Ministry of Science, Research & Technology
Iranian Research Organization for Science and Technology

Innovative Food Technologies (IFT)

Guide for authors

General considerations

• The submitted manuscript must be original and innovative and based on original researches in applied and engineering fields and especially, looking at innovative fields in the food industry.
• It is requested to send the manuscript only through the website of the journal at the address http://jift.irost.ir. Manuscripts can be submitted as a *research paper*, *review paper* or *short communication*.
• For the *review papers*, at least three relative papers must have been published by the corresponding author in the past.
• Submitted manuscripts must be the result of the author(s) research and not submitted to another journal at the same time.

Journal scope

• Food engineering,
• Innovative producing and packaging processes,
• New extraction and purification methods,
• Application of nanotechnology in the food industry,
• Application of biotechnology in food processes,
• Low/ high temperature processes,
• High pressure processes,
• Emerging technologies (such as encapsulation, ultrasound assisted methods, membrane separations, irradiation, etc.)
• Modeling and simulation of food processes
• Other related fields

Needed files

To submit a manuscript, the following files must be prepared and uploaded at the same time.
1. The main file of the manuscript
2. Graphical abstract
3. Research highlights
4. Author Commitment and Copyright form
5. Conflict of Interest form

1. Main File: The manuscript must be prepared with MSWord software as a single column and Times New Roman, font 12. All titles should be in bold. In the text of the manuscript, sections of introduction, materials and methods, results and discussion and conclusions should start with numbers 1 to 4, respectively. The subsections should start with additional numbers (such as 1.2.). All units must be according to the SI system. All figures and tables should be presented at the end of the manuscript, however, their positions in the text should be indicated.

2. Graphical abstract: This file, in an overview, tells the topic and content of the manuscript. It must be uploaded separately in JPEG image file format with a size of at least 500 KB. It is necessary that the possible and very brief content included in the visual abstract, if any, be in English and in large Times New Roman font. Please note that the use of complex figures and tables is not suitable. Instead, try to present your research work as simply as possible and principally in a visual format.

3. Research highlights: This file must be prepared separately on a page in MSWord format and uploaded to the system. The content of this file should include 3 to 5 independent sentences (each one max. 20 words) indicating the most important achievements of the research.

4. Author Commitment and Copyright form: It is necessary for the responsible author to receive the underwriting and copyright assignment form from the publication's necessary forms menu, and after completing and signing, upload the scanned copy.

5. Conflict of Interest form: It is necessary for the responsible author to receive the conflict-of-interest form from the publication's necessary forms menu and upload the scanned version after completing and signing it.

General structure of the manuscript:

Title
It should be as short as possible (maximum 15 words) and tell the subject of the manuscript. This section appears in the middle of the fold on the first page (font 18, bold).

Author names and affiliations
The given name(s) and family names(s) of the author(s) should be mentioned in full and centered (font 10, bold). Present the authors' affiliation addresses (where the actual work was done) below the names. Provide the full postal address of each affiliation, including the country name. The e-mail should be mentioned only for the author responsible for the correspondence and marked with a superscript * (font 10). The different addresses of the authors should be indicated by superscript numbers on the names. It should be noted that the responsible author's email address should preferably be an organizational or academic email address and avoid mentioning Yahoo or Gmail addresses.

Abstract
The abstract should be up to 250 words in length and include the most important findings and general conclusions (font 12).

Keywords
Immediately after the abstract, provide a minimum of 3 and a maximum of 6 keywords, in order of their importance (font 12, bold).

1. Introduction
In the introduction, a summary of the general context and the importance of the research topic and its application, the results of previous research, mentioning the sources and the purpose of the current research should be given.

2. Materials and methods
In this section, it is necessary to mention the consumables, equipment and devices, the method of conducting experiments and the basis of statistical analysis. Number subsections 2.1 (then 2.1.1, 2.1.2, ...), then 2.2, etc.

3. Results and discussion
It includes the results obtained from the research, the explanation of their causes and discussion and comparison with the scientific findings in the other works. Results should be presented in only one format (figure or table). Number subsections 3.1 (then 3.1.1, 3.1.2, ...), then 3.2, etc.

4. Conclusions
In this section, the main and important findings obtained from the research should be presented in a concise and clear manner.

Declaration of generative AI and AI-assisted technologies in the manuscript preparation process
If you use generative AI tools in preparing your manuscript, you must include a separate declaration section at the end of your manuscript. Your statement should include the name of the tool used, the purpose of its use and should confirm that you reviewed the output and take full responsibility for the content.

Example:

"During the preparation of this work the author(s) used [Name of tool/service| in order to [Reason]. After using this tool/service, the author(s) reviewed and edited the content as needed and take(s) full responsibility for the content of the publication.|"

Declaration of competing interest
All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence or bias their work. If there is no conflict of interest, the following sentence should be added to the manuscript:
"The authors have no conflicts of interest to declare."

Data availability

To encourage transparency, you are required to state the availability of any data at submission. Ensuring data is available may be a requirement of your funding body or institution. You may add the following sentence to the manuscript:
"Data will be made available on request."

If your data is unavailable to access, you can state the reason why (e.g., your research data includes sensitive or confidential information) during the submission process.

Acknowledgements

It is necessary for the author(s) to appreciate and list here those individuals who provided help during the research, incl. financial support or equipment, or scientific consultations. If there is financial support, the number and date of the relevant contract should be given.

References

The references have to be presented in APA format (7th ed.). Any references cited within the manuscript should also be present in your reference list and vice versa. It is necessary to translate all non-English references (incl. Persian) into English and add the reference language within a bracket at the end of them, for example: [In Persian]. Furthermore, it is required that the DOI (Digital Object Identifier) be presented at the end of each reference.
All citations in the text should refer to:

- Single author: the author's name (without initials) and the year of publication.
- Two authors: both authors' names and the year of publication.
- Three or more authors: first author's name followed by 'et al.' and the year of publication.

Citations can be made directly (or parenthetically). Groups of references can be listed either first alphabetically, then chronologically, or vice versa. Examples: "as presented (Alipour, 2025a, 2025b; Alipour and Jahanbakhsh, 2024)" or "as presented (Jahanbakhsh, 2024; Alipour, 2025). Mohammadi et al. (2026) have recently shown".
The list of references should be arranged alphabetically and then chronologically if necessary. More than one reference from the same author(s) in the same year must be identified by the letters 'a', 'b', 'c', etc., placed after the year of publication.

Examples:

Books
Smith, J., White, B., & Thomson, M. (2018). Novel Food Processing Technologies (4th ed.). New York: Longman.

Book chapter
Mettam, G. R., & Adams, L. B. (2019). How to prepare an electronic version of your manuscript. In: B. Jones & A. Smith (Eds.). Introduction to the Electronic Age (2nd ed., pp. 50-65). London: E-Publishing Inc.

Published papers
Richardson, J., Hanraads, R., & Lupton, R.A. (2018). The art of writing a scientific manuscript. Food Chem., 163, 51–59. https://doi.org/ ...

Note: Use the List of Title Word Abbreviations (LTWA) to abbreviate the names of journals.
See the following website for assistance: https://www.issn.org/services/online-services/access-to-the-ltwa

Conferences
Smith, F. & Rotgers, H. (2017). The art of writing a scientific manuscript. In: Proceedings of the 4th Int. Cong. of Food. Tech. (pp. 123–128), Praha, Czech Republic.

Research projects/scientific reports
Holmes, F.G. (2013). Production of a new food packaging material. Hamilton, New Zealand: University of Waikato, Department of Food Engineering.

Patents
Johnson, K.P. Process for Fabricating Parts from Particulate Material. U.S. Patent 4,765,950, August 23, 2011.

Internet resources
CTAHR (College of Agricultural Resources, University of Rice). Tea: a New Crop for Hawaii, 2007. URL http://www.ctahr.rice.edu/oc/freepubs/pdf/tea_03_05.pdf. Accessed 24.02.12.

Note: Other references must be presented according to the APA format.

It is necessary for the authors to pay attention to the following points in the preparation of the manuscript:

Figures

The title of each figure should be written in Times New Roman (font 8, bold). The figures should be presented in the order of their numbers, each on a separate sheet, at the end of the manuscript. The figures must be prepared at min. 200 dpi or min. 800 x 600 pixels. Due to the fact that readers of the journals mostly use the pdf files, utilizing suitable colors in figures preparation and still clear after printing is strongly recommended. It is necessary to indicate the location of each figure in the text of the manuscript by simply mentioning its number.

Tables

The title of each table should be written in Times New Roman (font 8, bold). The tables should be presented in the order of their numbers, each on a separate sheet, and after the figures, at the end of the manuscript. It is necessary to indicate the location of each table in the text of the manuscript by simply mentioning its number.