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Notification: Submission of revised manuscript



Kotak Masuk



Asia Pacific Journ... 10 Feb

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Dear Dr Ginta Siahaan:

This is a notification from Asia Pacific Journal of Clinical Nutrition.

Thank you very much for your re-submission of "The Effect of Red Bean Cookies' Administration the Blood Calcium and Zinc Levels of Stunting Children Hair" for Asia Pacific Journal of Clinical Nutrition (Manuscript ID: APJCN-375). We will keep you informed of the subsequent matters regarding the manuscript.

Sincerely yours

Asia Pacific Journal of Clinical Nutrition Editorial
Office

The Chinese Nutrition Society
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Chaoyang District 100022,
Beijing China.

Email: apjcn@cnsoc.org

Website: apjcn.cnsoc.org



16.49

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Notification: Manuscript format requires revision



Kotak Masuk



Asia Pacific Journal... 8 Feb

kepada saya



Dear Dr Ginta Siahaan,

Your manuscript, APJCN-375, entitled The Effect of Red Bean Cookies' Administration the Blood Calcium and Zinc Levels of Stunting Children Hair needs to be resubmitted to the Asia Pacific Journal of Clinical Nutrition. It has been unsubmitted because you did not complete all necessary parts of the submission.

kindly refer to this template on the format required for submission. changes needed were also indicated in the previous email, in which was not addressed in this resubmission

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Sincerely,



REVISION 1

The screenshot shows a Microsoft Word document titled "The Effectiveness of Red Bean Cookies Increases Z – Score and Albumin in Stunting Children 13 – 36 Months At Puskesmas Pantai Labu". The authors listed are Efendi S. Nainggolan¹⁾, Ginta Siahaan¹⁾, Urbanus Sihotang¹⁾, and Dameria²⁾. The document includes a running title, a significance statement, and a conflict of interest declaration. The abstract section is highlighted, and several computer points are listed on the right side of the document, such as "Main title must be comprised", "Author must provide a running*", "Author is advised to state about", "Is there any conflict of", "Provide the contribution of", "The abstract of the article must*", and "Kindly rephrase/rewrite the". The status bar at the bottom indicates "Page 2 of 18" and "4788 words".

The screenshot shows the introduction section of the document. The text discusses chronic nutritional problems due to insufficient intake of nutrients ~~in-over~~ a long ~~period-of-time~~ period, such as protein, zinc and calcium will cause stunting. Stunting can occur since the fetus is still in the womb of a mother until the child is 2 years old, which is called the first 1000 Days Of Life [1]. Around the world, around 25% of children under 5 years of age are stunted[2]. Identification of stunting is usually measured based on TB / U ~~and~~ then categorized according to WHO Anthropus 2005, where if the Z-score TB / U < -2 SD then a toddler is said to be stunting-~~Stun~~A stunting state in addition to being considered ~~as~~ a disorder due to nutrient deficiency is also suspected to increase the prevalence of Metabolic Disorders at the time of entering adulthood [3].

Based on the Global Nutrition Report in 2014, Indonesia ranked 17th among 117 countries that have the highest prevalence of wasting , overweight and stunting in toddlers, respectively 12.1%, 11.9% and 37.2%. In 2010, Indonesia was ranked 5th with the largest number of stunting toddlers in the world with a prevalence of 35.6% and then increased in 2013 to 37.2% [4]. While in 2018 there was a decrease to 30.8% but still above the WHO standard value [5].

The incidence of stunting in children under three years (toddlers), can occur

Two computer points are listed on the right side of the document: "Introduction section lack the objective behind the study. Author didn't explain why this research is important. Moreover it must ended with clear objective and purpose of the study." and "Kindly remove brackets and cite reference in super script form at the end of line."

The status bar at the bottom indicates "Page 3 of 18" and "4788 words".

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RESEARCH METHODS

Study Area

Experimental Design

The design of this study is a quasi experimental design with pre and post test only control group design conducted in the working area of Pantai Labu Health

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Center by taking 2 villages, namely Durian Village and Kuba Sentang village. The sample was divided into two groups based on the village after a statistical calculation, namely the treatment group given-giving red bean cookies to as many as 26 people in Durian village and the control group was given cookies without red beans as many as 26 people in the village of Kuba Sentang. This type of design can determine the

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RESULTS

A. Sample Characteristic

Table 1. Frequency Distribution of Sample Characteristics

Sample Characteristics	Treatment		Control	
	N	%	n	%
Gender				
Man	16	61.5	17	65.4
Woman	10	38.5	9	34.6
Age (Month)				
13 - 24	14	53.8	9	34.6
25 - 36	12	46.2	17	65.4

Results shown in Table 1 explains that ~~the~~ most samples in the treatment and control groups were male, 61.5% and 65.4%, respectively. Meanwhile, based on age, the

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B. Nutrient content of cookies with and without red beans in 100 grams of ingredients

Table 2 Nutrient content of cookies with and without red beans in 100 grams of ingredients

Nutrient Content	Cookies without red beans	Cookies with red beans
Carbohydrate (gr)	20	28
Fat (gr)	7,25	24,15
Protein (gr)	2,1	10,3
Zinc (mg)	7,12	69,24
Calcium (mg)	15,07	39,15
Energy (Kcal)	160	172

Source : Chemistry Laboratory FMIPA Brastajaya University 2019

Based on Table 2, results showed that cookies with and without red beans have a fairly high protein content, but red bean substitution causes the protein to increase 3-4 times. While the energy produced does not make too much difference. In cookies with variations of red bean substitution, there was an increase in nutrients, especially in the minerals zinc and calcium.

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C. Mean and Standard Deviation (SD) of nutrient intake before and after giving red bean cookies

Table 3 Distribution of Mean and Standard Deviation (SD) of nutrient intake before and after giving red bean cookies

Indicator	Treatment		P-Value	Control		P-Value	AK G				
	Before	After		Before	After						
Energy (kcal)	1128	2.19	1185	2.04	0.085	1197	4.7	1231	5.02	0.072	1350
Carbohydrate	201	10.7	210	9.63	0.124	195	7.3	204	6.58	0.059	215

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D. Average Z Score and Albumin

The average value of Z - Score and Albumin before and after in the treatment group (giving cookies with red beans) and the average value of Z - Score and Albumin levels before and after in the control group (giving cookies without red beans) were are in Table 4.

Table 4. Average, Minimum and Maximum Values of Body Height, Weight, Z-Score and Albumin

Group	Indicator	Max	Min	Average	SD	p-value
Treatment	Body Height Before (cm)	88.5	66.0	80.05	5.7	0.001
	After	89.5	67.3	81.30	5.5	

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albumin level

normal

Based on Table 6, it showed that giving cookies with red beans (treatment group) for 12 weeks make short toddlers ~~changed-change~~ from 69% to 38% while normal toddlers increased from 31% to 62%. For the examination of blood albumin level, it became low from 65% to 23% while normal albumin levels increased from 35% to 77%. Giving cookies without red beans (control group), there was also a change in the status of short toddlers from 77% to 50%. Meanwhile, on examination of normal blood albumin levels, there was also a change from 38% to 46%.

DISCUSSION

1. Sample Characteristic

In this study, it was obtained based on the age of the sample spread in the age range of 13-36 months in the working area of Pantai Labu Health Center, namely Durian Village and Kubah Sentang Village. The age of 13-36 months is the age when

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it begins to appear that a toddler will experience stunting or not, and when it occurs in the age of toddlers stunting will appear when in the mother's womb or in [15].

The stunting toddlers in the treatment and control groups were dominated by the male sex, for the treatment group it was 61.5% while for the control group it was 65.4%. This **wase** in line with a study conducted by **Kemadi M, 2021 in Boyolali** regency, Central Java, which found that males **were** more likely to experience stunting than females.

2. Red Bean Cookies

Cookies are a type of pastry with a sweet or savory taste, crunchy texture, small shape, made from basic ingredients of wheat flour, butter, eggs and a little milk to give a savory taste that is finalized by roasting [10]. Cookies are also called by other names biscuits, so they are popular with children and adults and can be used as snacks as additional food [13]. At the time of making cookies, it can also be added or substituted with other ingredients such as red beans, tempeh, green beans which are used as flour to be added or substituted for wheat flour [12]. In this study, cookies were added with red beans, which were given to stunting children as much as 5 pieces (100 g/day) for 12 weeks. Cookies with the addition of red beans turned out to be able to increase nutrients **intaken**, such as protein, calcium, zinc and Fe, which are

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Direct citation
Fanoq et al.¹ studied the temperature effect on cuticular hydrocarbons of termite.

Indirect citation
Temperature affects cuticular hydrocarbons of termite¹. Cuticular hydrocarbons can be used to identify termite species².

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Anthropometric measurements with height should be compared with other parameters including age (z-score), so that growth and development can be used as a benchmark for the successful of program, including the provision of additional food such as MODISCO, porridge, cookies and other snacks [17]. Red bean cookies are rich in protein which has functions as a development substances, besides that protein also regulates the body in the formation of new DNA for the body [18]. Protein also functions to secrete and act on the **ostetrophic** hormone IGF-1 so that it is able to dominate the genetic potential in achieving pick bone mass (peak bone mass). IGF-1 affects **bone growth** by stimulating the proliferation and differentiation of chondrocytes in the epiphyseal growth plate and directly affects osteoblasts and will also affect a person's height [16]. Amino acids that is contained in protein can also build bone matrix and affect the matunty of the formation of bone cells [19] [20]. Cookies which are made with added butter and milk also contain casein type protein where this protein is able to increase calcium absorption and mineral retention [21].

In the process of making cookies, it used milk, butter, eggs which are a source of calcium then collaborates with vitamin D to become a homeostatic calcium serum to maintain extracellular calcium ion levels in the normal range and flow calcium to and from reservoir in the bones. Calcium helps mineralization of the matrix of new bone deposits and osteoblast function so that in the presence of calcium, the process

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4. The Effect of Giving Red Bean Cookies on Albumin Levels

The provision of cookies given every day as many as 5 pieces, where each chip weighs 20 grams. Cookies were given for 12 weeks (3 months) in the control and treatment groups. Cookies have an impact on increasing albumin levels. Albumin is the main protein in human plasma and makes up about 60% of the total plasma protein. About 40% of albumin is present in plasma and the remaining 60% is present in the extracellular space [27]. Albumin is one of the parameters that can determine nutritional status disorders [3]. Red bean cookies that are rich in protein content which is obtained from red beans, wheat flour, eggs, milk and butter. These materials are able to contribute to the formation of total blood proteins including albumin, this blood protein is very important because it acts as a nutrient transport facility in the formation of cells needed for growth and development [28]. In addition being a means of transporting tools, blood albumin is also useful in helping metabolic processes and the formation of new tissues in the body such as connective tissue and bone growth [29].

Red bean cookies are rich in zinc which is obtained from red beans and wheat flour. In addition to acting as a cofactor, zinc also plays a role in the synthesis of blood proteins (blood albumin). If the albumin concentration is normal, the transport of zinc in the body will run well so that the work of zinc in the blood obtained from

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of forming new tissues and cells, including increasing height, maintaining immunity so that toddlers can avoid stunting.

CONCLUSION

Red bean cookies, which are rich in protein, zinc, calcium and Fe, were able to increase the Z-Score (TB/U) and blood albumin levels.

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The Effectiveness of Red Bean Cookies Increases Z – Score and Albumin in Stunting Children 13 – 36 Months At Pantai Labu Health Center

Efendi S. Nainggolan¹⁾, Ginta Slahaan¹⁾, Urbanus Sihotang¹⁾, Dameria²⁾

1) ~~Departem~~ent of Nutrition, Medan Health Polytechnic, Ministry of Health, Indonesia
2) Department of Health Public, Prima University, Medan, Indonesia

- Running title: effectiveness, increase z-score, albumin, red bean cookies
- Conflict of Interest: The authors declare no conflict of interest
- LiveDNA: 62.38296*

Abstract

Background and Objective: Stunting is a growth's problem that happens to children caused by lacking some certain nutrients. Stunting based on TB/U index using WHO standard with z-score <-2 SD. This study determine the effect of cookies with and without red beans on TB/U z-score and albumin levels of stunted children aged 13-36 months in Durian and Kuba ~~Serone~~ Village. Materials and Methods: Quasi Experiment id a type of research that is used with Pre and Post test design, the

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Table 6. Distribution of TB status and blood albumin levels

Indicator	Treatment Group				Control Group			
	Before		After		Before		After	
	n	%	n	%	n	%	n	%
Stunting	17	69	11	38	20	77	13	50
Normal	9	31	15	62	6	23	13	50
Blood Albumin level stunting								
Blood albumin level	17	65	6	23	16	62	14	54
normal	9	35	20	77	10	38	12	46

Based on Table 6, showed that giving cookies with red beans (treatment group) for 12 weeks make short toddlers change from 69% to 38% while normal toddlers increased from 31% to 62%. For the examination of -blood albumin level, it became low from 65% to 23% while normal albumin levels increased from 35% to 77%. Giving cookies without red beans (control group), there was also a change in the status of short toddlers from 77% to 50%. Meanwhile, on an examination of normal blood albumin levels, there was also a change from 38% to 46%.

DISCUSSION

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