

Food and Nutrition Sciences



ISSN: 2157-944X



<https://www.scirp.org/journal/fns>

Journal Editorial Board

ISSN Print: 2157-944X ISSN Online: 2157-9458

<https://www.scirp.org/journal/fns>

Editor-in-Chief

Prof. Alessandra Bordoni

University of Bologna, Italy

Associate Editors-in-Chief

Prof. Xufeng Huang

University of Wollongong, Australia

Prof. Michael G. Kontominas

University of Ioannina, Greece

Editorial Board

Prof. Hülya Çiçek

Gaziantep University, Türkiye

Dr. Ammar Mohammed Hamood AL-Farga

University of Jeddah, Saudi Arabia

Dr. Kayanush J. Aryana

Louisiana State University, USA

Dr. Lauri O. Byerley

Louisiana State University, USA

Dr. Daniel Cozzolino

The University of Adelaide, Australia

Dr. Amira Muhammad Galal Darwish

City of Scientific Research and Technological Applications (SRTA City), Egypt

Prof. Kelvin J. A. Davies

University of Southern California, USA

Dr. Amith R. Devireddy

University of Missouri, USA

Prof. Asim K. Duttaroy

University of Oslo, Norway

Prof. Yousif Abd El-Aziz Abdou Elhassaneen

Minoufiya University, Egypt

Dr. Anthony Fardet

Institute National de la Recherche Agronomique (INRA), France

Prof. Tomas Girbes

University of Valladolid, Spain

Dr. Beau K. Greer

Sacred Heart University, USA

Dr. Jeffrey S. Hampl

Arizona State University, USA

Prof. Yong He

Zhejiang University, China

Dr. Kimberly B. Heidal

East Carolina University, USA

Prof. Yu Huang

Chinese University of Hong Kong, China

Dr. Jose C. Jimenez-Lopez

Spanish National Research Council (CSIC), Spain

Dr. Jagat R. Kanwar

Deakin University, Australia

Dr. Dalia El Khoury

University of Guelph, Canada

Prof. Patricia A. Kruk

University of South Florida, USA

Dr. Jean-Claude Lavoie

University of Montreal, Canada

Dr. Francisco Sánchez Montero

College of Nutrition Professionals of Costa Rica, Costa Rica

Dr. Francisco Javier Moreno

Autonomous University of Madrid, Spain

Prof. Hasan Mukhtar

University of Wisconsin, USA

Dr. Maurice O'Sullivan

University College Cork, Ireland

Dr. Mustafa Zafer Ozel

The University of York, UK

Dr. Uma Devi Palanisamy

Monash University, Sunway Campus, Australia

Prof. Young W. Park

Fort Valley State University, USA

Dr. Salina Parveen

University of Maryland Eastern Shore, USA

Dr. Jayadev Raju

Health Canada, Canada

Prof. Sherif Sabry

Menoufia University, Egypt

Prof. Charles R. Santerre

Purdue University, USA

Dr. Heidi J. Silver

Vanderbilt University, USA

Prof. Jesus Simal-Gandara

University of Vigo, Spain

Prof. Linda G. Snetselaar

The University of Iowa, USA

Dr. Lucy Thairu

Touro University, USA

Dr. Brijesh Kumar Tiwari

Manchester Metropolitan University, UK

Prof. Alan C. Tsai

Asia University, Chinese Taipei

Prof. Edwin Edward Kadima Wamukoya

Masinde Muliro University of Science and Technology, Kenya

Dr. Thomas T. Y. Wang

Johns Hopkins University, USA

Dr. Jack Wing Tak Wong

Stanford University, USA

Table of Contents

Volume 17 Number 4

April 2026

Practice of Exclusive Breastfeeding: A Narrative Review of Its Relevance and Added Value as a Public Health Strategy to Reduce the Double Burden of Malnutrition

M. E. Kabassina, T. Souho, D. Bomboma, E. K. Aglago, E. Compaoré, A. E. Abli, S. K. Amouzou.....375

Tuber Crops Consumption and Increased Incidence of Solitary Thyroid Nodules among Women Living in Karunagappally, Kerala, India

A. Nandakumar, A. Sreekumar, J. P. Amma, S. Akiba, C. Koriyama400

Food and Nutrition Sciences (FNS)

Journal Information

SUBSCRIPTIONS

The *Food and Nutrition Sciences* (Online at Scientific Research Publishing, <https://www.scirp.org/>) is published monthly by Scientific Research Publishing, Inc., USA.

Subscription rates:

Print: \$89 per copy.

To subscribe, please contact Journals Subscriptions Department, E-mail: sub@scirp.org

SERVICES

Advertisements

Advertisement Sales Department, E-mail: service@scirp.org

Reprints (minimum quantity 100 copies)

Reprints Co-ordinator, Scientific Research Publishing, Inc., USA.

E-mail: sub@scirp.org

COPYRIGHT

Copyright and reuse rights for the front matter of the journal:

Copyright © 2026 by Scientific Research Publishing Inc.

This work is licensed under the Creative Commons Attribution International License (CC BY).

<http://creativecommons.org/licenses/by/4.0/>

Copyright for individual papers of the journal:

Copyright © 2026 by author(s) and Scientific Research Publishing Inc.

Reuse rights for individual papers:

Note: At SCIRP authors can choose between CC BY and CC BY-NC. Please consult each paper for its reuse rights.

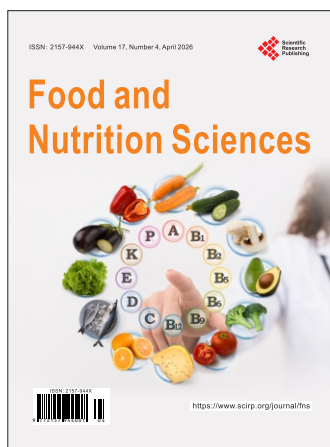
Disclaimer of liability

Statements and opinions expressed in the articles and communications are those of the individual contributors and not the statements and opinion of Scientific Research Publishing, Inc. We assume no responsibility or liability for any damage or injury to persons or property arising out of the use of any materials, instructions, methods or ideas contained herein. We expressly disclaim any implied warranties of merchantability or fitness for a particular purpose. If expert assistance is required, the services of a competent professional person should be sought.

PRODUCTION INFORMATION

For manuscripts that have been accepted for publication, please contact:

E-mail: fns@scirp.org



Call for Papers

Food and Nutrition Sciences

ISSN Print: 2157-944X ISSN Online: 2157-9458

<https://www.scirp.org/journal/fns>

Food and Nutrition Sciences (FNS) is an international journal dedicated to the latest advancements in related areas. The goal of this journal is to keep a record of the state-of-the-art research and to promote study, research and improvement within its various specialties.

Subject Coverage

All manuscripts submitted to FNS must be previously unpublished and may not be considered for publication elsewhere at any time during FNS's review period. Additionally, accepted ones will immediately appear online followed by printed in hard copy. Topics to be covered by this journal include, but are not limited to:

- Animal Nutrition
- Antioxidants and Phytochemicals in Food
- Byproducts Processing and Utilization
- Calorie Intake and Consumption
- Carbohydrates and Fibers
- Clinical Nutrition
- Consumer Choice, Preferences, and Concerns
- Diets and Diseases
- Eating Disorders
- Food Chemistry, Engineering and Microbiology
- Food Conservation and Preparation
- Food Machinery
- Food Packaging
- Food Processing Technology
- Food Safety and Hygiene
- Food Science and Technology
- Grain and Oil Engineering
- Healthy Eating Initiatives
- Hormonal Regulations
- Malnutrition
- Maternal and Infant Nutrition
- Metabolism and Nutrition Physiology
- Molecular Gastronomy
- Nutrient Metabolism
- Nutrition and Immunology
- Obesity
- Proteins and Amino Acids
- Public Health Nutrition
- Sensory Analysis
- Sports Nutrition
- Vitamins and Minerals

We are also interested in short papers (letters) that clearly address a specific problem, and short survey or position papers that sketch the results or problems on a specific topic. Authors of selected short papers would be invited to write a regular paper on the same topic for future issues of FNS.

Notes for Intending Authors

Submitted papers should not have been previously published nor be currently under consideration for publication elsewhere. Paper submission will be handled electronically through the website. All papers are refereed through a peer review process. For more details about the submissions, please access the website.

Website and E-Mail

<https://www.scirp.org/journal/fns>

E-mail: fns@scirp.org

What is SCIRP?

Scientific Research Publishing (SCIRP) is one of the largest Open Access journal publishers. It is currently publishing more than 200 open access, online, peer-reviewed journals covering a wide range of academic disciplines. SCIRP serves the worldwide academic communities and contributes to the progress and application of science with its publication.

What is Open Access?

All original research papers published by SCIRP are made freely and permanently accessible online immediately upon publication. To be able to provide open access journals, SCIRP defrays operation costs from authors and subscription charges only for its printed version. Open access publishing allows an immediate, worldwide, barrier-free, open access to the full text of research papers, which is in the best interests of the scientific community.

- High visibility for maximum global exposure with open access publishing model
- Rigorous peer review of research papers
- Prompt faster publication with less cost
- Guaranteed targeted, multidisciplinary audience



Website: <https://www.scirp.org>
Subscription: sub@scirp.org
Advertisement: service@scirp.org