ORIGINAL RESEARCH ARTICLE

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| Journal Template (African Journal of Nutrition and Dietetics) |
| First A. Author, Second B. Author, and Third C. Author  |
| **ABSTRACT** |
| Introduction: …………………………………………………………………………………………………………………………………………………………….…………………………………………………………………………………………………………………………………………………………………………………….…………………………………………………………………………………………………………………………………..…………………………………………….…………………………………………………………………………………………………………………………………..…………………………………………….Method: …………………………………………………………………………………………………………………………………………………………….…………………………………………………………………………………………………………………………………..…………………………………………….…………………………………………………………………………………………………………………………………..…………………………………………….…………………………………………………………………………………………………………………………………..…………………………………………….Results: …………………………………………………………………………………………………………………………………………………………….…………………………………………………………………………………………………………………………………..…………………………………………….…………………………………………………………………………………………………………………………………..…………………………………………….…………………………………………………………………………………………………………………………………..…………………………………………….Conclusion: …………………………………………………………………………………………………………………………………………………………….…………………………………………………………………………………………………………………………………..…………………………………………….…………………………………………………………………………………………………………………………………..…………………………………………….…………………………………………………………………………………………………………………………………..……………………………………………. **Keywords:**  *At least four alphabetically arranged and in title case.* |

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**Published:** MM DD, YY

**ISSN**: XXXX-XXXX

**DOI**: xxxxxxxxxxxxxxxxxxxxxxx

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# **AUTHOR BIOGRAPHY**

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| **Guidelines for preparing papers for this journal** |
| Paper setup  | A4Font size 10Font type GeorgiaMargins TopBottomLeftRightGutter  |
| Paper title  | Boldcenter alignmentfont size 20single line spacing |
| Author names  | Font size 11Single line spacing |
| Abstract  | Title abstract to be centered and in font size 10Abstract contents to be justified and in font size 9Content should range between 250 to 350 wordsSpacing before paragraph at 6pts while after paragraph 0ptsLine spacing at 1.15Divide contents as specified in the templateKeywords as specified in the template  |
| Affiliation  | Font size 8 & right alignmentZero spacing before and after paragraphSingle line spacing  |
| Paper content  | Font size 10Font type GeorgiaMultiple line spacing at 1.5Zero spacing before paragraph6pts spacing after paragraph First line indentation by 0.36pts |
| Primary headings (heading 1) | Capitalized and center alignment6pts spacing before and after paragraphShould be boldedNumbered using Roman numerical Single line spacing |
| Secondary heading(heading 2) | Number using capital alphabet lettersJustification alignment4pts spacing before and after paragraphMultiple line spacing at 1.5pts  |
| Referencing  | Use APA 7th edition referencing style Hanging indentation by 1.0cmFont size 8Single line spacing |
| Author biography | All authors may choose to include their biographies.Individual biography should not exit 300 words.Author photo may be included (passport size) |
| Tables  | Single line spacingFont size 8Top and bottom border should be double-line Bottom border of first row (heading row) to be single-lineTable label should be placed at the top of the table, centered and capitalizedTable label (single line spacing, no spacing before and after paragraph) |
| Figures  | Figure label to be placed below the figure and in title caseSingle line spacing for labelsFont size 8 and centered |