



INTERNATIONAL JOURNAL OF FOOD STUDIES

Official journal of the ISEKI_Food Association (IFA)

EDITORIAL BOARD

Editor-in-Chief

Cristina L.M. Silva | Catholic University of Portugal | Portugal

Vice Editor-in-Chief

Ferruh Erdogdu | Ankara University | Turkey

Margarida Cortez Vieira | University of Algarve | Portugal

Paulo Sobral | University of São Paulo | Brazil

Associate Editors

Rui Costa | Polytechnic Institute of Coimbra | Portugal

Ferruh Erdogdu | Ankara University | Turkey

Paulo Sobral | University of São Paulo | Brazil

Margarida Cortez Vieira | University of Algarve | Portugal

Tanaboon Sajjaanantakul | Kasetsart University | Thailand

Copyeditors

Richard Marshall | Bath Spa University | United Kingdom

Peter Mitchell | University of Ulster | United Kingdom

Anna McElhatton | University of Malta | Malta

BGI CRP-UCP | Catholic University of Portugal | Portugal

Layout Editors

Jesus Frias | Dublin Institute of Technology | Ireland

Denise Tavares | Portugal

Advisory Board

Anna McElhatton | University of Malta | Malta

Brian McKenna | University College Dublin | Ireland

Dietrich Knorr | Berlin University of Technology | Germany

Elisabeth Dumoulin | Paris Institute of Technology for Life | France

Ferruh Erdogdu | Ankara University | Turkey

Gerhard Schleining | BOKU | Austria

Gustavo V. Barbosa-Canovas | Washington State University | United States of America

Gustavo Gutiérrez-López | National School of Biological Sciences | Mexico

Jorge Oliveira | University College Cork | Ireland

José Manuel Teixeira | Universidade do Minho | Portugal

Jose Miguel Aguilera | Pontificia Universidad Católica de Chile | Chile

Kristberg Kristbergsson | University of Iceland | Iceland

Marco Dalla Rosa | Alma Mater Studiorum University of Bologna | Italy

Margarida Vieira | University of Algarve | Portugal

Mustapha El Idrissi | Mohamed Premier University | Morocco

Pablo Ribotta | School of Exact Physics and Natural Sciences | Argentina

Paul Singh | University of California, Davis | United States

Paola Pittia | University of Teramo | Italy

Peter Ho | University of Leeds | United Kingdom

Pilar Buera | School of Exact and Natural Sciences | Argentina
Sam Saguy | Hebrew University of Jerusalem | Israel
Tanaboon Sajjaanantakul | Kasetsart University | Thailand
Teresa Brandão | Catholic University of Portugal | Portugal
V. Prakash | Central Food Technological Research Institute | India
Venkatesh Meda | University of Saskatchewan | Canada

GUIDE FOR AUTHORS

AIMS AND SCOPE

The *International Journal of Food Studies* (IJFS), a journal of the ISEKI_Food Association, is an international peer-reviewed open-access journal featuring scientific articles on the world of Food in Education, Research and Industry. This journal is a forum created specifically to **improve the dissemination of Food Science and Technology knowledge between Education, Research and Industry** stakeholders. Core topics range from raw materials, through food processing, including its effect on the environment, to food safety, nutrition and consumer acceptance. To enrich this forum the journal is also open to other food-related topics such as food policy and food anthropology.

Original contributions relevant to the following topics will be considered for publication:

- **Education** methods, including Life Long Learning and e-learning;
- **Research and application** in academia, research, industry;
- **Critical reviews of scientific literature** by researchers, students, invited authors;
- **Exchange of views and opinions of a scientific nature** including testimonies on career experiences in Food Industry/Research/Education (required skills, challenges and successes).

TYPES OF PAPERS

Original research, reviews, opinions, testimonies and best practices coming from professionals either from the sectors of Education, Research or Industry are welcome to be published in this journal.

Authors must ensure that the submission has not been previously published, nor is it before another journal for consideration.

Papers accepted for publication become the copyright of the Journal.

AUDIENCE

The *International Journal of Food Studies* is mainly directed to scientists, technologists, researchers, teachers and students working in the food sector.

PERIODICITY

The *International Journal of Food Studies* is published twice per year, since October 2011. All articles are assigned a DOI number (Digital Object Identifier) whereby they become searchable and citeable.

SUBMISSION POLICY

Submission of papers to IJFS must be performed online at <http://www.iseki-food-ejournal.com/ojs/>. After registering, please follow the instructions of the five-step submission process. In “Step 1. Starting the submission” authors must provide three suggestions of possible reviewers. Please see the [Submission Circuit](#) for more details.

The uploaded document will be used in the peer-review process. Please avoid characters like “?*\$” when naming the manuscript file.

The review process will be conducted entirely online and the authors will be notified, whenever their intervention is required.

The manuscripts considered for publication will be published on the IJFS website in the summarized content of each Journal issue (title, authors) with a pdf version which can be downloaded. The Editors reserve the right to adjust style to certain standards of uniformity.

The *International Journal of Food Studies* **does not have article submission or processing charges.**

REVIEW PROCESS

Manuscripts considered to be within the scope of the journal will be reviewed. Authors will receive an acknowledgement of receipt of their manuscripts. After the review process, the corresponding author will receive a decision and recommendations for corrections (if any).

When manuscripts are accepted for publication, final version proofs will be sent to the corresponding author for final review, and any corrections should be returned within a week. No new material may be inserted into the text at this stage.

SOFTWARE AND FORMAT

Microsoft Word 97-2007 is preferred. The text should be in single-column format and formatting codes should be used only when necessary. Please avoid the hyphenation of words using the options of the word processor.

The full length of the article, including text, figures, tables and references should not exceed 6,000 words.

LANGUAGE AND UNITS

All articles should be written in good English - American or British spelling is accepted, as long as consistency is observed. To avoid unnecessary errors, authors are strongly recommended to use the “spelling and grammar check” tools of the word processor employed. Non-English speaking authors who do not have a good command of English are advised to seek assistance from someone who does.

Please follow the internationally accepted rules and conventions and use the international system of units (SI). Please use L for litres, leave a space between units and use superscripts rather than / (e.g.: use mg mL^{-1} instead of mg/ml). Avoid the use of ppm or ppb to indicate solid/liquid concentrations.

MATHEMATICAL FORMULAE

Whenever possible, simple mathematical formulae should form part of sentences. Please use / instead of a horizontal line for small fractions (e.g.: X/Y). Variables should be indicated in italics. Exponential factors should be denoted by exp for equations and E for numbers (e.g.: $10\text{E}-05$).

Mathematical formulae and expressions that have to be displayed separately from the text should be numbered consecutively in parentheses to facilitate their citation in the text. Math Type software or the Microsoft Equation Editor should be used to write these expressions, which should be centred alone, with the respective equation number. The equation numbers should be entered from the keyboard instead of using Math Type software or the Microsoft Equation Editor.

MANUSCRIPT LAYOUT

Manuscripts should be typewritten using Calibri (11 pt) font, 1.5 point-spaced paragraphs, unless stated otherwise. Use margins of 2.5 cm (top, bottom, left and right) and lines must be numbered consecutively throughout the manuscript. Insert running page numbers. Align text to both the left and right margins, unless stated otherwise.

Headings should be typewritten in Calibri (12 pt) bold font and sub-headings in Calibri (11 pt) bold font; align headings and sub-headings to the left.

Between the Introduction and the Conclusions, divide the manuscript into numbered sections (1., 2., 3., ...). Subsections should also be numbered: 1.1., 1.2., ... (then 1.1.1., 1.1.2., ...). All sections and subsections must be followed by a brief title.

Whenever possible, the paper should follow the traditional layout. You can download a template (compatible with Mac and Windows Word 97/98/2000/2003/2007) for your article at [Manuscript Template](#). For further instructions, see below:

TITLE OF MANUSCRIPT

It should be informative and accurate and at the same time trigger the interest of the reader. Title must be typewritten using Calibri (14 pt) bold font and centred.

AUTHORS

For name(s) of author(s), use first and last names in full, with initials for the middle names. The name of institutions with full postal addresses should be added. If authors from several institutions are involved, indicate all affiliations with a lower-case superscript letter after the name of the author and also before the appropriate address. The corresponding author should be identified with an asterisk, and the e-mail address, the respective telephone and fax numbers with country and area code must be provided. Use Calibri (11 pt) font, and align text to the left.

ABSTRACT

A concise summary of the article clearly describing content, significance, objectives, short methodology, findings and conclusions, preferably without references or abbreviations should be provided (up to 250 words maximum).

KEYWORDS: must be provided after the abstract (*6 keywords maximum*).

SHORT TITLE: please provide a short version of the title.

ABBREVIATIONS AND/OR NOMENCLATURE

For manuscripts with a large number of abbreviations, these should be listed and defined after the abstract. All abbreviations must be defined at their first mention in the main text. Consistency of the abbreviations should be maintained throughout the manuscript.

Whenever necessary, the author may add a nomenclature list before the Introduction section.

1. INTRODUCTION

State the main objectives of the work, and provide the motivation, problem identification, and a short adequate literature review. Please avoid presenting a summary of the results in this section.

2. MATERIAL AND METHODS

All the materials and techniques used throughout the work must be described in sufficient detail to allow the reproduction of the work by readers. Methods already published elsewhere should be briefly described, and the original reference must be cited.

This section is not mandatory for papers on “Critical reviews” or “Exchange of views and opinions”. In this case, the authors must indicate the desired name of the corresponding section.

3. RESULTS AND DISCUSSION

The results must be clear, concise and relevant. The repetition of the results presented in figures or tables in the main text should be avoided. Present a well structured discussion with a proper analysis of the data. Avoid extensive discussion of published literature.

This section is not mandatory for papers on “Critical reviews” or “Exchange of views and opinions”. In this case, the authors must indicate the desired name of the corresponding section.

4. CONCLUSIONS

In this section, the authors should state clearly the main conclusions and novelties of the work and give a clear explanation of their importance and relevance. Please avoid the repetitive presentation of results in this section.

ACKNOWLEDGEMENTS

This section should be brief. All organizations or individuals that provided any kind of support to the elaboration of the work should be listed here.

REFERENCES

The references should follow the APA (American Psychological Association) Style. They should be listed alphabetically by the authors’ name, followed by chronological order, if necessary. The authors must ensure that each listed reference is cited in text, and each text citation is listed in the References section. Please avoid excessive referencing.

Please follow the examples listed below.

a) In the text and citations:

- When citing published works, the author's name and the year of publication should be given.

Single author - (Author, year of publication)

Two authors: (Author 1 & Author 2, year of publication)

Three to five authors: (Author 1, Author 2,... , & Author 5, year of publication). Subsequent citations should list only the last name of the first author along with the publication date: Author 1 (1989) or (Author 1 et al., 1989).

Six or more authors: (Author 1 et al., 2001) or Author 1 et al., (2001).

e.g.:

- One author: (Smith, 2005) or Smith (2005), if it fits better in the sentence.
- Two authors: (Ross & Hudson, 2004) or Ross and Hudson (2004).
- Three to five authors: (Striegler, Berg, & Morris, 1996) or Striegler, Berg, & Morris (1996).
Subsequent citations: Striegler (1989) demonstrated ... or ...in a study demonstrating these effects (Striegler et al., 1989).
- Six or more authors: (Altman et al., 2001) or Altman et al., (2001).

- Use a, b, c, following by the year to distinguish papers written by the same author during one year:

e.g.:

- Jones (2004a).
- Jones (2004b).

b) In the list of bibliographic references:

- **Journal**

Author. (Year). Title. *Journal, Volume(Issue), Pages.*

e.g.: Janssen, M., Geeraerd, A.H., Cappuyns, A., Garcia-Gonzalez, L., Schockaert, G., Van Houteghem, N., Vereecken, K.M., Debevere, J., Devlieghere, F. & Van Impe, J.F. (2007). Individual and combined effects of pH and lactic acid concentration on *Listeria innocua* inactivation: development of a predictive model and assessment of experimental variability. *Applied and Environmental Microbiology*, 73 (5), 1601–1611. doi:10.1128/AEM.02198-06

- **Journal supplement**

Author. (Year). Title. *Journal, Volume(Suppl.x), Pages.*

e.g.: Galloway, J.N. (1998). The global nitrogen cycle: changes and consequences. *Environmental Pollution*, 102 (Suppl. 1), 15-24. doi:10.1016/S0269-7491(98)80010-9

- **Electronic source journal**

Author. (Year). Title. *Periodical Title, Volume(Issue), Pages.* Retrieved from URL. doi:

e.g.:

Article with doi: Sanchez, D., & King-Toler, E. (2007). Addressing disparities consultation and outreach strategies for university settings. *Consulting Psychology Journal: Practice and Research*, 59 (4), 286-295. doi:10.1037/1065-9293.59.4.286

Article without doi: Colvin, G. (2008). Information worth billions. *Fortune*, 158 (2), 73-79. Retrieved from <http://search.ebscohost.com/>.

- **Articles in magazines and newspapers**

Author(s). (date of publication). Article title. Journal title, volume number, issue number (if applicable), Pages.

Magazine article, in print

e.g.: Kluger, J. (2008, January 28). Why we love. *Time*, 171(4), 54-60.

Newspaper article, no author, in print

e.g.: As prices surge, Thailand pitches OPEC-style rice cartel. (2008, May 5). *The Wall Street Journal*, p. A9.

Newspaper article, multiple authors, discontinuous pages, in print

e.g.: Delaney, K. J., Karnitschnig, M., & Guth, R. A. (2008, May 5). Microsoft ends pursuit of Yahoo, reassesses its online options. *The Wall Street Journal*, pp. A1, A12.

- **Conference papers and proceedings**

Conference paper as part of a book of proceedings

Author. (Year). *Title*. In (Eds). *BookTitle*. Paper presented at Name of Conference, held at place, city, date (Pages). City: Publisher.

e.g.: Wilkinson, R. (1999). *Sociology as a marketing feast*. In M. Collis, L. Munro, & S. Russell (Eds.), *Sociology for the New Millennium. Papers presented at The Australian Sociological Association, held at Monash University, Melbourne, 7-10 December* (pp. 281-289). Churchill, Victoria: Celts.

Contribution to Conference or Symposium not formally published - electronic version

Author. (Year, Month). *Title*. Paper presented at Name of Conference. Retrieved from URL.

e.g.: Bochner, S. (1996, November). *Mentoring in higher education: Issues to be addressed in developing a mentoring program*. Paper presented at the Australian Association for Research in Education Conference. Retrieved from <http://www.aare.edu.au/96pap/bochs96018.txt>.

Conference Papers: Unpublished

Author. (Year, Month). *Title*. Unpublished paper presented at Name of Conference, City.

e.g.: Portman, J. (2000, January). *Creating bike lanes in big cities*. Unpublished paper presented at The Energy Saving Initiative, Miami, Florida.

- **Book chapter, or article within a book**

Author. (Year). Chapter Title. In (Eds). *BookTitle* (Pages). City: Publisher.

e.g.: Vagenas, G., Drouzas, A., Marinou-Kouris, D., & Saravacos, G. (1990). Predictive equations for thermophysical properties of plant foods. In W. E. L. Spiess & H. Schubert (Eds.). *Engineering and food* (pp. 399-407). London: Elsevier.

- **Complete book**

Author. (Year). *Title*. City: Publisher.

e.g.: Box, G.E.P., Hunter, W.G., & Hunter, J.S. (1978). *Statistics for Experiments: An Introduction to Design, Data Analysis and Model Building*. New York : John Wiley & Sons.

- **Dissertations**

Author (date of publication). *Title*. Institution (if you accessed the manuscript copy from the university collections). If there is a UMI number or a database accession number, include it at the end of the citation.

e.g.: Young, R. F. (2007). *Crossing boundaries in urban ecology: Pathways to sustainable cities* (Doctoral dissertation). Available from ProQuest Dissertations & Theses database. (UMI No. 327681).

- **Site**

Author. (Year, Last Update Date). *Title*. Series Title. Retrieved Date, from URL

e.g.: National Renewable Energy Laboratory. (2008). *Biofuels*. Retrieved May 6, 2008, from http://www.nrel.gov/learning/re_biofuels.html

- **Audio-visual media**

Name and function of the primary contributors (e.g., producer, director). (date). Title, (medium). City of production: name of the distributor.

e.g.:

Videocassette/DVD

Achbar, M. (Director/Producer), Abbott, J. (Director), Bakan, J. (Writer), & Simpson, B. (Producer) (2004). The corporation [DVD]. Canada: Big Picture Media Corporation.

Audio recording

Nhat Hanh, T. (Speaker). (1998). Mindful living: a collection of teachings on love, mindfulness, and meditation [Cassette Recording]. Boulder, CO: Sounds True Audio.

Motion picture

Gilbert, B. (Producer), & Higgins, C. (Screenwriter/Director). (1980). Nine to five [Motion Picture]. United States: Twentieth Century Fox.

Television broadcast

Anderson, R., & Morgan, C. (Producers). (2008, June 20). 60 Minutes [Television broadcast]. Washington, DC: CBS News.

Television show from a series

Whedon, J. (Director/Writer). (1999, December 14). Hush [Television series episode]. In Whedon, J., Berman, G., Gallin, S., Kuzui, F., & Kuzui, K. (Executive Producers), Buffy the Vampire Slayer. Burbank, CA: Warner Bros..

TABLES AND FIGURES

Tables and Figures should be provided individually in the main text of the submitted manuscript, after the reference section.

All Figures and Tables must be numbered, with sufficiently detailed titles to permit clarity without reference to the text. These titles must be typewritten using Calibri (10 pt) font and they must bring some clear additional information to the text.

For each figure, the following information should be provided: Figure number (in sequence, using Arabic numerals - i.e. Fig. 1., 2., 3. etc); short title of figure or detailed legend (if necessary), placed at the end of the illustration. Permission to publish illustrations from other sources, if required, must be obtained by the author before submission and any acknowledgments should be included in the caption. Keep text in the illustrations to a minimum, using the legend to define all symbols and abbreviations used. Do not include titles or captions within your illustrations. Both black and white and colour are acceptable. However, the author should consider the possibility of printing in black and white. After acceptance for publication, the authors should send the Figures in a high quality format, preferentially, using .EPS, .PNG or .TIFF format, if required by the layout editor. Regarding figure dimensions, all illustrations should be designed such that all information is legible at the expected final dimension. It is the author's responsibility to ensure that figures are provided at a sufficiently high resolution to ensure high quality reproduction in the final article.

For each table, the following information should be provided: table number (in sequence, using Arabic numerals - i.e. Table 1., 2., 3. etc); short title of table or detailed legend (if necessary), placed at the beginning of the table. In the preparation of tables, use one table grid for each individual table. Please avoid the use of vertical rules. Whenever necessary, place footnotes below the table body and indicate them with superscript lowercase letters.

ETHICS AND CONSENT

ETHICS IN ANIMAL AND CLINICAL INVESTIGATIONS - Investigations using experimental animals must state in the Methods section that the research adhered to the "[Guide for the Care and Use of Laboratory Animals](#)" (NIH publication #85-23, revised in 1985). Investigation with human subjects must state in the Methods section that the research followed the tenets of the Declaration of Helsinki promulgated in 1964 and was approved by the institutional human experimentation committee or equivalent, and that informed consent was obtained.

OPEN ACCESS LICENSE AGREEMENT

This journal provides immediate open access to its content on the principle that making research freely available to the public supports a greater global exchange of knowledge.

SUBMISSION PREPARATION CHECKLIST

On making a submission to the journal, authors are first asked to check each item on the Submission Preparation Checklist as completed, before proceeding. The checklist also appears in the Author Guidelines, under About the Journal. The list can be edited below, but all items on the list will require a checkmark before authors can proceed with their submission.

1. The submission has not been previously published, nor is it before another journal for consideration.
2. The submission file is Microsoft Word document file format.
3. The text adheres to the stylistic and bibliographic requirements outlined in the [Author Guidelines](#), which is found in About the Journal.
4. The text is single column 1.5 point-spaced and all illustrations, figures, and tables are placed at the end of the text following the references.

COPYRIGHT NOTICE

Authors who publish in the *International Journal of Food Studies* agree to the following terms:

- a) The *International Journal of Food Studies* retain copyright and the authors grant the journal right of first publication with the work simultaneously licensed under a [Creative Commons Attribution License](#) that allows others to share the work with an acknowledgement of the work's authorship and initial publication in this journal.
- b) Authors are able to enter into separate, additional contractual arrangements for the non-exclusive distribution of the journal's published version of the work (e.g., post it to an institutional repository or publish it in a book), with an acknowledgement of its initial publication in this journal.
- c) Authors are permitted and encouraged to post their work online (e.g., in institutional repositories or on their website) prior to and during the submission process, as it can lead to productive exchanges, as well as earlier and greater citation of published work (See [The Effect of Open Access](#)).

PRIVACY STATEMENT

The names and e-mail addresses entered in this journal site will be used exclusively for the stated purposes of this journal and will not be made available for any other purpose or to any other party.