisalabad. 2014.

87

88 *Conference proceedings example:*

89 Khalid AE, Sajid E, Zahoor T, But MS. Processing and quality of acid hydrolysate of soy sauce
90 residue. Proceedings of the 10th Pakistan Society of Food Science and Technologists. 2017 Oct
91 1-Oct 4. p 200.