

The Effect of Beetroot (*Beta vulgaris L.*) Ice Cream on Haemoglobin and Total Protein Levels on Teenage Girl

The image shows a screenshot of a Gmail inbox and an open email. The inbox search results show two emails from donotreply@jnsbm.com with the subject "[jnsbm] Editor Decision" and recipient "Ginta Siahaan". The first email is dated 01/05/2022 and the second is dated 08/04/2022. The open email is the one from 08/04/2022. The email content is as follows:

[jnsbm] Editor Decision

donotreply@jnsbm.com <donotreply@jnsbm.com>
08/04/2022 9:43

To: Ginta Siahaan

Ginta Siahaan:

We have reached a decision regarding your submission to Journal of Natural Science, Biology and Medicine, "The Effect of Beetroot (*Beta vulgaris L.*) Ice Cream on Haemoglobin and Blood Protein Levels on Teenage Girl".

Our decision is: Revisions Required

Following are reviewer's comments. You need to submit revised article within 4 weeks. Address each point of reviewer one by one.

Reviewer A:

Title: The Effect of Beetroot (*Beta vulgaris L.*) Ice Cream on Haemoglobin and Blood Protein Levels on Teenage Girl

In this article, the researchers have checked the effect of beetroot ice cream on Hb and protein levels in teenage girls. My comments for the article are:

Background:

1. Rewrite 2nd paragraph appropriately.
2. According to the authors, Hb and total protein in blood are indicators of nutrient deficiency in young women. My question is "are these indicators for general population also? If not, include indicators in general population as well.
3. Reference in 3rd paragraph is missing.
4. Include the appropriate reason of choosing ice cream as a source of beetroot nutrients. There can be other sources as well.

Methods:

1. Write complete form of WIB.
2. Please mention why the authors chose to give 100g of ice cream daily? Who recommended the amount?
3. The correct abbreviation of gram is "gm". Please rectify wherever applicable.
4. Revise the title of table 1.

Results:

1. Mention clearly, how the authors measured the nutrient intake before and after giving ice cream?
2. The titles of all tables need revision.
3. Complete form of RDA in table 3.
4. In table 4, my suggestion is to include only the mean and remove min and max values. Merge table cells for p-values. Make the table presentable.
5. Table 5 has almost same results as in table 4. Data of table 6 can also be merged in table 4. So my suggestion is to remove table 5 and 6 and merge relevant data in table 4.

Discussion:

1. Rewrite 1st
2. Add some literature on usage of ice cream and why the authors used it as a tool for beet root?
3. Rephrase "Total blood protein is a description of protein degradation in the body where a decrease in protein intake can cause body weight to decrease and cause malnutrition".

Besides above comments, the article needs language rephrasing as well.

Recommendation: Revisions Required

Inbox - Gmail 2

in and Total Protein Levels on Teenage Girl

Results Inbox

Sunday, 01 May 2022

donotreply@jnsbm.com [jnsbm] Editor Decision Ginta Siahaan 01/05/2022

Friday, 08 April 2022

donotreply@jnsbm.com [jnsbm] Editor Decision Ginta Siahaan 08/04/2022

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[jnsbm] Editor Decision

donotreply@jnsbm.com <donotreply@jnsbm.com>
01/05/2022 22:00

To: Ginta Siahaan

Save all attachments

B-Beetroots Ice Cream 2.doc
209,37 KB

B-Beetroots Ice Cream.doc
201,84 KB

Ginta Siahaan:

We have reached a decision regarding your submission to Journal of Natural Science, Biology and Medicine, "The Effect of Beetroot (*Beta vulgaris L.*) Ice Cream on Haemoglobin and Blood Protein Levels on Teenage Girl".

Our decision is to: Accept Submission

[Journal of Natural Science, Biology and Medicine](#)

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The Effect of Beetroot (*Beta vulgaris L.*) Ice Cream on Haemoglobin and Blood Protein Levels on Teenage Girl

Tiar Lince Bakara¹, Rumita², Urhanus Sihotang³, Ginta Siahaan^{4*}

^{1,2,3,4} Department of Nutrition, Medan Health Polytechnic of Ministry of Health, Indonesia
*Email: ginsiahaan@gmail.com

ABSTRACT

Background: Adolescents with various problems, such as diet that can cause underweight and anemia. The problem of anemia can be overcome by giving ice cream as an additional food and is very popular with young girls. **Aim:** This study aim to know the effect of giving beetroot ice cream on Haemoglobin and blood protein levels among adolescent girls. **Method:** Research design is quas-experimental with pre and post test design. The samples were divided into 2 groups of giving ice cream with and without the addition of beets, each totaling 35 people. Each group was given 100 grams of ice cream for 30 days during school hours. Data analysis was carried out by using paired sample T-test and inpaired T-test with data that were normally distributed. **Results:** The results showed that the average Hb level before treatment was 11.09 and the average Hb level after treatment was 13.49. The average blood total protein before treatment was 5.86 and the average total protein content after treatment was 6.73. The Hb level before in the control group was 11.23 and the average Hb level after in the control group was 11.78. The average total protein content before giving ice cream to the control group was 5.45 and the average total protein content after giving ice cream to the control group was 6.41. **Conclusion:** Beetroot ice cream can affect Hb levels and total protein levels, while the regular ice cream only affect the total protein levels.

Keywords: Ice Cream, Beetroot, Total Protein, Haemoglobin

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