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In this issue

Research Article

Open Access Research Article PTZAID:JFSNT-12-161

Complementary Feeding Practices and Nutritional Counseling: A Cross-Sectional Qualitative Study in Southern Brazil

Published On: September 25, 2026 | Pages: 017 - 023

Author(s): Jéssica Dalla Costa, Cristine Vanz Borges and Débora Fernandes Pinheiro*

Objective: To investigate how complementary feeding practices are implemented and to assess parents' awareness of the importance of professional nutritional monitoring during the complementary feeding period. Materials and methods: A cross-sectional, qualitative study exploring feeding practices and sources of guidance used by parents during the introduction of solid ...

Abstract View Full Article View DOI: 10.17352/jfsnt.000061

Open Access Research Article PTZAID:JFSNT-12-159

Comparative Efficacy of 5-Hydroxytryptophan Delivered via Capsule or Functional Food Bar on Mood, Sleep, and Salivary Cortisol: A Randomised, Double-Blind, Placebo-Controlled Trial

Published On: July 18, 2026 | Pages: 001 - 008

Author(s): Rachel Nye Venter, Robert EC Wildman, Mark Haub, Melissa Kirby Riddell* and Divya Chandradhara

Objective: Poor sleep quality and elevated psychological distress are highly prevalent in young adults. This randomised, double-blind, placebo-controlled, four-arm parallel group clinical trial evaluated the comparative efficacy of 5-hydroxytryptophan (5-HTP) derived from organic Griffonia simplicifolia delivered via a traditional capsule versus a functional food snac ...

Abstract View Full Article View DOI: 10.17352/jfsnt.000059

Review Article

Open Access Review Article PTZAID:JFSNT-12-163

The Limitations of Albumin-Adjusted Calcium in Neonates and Children: Developmental Physiology, Analytical Bias and Diagnostic Reliability

Published On: November 20, 2026 | Pages: 033 - 036

Author(s): Ahmed Osman*, Manivannan Kandasamy, Alan Rice, Stephanie Gill, Salah Mansy and Guna Sameera Chevireddy

Background: Direct ionised calcium represents the biologically active calcium fraction, whereas automated laboratory systems commonly report albumin-adjusted (“corrected”) calcium using the adult-derived Payne equation anchored at an adult albumin target of 40–45 g/L. Because neonates and young infants exhibit physiologically lower and dynamically changing serum album ...

Abstract View Full Article View DOI: 10.17352/jfsnt.000063

Open Access Review Article PTZAID:JFSNT-12-160

Addressing the Impact of Pesticides on the Food Chain for Human and Ecosystem Health

Published On: August 31, 2026 | Pages: 009 - 016

Author(s): Felix Kwabena Donkor*

The SDGs of “zero hunger” (SDG 2) as well as “good health and wellbeing” (SDG 3) are two cross-cutting themes that are vital for humanity to thrive. However, a confluence of factors such as rapid population growth, urbanisation, and poor land use/ agricultural practices has compromised efforts at these noble goals. As the timeline for attaining the SDGs draws closer, ...

Abstract View Full Article View DOI: 10.17352/jfsnt.000060

Literature Review

Open Access Literature Review PTZAID:JFSNT-12-162

Rice Grain Classification using Vision Transformer (ViT) Architecture

Published On: October 21, 2026 | Pages: 024 - 032

Author(s): Shubham Singh*, Sudeep Marwah, Rahul Neware and Akash M Hosamani

Global food security, precise market pricing, and efficient quality control are all hampered by the subjective, labor-

intensive, and error-prone nature of traditional manual classification techniques for rice, a staple commodity. Much research into machine vision and deep learning technologies has been prompted by the growing need for automated, non-destructive, and e ...

Abstract View Full Article View DOI: 10.17352/jfsnt.000062