Bulletin of National Nutrition Institute
Arab Republic of Egypt

The Official Publication of the National Nutrition Institute

EDITOR- IN- CHIEF
Prof. Aafaf Abd El-Fatah Tawwifik
Director of National Nutrition Institute

DEPUTY EDITORS
Prof. Mohamed Amr Hussein  Prof. Salah Abd El-Fatah
Prof. Hanaa Hussein El- Sayed

EDITORIAL ASSISTANTS
Prof. Fardous Soliman  Prof. Deena Shehab

EDITORIAL BOARD MEMBERS
Prof. Farouk Shaheen
Prof. Adel Gamal El- Din
Prof. Hoda Abdel Fattah
Prof. Nafissa Eid

INTERNATIONAL ADVISORY BOARD
Prof. Vankatesh Prakesh (India)
Prof. Claudia Parvanta (USA)
Prof. Fre Pepping (Royal Netherlands)
Prof. Mirijana Pavlovic (Serbia)
Prof. Ibrahim El- Madfaa (Austria)
Prof. Geok Lin Khor (Malaysia)

NATIONAL ADVISORY BOARD
Prof. Mohamed El- Khafif
Prof. Hanaa Ismail
Prof. Mohamed El- Gundi
Prof. Ahmed Khorsheid
Prof. Saad Mahmoud Saad
Prof. Ashraf Shaalan
Prof. Mohamed Abdel Salam

REGIONAL ADVISORY BOARD
Prof. Ibrahim Khatib (Jordan)
Prof. Ridha Mokni (Tunisia)
Prof. Nahla Houalla (Lebanon)
Prof. Najat Sarhan (Morocco)
Prof. Sediga Washi (Sudan)
Prof. Yousef Shrek (Libya)

HONORARY ADVISORS
Dr. Khaled El- Madani (KSA)  Dr. Khairiya Moussa (Bahrain)  Dr. Deena Asfour (Sultanate of Oman)

Scope of the Bulletin:
The bulletin is the official publication of the National Nutrition Institute (NNI). It publishes; (original articles, papers, book reviews, case reports, research reports, invited editorials, letters to the Editor, special communications, announcements and upcoming events) in the area of human nutrition in health and disease and related sciences. It is published twice/year.

Principal areas covered are community nutrition, nutrition education, nutrition assessment, psychology of food habits and behavior, hospital dietetics, capacity building in nutrition, food safety, food security, food sciences, biotechnology, anthropology, nutrition biochemistry.

Editorial correspondence:
All articles, general correspondence and enquiries should be addressed to the editorial secretary c/o NNI 16 Kasr El- Aini St.; Kasr El- Aini post office, Cairo, Egypt; Fax: 23647476; Tel: 23643522 – 23646413 – 25324305- 25324307, E-mail : nnibulletin@nni.org.eg.

EDITORIAL SECRETARIAL
Mr. Saleh Mohamed Saleh  Mrs. Dina Hassan

Mail us : nnibulletin@nni.org.eg  Tel: 23643522 – 23646413
Website : www.nni.org.eg  25324305 - 25324307
16 El-Kasr El-Aini St. - Cairo - Arab Republic of Egypt.  Fax: 23647476
Instruction for authors:
Original manuscripts are accepted by researchers (members of the NNI or other professionals) provided that they follow the conditions of the bulletin's publication.

1. Submission of Manuscripts:
Manuscripts are accepted in English or Arabic language and should be accompanied by a brief summary in the other language in a separate sheet. Manuscripts should be type written double spaced in the regular style on one side only of papers size A4. Margins should be 3 cm on each side.

Text should only be left sidedly justified, with font (Times New Roman) and size (14).

2. Layout of Manuscripts:
Manuscripts should be arranged as follows:
1. The title of the article.
2. Authors' names and institutional affiliations.
3. Corresponding author. The name, mailing address, telephone and fax numbers, and e-mail address of the author responsible for correspondence about the manuscript with clear indication whether his or her e-mail address is to be published.

Abstract:
Should be brief (200 words at most) should briefly describe background for study, purpose, goal, objective, subjects, methods, main results, findings, conclusion.

Introduction:
Background including nature and extent of the problem, research purpose, objective or tested hypothesis.

Subjects and Methods:
• Should be described clearly precisely and briefly to enable others to repeat the study experiment.
• Study should be in accordance with ethical standards of research.
• Selection methods/ criteria and exclusion criteria should be described clearly.
• Statistical methods should be briefly and clearly described.

Results:
• Should be represented precisely, usually avoiding repetition and supported by appropriate evidence/ statistics.
• Contents of table should be described in summary but not repeated in text.

Discussion:
• Should contain interpretation of results not summary or repetition of previous results.

Illustration and Tables:
• Four copies of all figures or photographs should be submitted.
• Photos must be high contrast, glossy, black and white or colored of appropriate visible size (10 x 13 cm) with name of author and title of article on back.
• Written consent should be submitted with photos showing identifiable subjects.
• All illustrations should be numbered according to citation in text.
• Table titles should be written above tables and numbered according to citation in text.

References:
Should follow the following order:
• Within the text each reference should be cited using surnames of authors and the year e.g. (Sorour 2003) or (Sorour and Abdel Hafez 2005) or (Sorour et al., 2002).

Reference List:
Should follow the following order:
• Name of author (s) initials as capital letters, title of article, journal, year of publication, volume number, and page number.
• Should be in alphabetical order according to first author.

Responsibilities of Authors:
• Accuracy of all statements and data in manuscript.
• Accuracy of all references.
• Patients consent and all ethical considerations in the study.
• Obtaining permission from authors/ publishers of any previously published material included in manuscript.
• All correspondence about the manuscript is the responsibility of the corresponding author.
• Informed consent from identifiable photos.

Authors should submit:
• 4 copies of manuscript in paper form as well as 2 copies electronic version on CD or floppy disk or e-mail attachments.
• 4 sets of original illustrations clearly labeled.
• Signed manuscript form confirming that the work is original, the manuscript is neither under consideration for publication nor has it been published elsewhere until the decision of its acceptance by the Editors of the Bulletin, nor will it be submitted to any other publisher.
• Authors should also identify 3-10 keywords or short phrases that capture the main topics, ideas or content of the article.

Advertising rates and information:
• Contact Bulletin Secretarial.

Subscription rates for individuals or Organizations Institutes:
• Contact Bulletin Secretarial.

Publishing rates:
• Contact Bulletin Secretarial. (With or without colored illustration).

Submission for publication:
• Implies that it is not being considered for publication elsewhere and has not been published before in any form.
• Once the articles have been accepted for publication they become the sole property of the publisher and any other party should obtain clear written consent from the publisher before publishing them.
In recent decades, new trends have emerged in Egypt, influencing and often challenging the country’s development potential. These include social changes such as rapid population growth, ageing populations, changes in disease patterns, urbanization, and migration as well as changes in poverty trends. They also include environmental changes due to climate change; technology developments; economic shocks such as the food and fuel price crises and the global financial crises between 2008 and 2010; and political turbulence. The resultant changes in lifestyles, food consumption and behavioural patterns have stretched existing resources and support systems at both national and household levels while negatively affecting the nutritional status of many Egyptians. These developments have highlighted the increasing importance of preventive approaches and resilience-building, particularly for nutritionally vulnerable groups and communities.

Further evidence provided on the need for more integrated, multi-sectoral approaches to tackle nutritional challenges. Why multi-sectoral approaches are becoming recognized as a critical part of the long-term solution for nutrition security is because factors contributing to malnutrition emanate from multiple and linked causes including food and water preparation and intake, sanitation practices, access to health services and care practices, institutional and environmental factors amongst others. Ultimately, all causes of malnutrition are rooted in basic or ‘structural’ conditions in the society, including poverty, gender, power structures and governance. These basic conditions in the society are, themselves, determined by the nutritional status of the members of the society! Hence, improved nutrition is not only an outcome of poverty alleviation and social justice it is actually a key driver of these developments!!!

The recent literature also sought to evaluate efforts to combat malnutrition at both global and local levels and highlighted the growing prevalence in low-income and middle-income countries (LMICs) of a “double burden of malnutrition”, where longstanding undernutrition (stunting) coexists with overweight and obesity.

EDITOR IN CHIEF

Prof. Afaf Abd El-Fatah Tawfik