

COMPANY PROFILE MEDIA GIZI INDONESIA



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Media Gizi Indonesia (MGI) / National Nutrition Journal (ISSN International Centre : p-ISSN 1693-7228 ; e-ISSN 2540-8410) is a scientific journal on nutrition. It is periodically published in January, April, July, and October. MGI also collaborates with Perhimpunan Pakar Gizi dan Pangan Indonesia (PERGIZI PANGAN Indonesia). MGI serves as communication media for disseminating information on research results and literature reviews which focus on community nutrition, clinical nutrition, institutional nutrition, food service management, food technology, and current issues on food and nutrition.

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Vol. 21 No. 3 (2026): MEDIA GIZI INDONESIA



This issue of Media Gizi Indonesia presents fourteen articles spanning policy, community intervention, clinical practice, and molecular research on Indonesia's nutritional challenges. The issue opens with a review of the Free Nutritious Meals (Makan Bergizi Gratis) Program's nutritional impact and food safety considerations, alongside a study on peer educators' role in school-based dietary programs.

Maternal and child nutrition features prominently: father involvement in stunting prevention in rural Brebes, relational resilience and breastfeeding among fishing families in Donggala, a randomized trial on Breast Milk Booster Supplements, a nutrigenomics study linking maternal diet to FAD2/FUT1 gene expression, and validation of the Responsive Feeding KAP Questionnaire. Life-course challenges are addressed through research on adolescent obesity-anemia double burden and saturated fat intake, plus household food waste and sustainability.

The issue closes with food science and clinical contributions: ozone-treated fish floss shelf-life testing, glycemic response to frozen rice, depression and hypertension among elderly care residents, unintentional weight loss in chronic kidney disease, and a functional biscuit's effects on tuberculosis-infected rats. Together, these studies highlight nutrition science's multidisciplinary reach integrating policy, community engagement, molecular biology, and food systems research to address Indonesia's evolving nutritional burdens.

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