

Malaysian Journal of Nutrition

Vol. 32 No. 1, 2026

Contents

Herbal teas for gastritis: A narrative review and bibliometric analysis of <i>Acorus calamus</i> , <i>Curcuma longa</i> , <i>Zingiber officinale</i> , and <i>Piper betle</i> <i>Anis Fadhlina, Nor Hafizah Zakaria, Fadzilah Adibah Abdul Majid, Hassan Ibrahim Sheikh & Muhammad Afnan Shakir Hairani</i>	1
Comparison of weighing scales for children ages 0 to 59 months in two municipalities in Laguna, Philippines <i>Maria Theresa M. Talavera, Divine Grace C. Domingo, Nancy A. Tandang, Leila S. Africa, Angelina R. Bustos, Daniel G. Salunga & Ellen Ruth F. Abella</i>	19
Home-delivered cooked foods and nutrition education improve weight gain among pregnant women at nutritional risk in Jagakarsa Subdistrict, Jakarta, Indonesia: a pilot study <i>Didit Damayanti, Sa'diah Multi Karina, Kun Aristiati Susiloretni, Iskari Ngadiarti, & Leliyana Nursanti</i>	41
Assessment of nutritional status and nutrient intake of teenage pregnant women in the Philippines <i>Emily O. Rongavilla, Joanne Jette S. Gulay, Eldridge B. Ferrer, Rowena V. Viajar, Georgina S. Caraig & Julieta B. Dorado</i>	53
Differences in infant and young child feeding practices of caregivers in inland and coastal communities in Camarines Sur, Philippines: A cross-sectional study <i>Jeena Sandra R. Manrique-De Hitta, Kim Leonard G. dela Luna, Mildred O. Guirindola & Francesca Lauren F. Vivas</i>	63
Effectiveness of sports nutrition education on knowledge, attitudes, and practices (KAP) scores, eating behaviours, and energy availability among athletes: A scoping review (2015-2024) <i>Muhammad Qasim Raza, Ayu Suzailiana Muhamad & Marilyn Li Yin Ong</i>	75
Rural-urban differences in prevalence and determinants of anaemia among school-aged children in the Philippines <i>Kim Irvin Protacio, Jomaica Yvonne de Joya & Cheder Sumangue</i>	89
Relationships between food environment, general nutrition knowledge, and food preferences among international students in a public university in Malaysia <i>Nurunnisa Kartal Engin, Norhasmah Sulaiman & Gan Wan Ying</i>	105
Associations between food expenditure, food consumption score, food adequacy, and food security level among prison officers in Malaysia <i>Mohamad Zulkefly Mohamad Yusop, Shamsul Azahari Zainal Badari & Nur Aqilah Amalina Jaafar</i>	119