

## **Editorial Introduction**

### Pr. Meghit Boumediene KHALED

Department of Biology, Faculty of Life and Natural Sciences, Djillali Liabes University, P.O. Box 89, Sidi-Bel-Abbes, Algeria

E-mail: khaled@najfnr.com Tel: +213 551 152 261

On behalf of the Editorial Board, I am delighted to announce the launch of Volume 5, Issue 12 with a series of new original research papers, review articles, and short communication on food science, women health, nutrition program, the health of adolescents, and university students' food behavior, and functional foods. New outstanding papers addressing recent and novel advances related to human nutrition and food science. "The North African Journal of Food and Nutrition Research (NAJFNR)" is an open access and international peer-reviewed journal, which publishes original (not previously published) work of exceptional quality and interest and which intends to give a wide-ranging coverage of research, views, and reviews on nutrition and its effects in relation to human health and disease. The NAJFNR will include all nutrition field research in humans and various disease model organisms and will be of interest to the basic researcher as well as to physicians, scientists, and clinicians.

Sixteen (16) main specialties are involved:

- Food Composition and Dietary Intake Assessment;
- Epidemiology, and the Prevalence of Related Disorders such as Obesity, Diabetes, Dyslipidemias, etc.;
- Biochemistry and Cellular Metabolism of Nutrients;
- Dietary Strategies and Nutrition Education;
- Food Security and Challenges;
- Food Behavior and Quality of Life;
- Public Health Policy & Health Economics;
- Nutrition and Cancer;
- Food Chemistry and Engineering;
- Human and Clinical Nutrition;
- Food Processing and Packaging;
- Nutrition, Physical Activity and Sport;
- Infant, Child, and Adolescent Nutrition;
- Nutrition and Immune-regulation;
- Nutrition and Reproduction;
- Food Environment and NCDs;

The NAJFNR is published online with an option for open access. All articles will be promptly peer-reviewed by leading experts. We expect NAJFNR to attract manuscripts of the highest quality in order to be of the greatest possible benefit to its readers.

In this journal, we offer an opportunity for scientists across various disciplines in human nutrition and metabolism to share their knowledge and expertise with a wider range of audiences. All articles will be accessible without any access boundaries to all internet users worldwide. The journal will certainly be competing head-on with a number of existing subscription-based journals but clearly, there is a niche for this new journal.

The NAJFNR is following the International Committee of Medical Journal Editors (ICJME) recommendations http://www.icmje.org/journals-following-the-icmje-recommendations/#N and is under the Creative Commons Attribution 4.0 International license (CC BY 4.0).

## Pr. Khaled M.B.

Editor-in-Chief and Founder

The North African Journal of Food and Nutrition Research

https://www.najfnr.com Published online: 28/12/2021



Making Nutrition a Development Priority in Africa

#### Contents lists available at:





elSSN: 2588-1582

# **Table of Content**

July - December: 2021: Volume 5: Issue 12. p 53-151

#### **Review Article**

Ziziphus lotus (L.) Lam. plant treatment by ultrasounds and microwaves to improve antioxidants yield 53-68 and quality: An overview

https://doi.org/10.51745/najfnr.5.12.53-68

Berkani, F., Serralheiro, M. L., Dahmoune, F., Mahdjoub M., Kadri, N., Dairi, S., Achat S., Remini, H., Abbou, A., Adel, K., & Madani, K.

## **Original Article**

Effect of virgin olive and Pistacia lentiscus oils fortified with tomato lycopene on biochemical parameters 69-74 in Wistar rats

https://doi.org/10.51745/najfnr.5.12.69-74

Aidoud A., Elahcene O., Abdellaoui Z., Yahiaoui K., & Bouchenak O.

#### **Short Communication**

Determination of the mineral profile of raw and roasted lentil flour after addition to yogurt 75-78 https://doi.org/10.51745/najfnr.5.12.75-78

Benmeziane-Derradji F., Aoufi D., Ayat N-E-H., & Djermoune-Arkoub L.

#### **Review Article**

Visualization of nutrient-related clinical guidelines childhood 79-92 practice in https://doi.org/10.51745/najfnr.5.12.79-92

Antonogeorgos, G., Bathrellou, E., Kouvari, M., Mamalaki, E., Poulimeneas, D., Yannakoulia, M., Panagiotakos, B. D.

## **Original Article**

Sleep quality and its relationship with climacteric symptoms and quality of life in women on menopausal 93-99 transition

https://doi.org/10.51745/najfnr.5.12.93-99

Senouci A., Benharrat L. I., Zemmour A., Benhabib W., & Mekki K.

#### **Mini-Review Article**

Farm-to-school nutrition programs with special reference to Egypt and Morocco

100-104

https://doi.org/10.51745/najfnr.5.12.100-104

Hanel T., Miller B., Aboul-Enein B.H, Benajiba N. & Kruk, J.

## **Original Article**

Effect of traditional processing methods on protein digestibility and chemical constituents in seeds of 105-111 Bauhinia petersiana

https://doi.org/10.51745/najfnr.5.12.105-111

Vengesai A., Nyanga L. K., & Chidewe C.

#### **Review Article**

Determinants of overweight and obesity among adolescents in Zimbabwe: A scoping review

112-121

https://doi.org/10.51745/najfnr.5.12.112-121

Pencil A., Matsungo T. M., & Hayami N.

v	ew	, ,	rti	

Ziziphus lotus (L.) Lam. plant treatment by ultrasounds and microwaves to improve antioxidants yield and quality: An overview

https://doi.org/10.51745/najfnr.5.12.122-129

Aktaç, S., Kundakçı S., & Güneş, F.E.

## **Original Article**

Beetroot juice: effects on blood pressure, intraocular pressure, and ocular vessel density in healthy adults

https://doi.org/10.51745/najfnr.5.12.130-138

Randolph, B., Cisarik, P. M.

## **Review Article**

*Talbina* as a functional food and a source of health-beneficial ingredients: a narrative review 139-151 https://doi.org/10.51745/najfnr.5.12.139-151

Lahouar, L., Achour, L., & Latiri, I.