

Nutrition Research

Editorial Office

Tables and Figures Examples

In the following pages, we have provided examples of correctly and incorrectly formatted tables and figures. It is vital that you format your tables and figures to meet the requirements for the journal. The following examples should assist you in determining what is accepted and what is not acceptable in this regard.

We will require original tables and figures in word document format.

When formatting your tables and figures, remember the following:

Tables

- *Must be numbered consecutively with Arabic numerals*
- *Start each table on its own page*
- *Use minimal horizontal lines and no vertical lines*
- *Must have a description so that reader can understand the table without referring to the text*
- *Must have an explanation of the values and statistics used for analysis of the data*

Figures

- *Must be numbered consecutively with Arabic numerals*
- *Start each figure on its own page*
- *Provide clear axes labels and scale*
- *Use a simple space filling format (open, closed and hatched bars, etc.) for a clear and concise presentation of that data for easy interpretation*
- *Must have a description that the reader can understand without referring to the text*
- *Must have an explanation of the values and statistics used for analysis of the data*

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Properly Formatted Tables

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Table 1.

Composition of diets fed to hamsters for 10 weeks^a

Ingredient (g/kg diet)	Dietary treatments		
	Casein	Soy + I	Soy - I
Casein	217.0	–	–
Water-washed soy protein ^b	–	217.0	–
Alcohol-washed soy protein ^c	–	–	217.0
l-Methionine	3.0	3.0	3.0
Lodex 10	125.0	125.0	125.0
Corn starch	225.0	225.0	225.0
Cellulose	151.8	151.8	151.8
Coconut oil (hydrogenated)	200.0	200.0	200.0
Corn oil	20.0	20.0	20.0
Mineral mix ^d	10.0	10.0	10.0
Calcium phosphate, dibasic	13.0	13.0	13.0
Calcium carbonate	5.5	5.5	5.5
Potassium citrate	16.5	16.5	16.5
Vitamin mix ^e	10.0	10.0	10.0
Choline bitartrate	2.0	2.0	2.0
Cholesterol	1.2	1.2	1.2
Protein (% energy)	18.0	18.0	18.0

^a Semipurified diets were supplied by Research Diets, Inc.

^b Soy protein supplied by Archer Daniels Midland Company and contains 1.04 mg genistein and 0.71 mg of daidzein per gram of soy protein.

^c Soy protein supplied by Archer Daniels Midland Company and contains 0.03 mg genistein and 0.01 mg of daidzein per gram of soy protein.

^d S10026 = mineral mix (rd-96 salt mix without calcium, phosphorus, and potassium).

^e V10001 = vitamin mix for AIN-76A rodent diet.

Table 2.

Median (interquartile range) for CoQ₁₀ characteristics for all participants (n = 8) at different doses

Measurements	Dose (mg)			
	60 ^a	150 ^a	300 ^a	300 ^b
<i>C</i> _{max} (h)	5.5 (3.3-6.3)	6.0 (5.4-6.2)	5.3 (4.4-6.0)	6.5 (5.9-8.0)
AUC for CoQ ₁₀ ([μmol/L] h)	9.04 (8.07-9.72)	12.01 (10.66-12.76)	13.56 (12.07-14.39)	9.60 (8.60-10.40)
Change in CoQ ₁₀ at 6 h (μmol/L)	0.31 (0.22-0.52)	0.93 (0.81-1.13)	1.17 (0.63-1.69)	0.60 (0.42-0.88)
Change in CoQ ₁₀ -LDL cholesterol ratio at 6 h (mmol/mol)	0.36 (0.31-0.41)	0.45 (0.34-0.57)	0.45 (0.34-0.57)	0.37 (0.30-0.42)
Change in CoQ ₁₀ -total cholesterol ratio at 6 h (mmol/mol)	0.22 (0.19-0.24)	0.27 (0.20-0.35)	0.29 (0.21-0.36)	0.23 (0.18-0.27)

^a Dose given via 30-mg capsules.^b Dose given via 100-mg capsules.

Table 3.

Plasma and erythrocyte concentrations at various stages of HIV-1 infection

Measurements	Units	HIV-1 infection status*			
		Seronegative (n = 28 - 29)	CDC-A (n = 29 - 34)	CDC-B (n = 32 - 44)	CDC-C (n = 24 - 26)
Hematocrit**	%	41.9 ± 1.0 ^A	43.7 ± 0.8 ^A	41.1 ± 0.9 ^A	37.5 ± 0.9 ^B
Erythrocyte magnesium**	mmol/L	2.04 ± 0.05 ^A	1.85 ± 0.05 ^B	1.90 ± 0.03 ^B	1.97 ± 0.05 ^{A,B}
Erythrocyte glutathione**	mmol/L	2.21 ± 0.07 ^A	1.54 ± 0.08 ^B	1.81 ± 0.10 ^B	1.62 ± 0.13 ^B
Plasma magnesium**	mmol/L	0.82 ± 0.01 ^A	0.79 ± 0.01 ^{A,B}	0.77 ± 0.01 ^B	0.77 ± 0.01 ^B
Plasma copper**	μmol/L	17.9 ± 0.8 ^A	19.4 ± 0.7 ^A	19.9 ± 0.6 ^A	22.2 ± 0.8 ^B
Plasma zinc	μmol/L	13.0 ± 0.4 ^A	13.1 ± 0.5 ^A	12.6 ± 0.5 ^A	11.9 ± 0.6 ^A
Plasma copper/zinc ratio	μmol/L/μmol/L	1.37 ± 0.08 ^A	1.49 ± 0.07 ^A	1.64 ± 0.08 ^A	1.95 ± 0.15 ^B
Plasma free choline	μmol/L	43.6 ± 2.3 ^A	51.3 ± 3.2 ^A	74.3 ± 18.2 ^A	48.0 ± 3.6 ^A

Data are mean ± SE. Values in the same row that do not share the same superscript letter are significantly different (analysis of variance, $P < .05$).

* CDC-A, CDC-B, and CDC-C are United States Centers for Disease Control and Prevention categories in use at the time of this study that are based on symptoms and the presence of opportunistic infections. CDC-C is the most advanced disease stage.

** Concentrations differ significantly ($P < .01$) for analysis of variance for combined effect of serologic status and stage of HIV-1 infection.

Figure 1

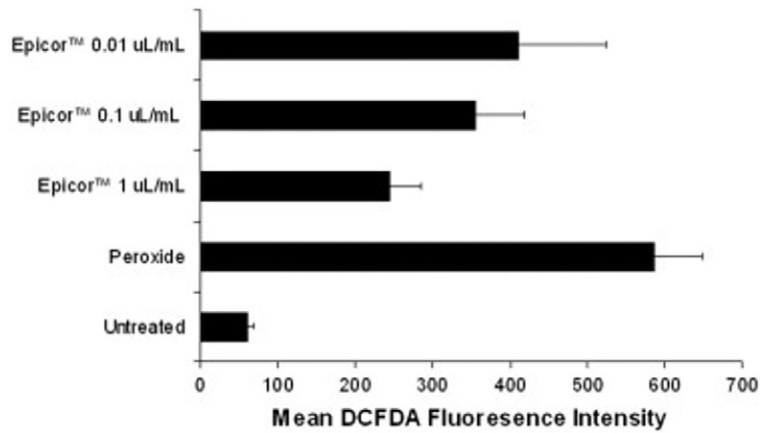


Fig. 1. The antiinflammatory properties of EpiCor were quantified by measuring the inhibition of formation of intracellular ROS in human PMN cells. The PMN cells were pretreated with EpiCor and loaded with the ROS reporter dye DCF-DA before triggering formation of ROS by H₂O₂. Reactive oxygen species formation within the PMN cells was measured as MFI of the dye, which becomes green fluorescent upon exposure to ROS. The data shown are mean ± SD of triplicate tests and are representative of 4 similar experiments. A dose-dependent inhibition of ROS formation by EpiCor was seen. This ROS inhibition was highly significant at the highest dose of EpiCor at 1 μL/mL ($P < .005$).

Figure 2

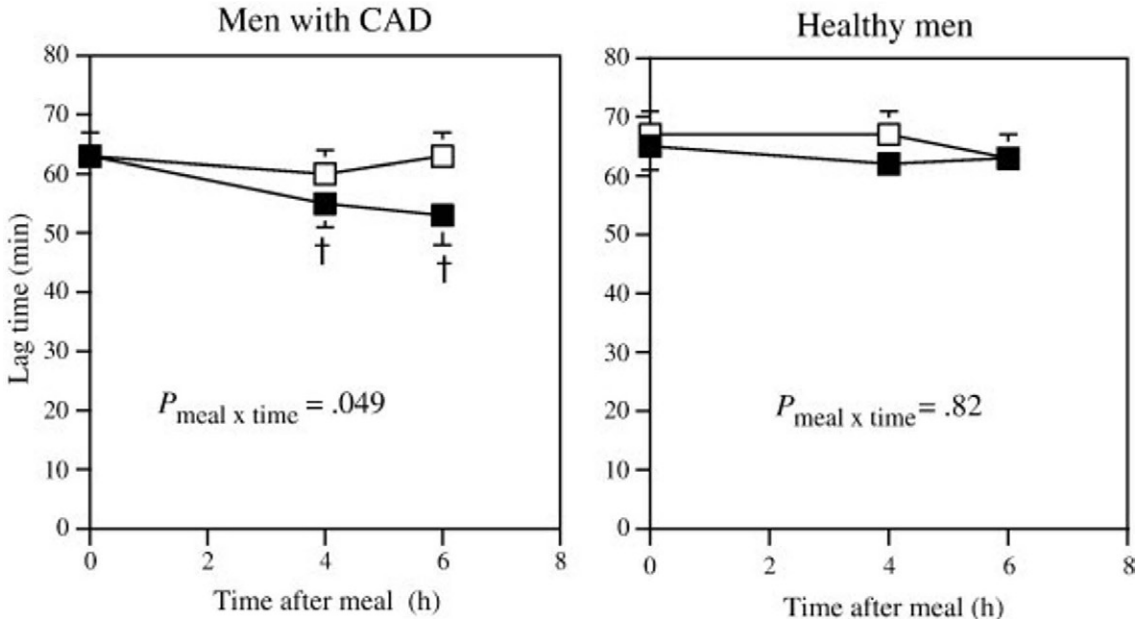


Fig. 2. Lag time in dilute serum oxidation with copper ions in men with CAD and in healthy men after ingestion of meals rich in TSO (■) and USO (□). Values are mean \pm SEM. $^{\dagger}P < .01$ compared with baseline using paired t test.

Figure 3

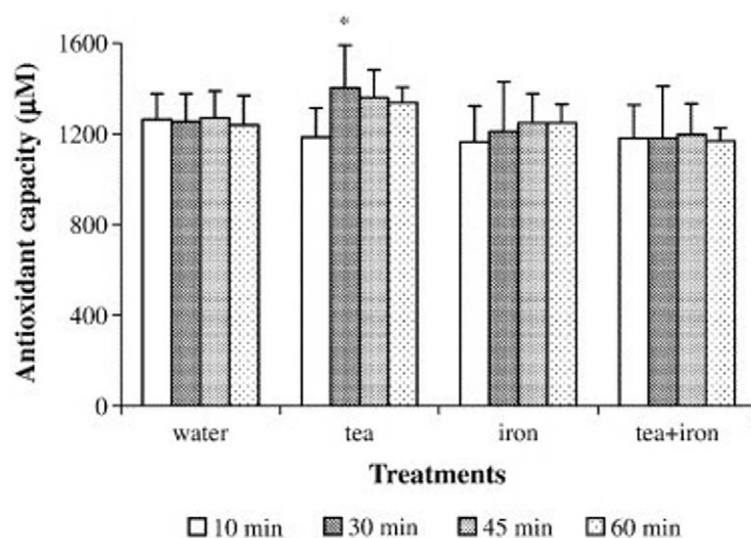


Fig. 3. Effect of ingestion of 1 mL of water (water), tea (tea), ferric citrate (iron), or a mixture of ferric citrate and tea (tea + iron) on the antioxidant capacity of plasma of rats, monitored at 10, 30, 45, and 60 minutes after ingestion. Antioxidant capacity of plasma was measured with the TRAP assay [20]. The TRAP assay measures the peroxy radical scavenging activity of plasma, in particular the protection that plasma offers against the decay of R-phycoerythrin, a fluorescent target, during a peroxidation reaction. Values are means \pm SD of measurements from 8 rats. Asterisk denotes $P < .05$.

Figure 4

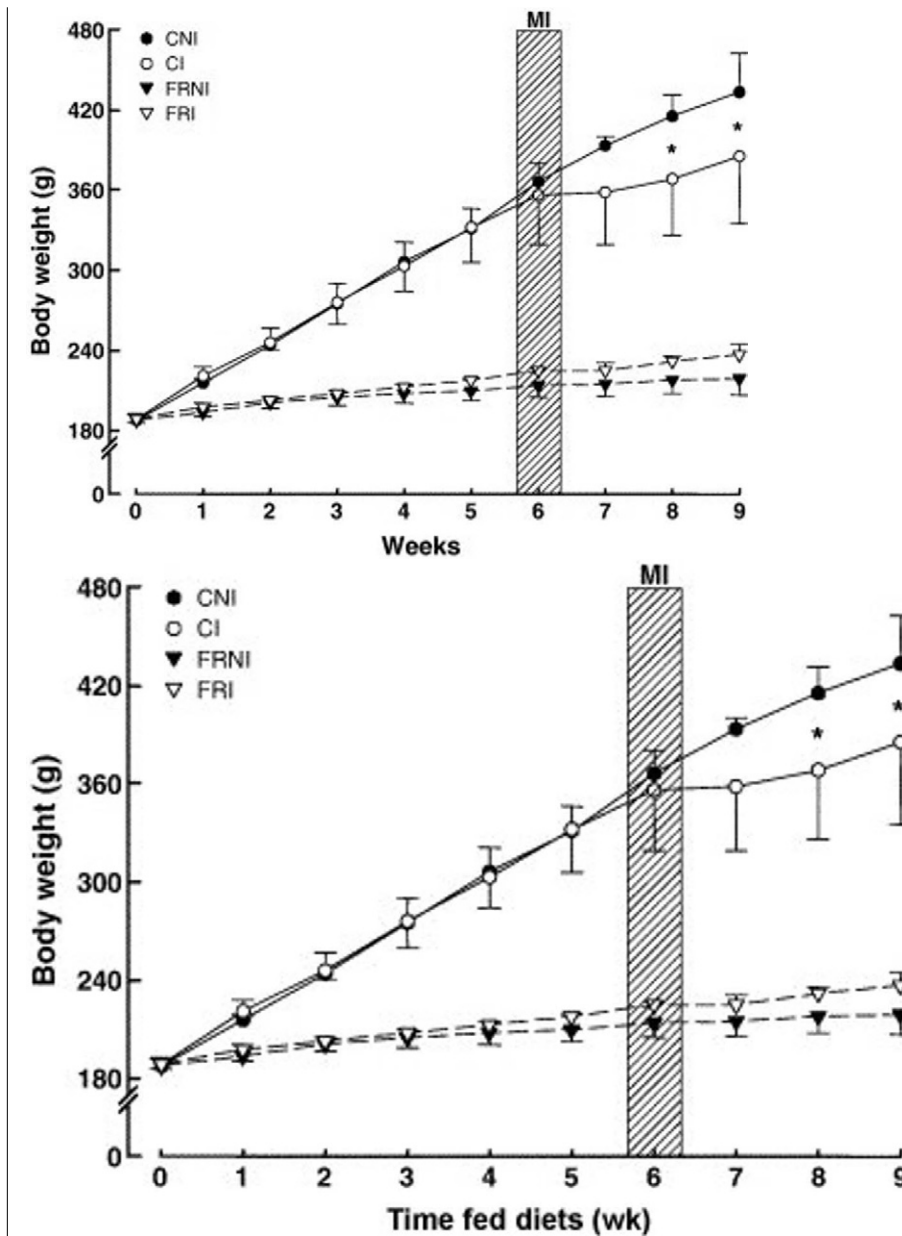


Fig. 4. Body weights (mean \pm SD) of CNI (solid circles), CI (open circles), FRNI (solid inverted triangles), and FRI (open inverted triangles) rats during 9 weeks of the protocol. Statistical results were omitted for clarity. Food-restricted rats exhibited lower BWs than C rats by the second week of the protocol and did not differ among the feeding groups (C and FR). Control infarcted rats had lower BWs than CNI rats at 2 and 3 weeks after coronary occlusion. Rat treatment groups included CNI (n = 9), CI (n = 9), FRNI (n = 8), and FRI (n = 9).

Incorrect format

Table 1.

Ingredient composition of oral glucose tolerance test beverages

Ingredient ^a	Treatment (units per 474-mL serving)	
	Maltodextrin	Low-molecular weight pullulan
Maltodextrin (g)	50.0	0.0
Low-molecular weight pullulan (g)	0.0	50.0
Sodium (mg)	54.0	54.0
Potassium (mg)	94.0	94.0
Chloride (mg)	84.0	84.0
Vitamin C (mg)	120.0	120.0

^a Ingredient listings: water, maltodextrin or low-molecular weight pullulan, ascorbic acid, artificial wildberry flavor, potassium citrate, sodium chloride, natural cinnamon, sucralose powder, FD&C red #3, sodium citrate, FD&C blue #1.

Incorrect format

Table 2

Table 2 Distribution of the study girls by their age, mothers' education and overweight/obesity in urban and rural areas

	Urban (n=1054)	Rural (n=1036)
BMI (kg/m²)		
14 y	22.4 (21.5-23.2) (n=200)	21.0 (20.1-22.0) (n=185)
15 y	21.8 (21.3-22.4) (n=332)	21.7 (21.1-22.3) (n=291)
16 y	22.1 (21.5-22.7) (n=368)	22.3 (21.7-22.8) (n=331)
17 y	22.4 (21.4-22.9) (n=154)	22.1 (21.6-22.7) (n=229)
Education (%)		
>5 y	4	19
5-12 y	51	71
=12 y	36	9
collage	9	1
Overweight+		
obesity (%)	22.0 (19.2-25.4)*	23.8 (19.8-26.3)

*P<0.05

Percentage of dietary iron (%)

Incorrect format

Figure 1

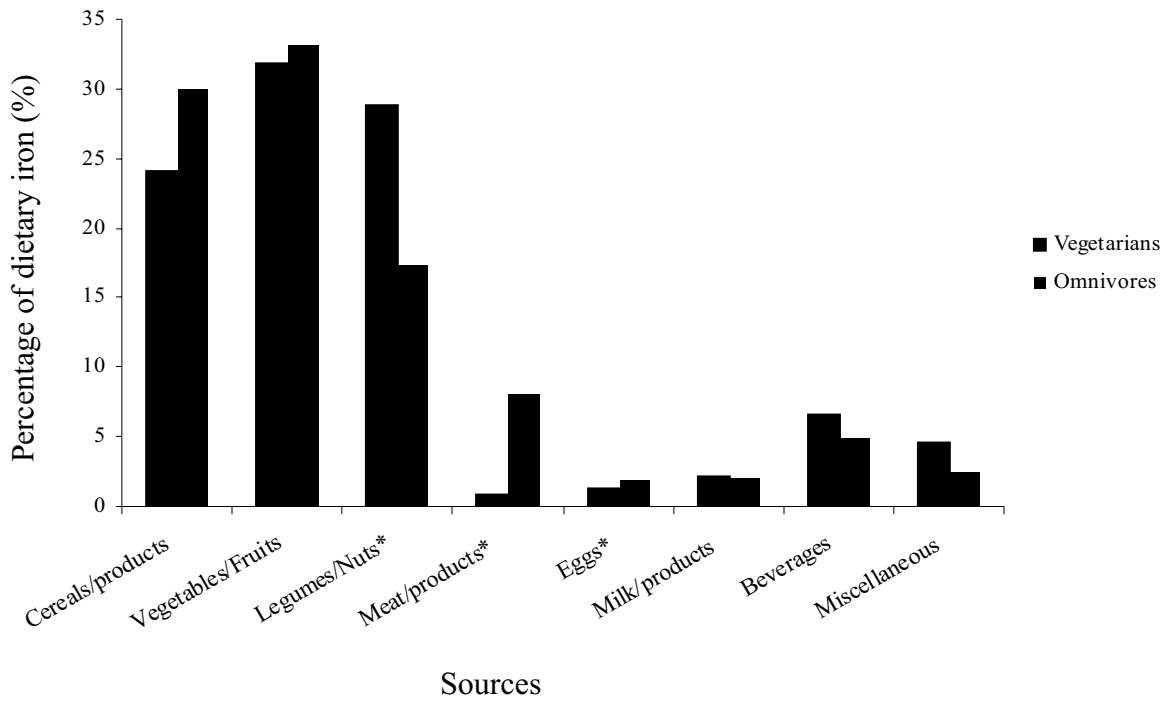


Fig. 1.

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Figure 2

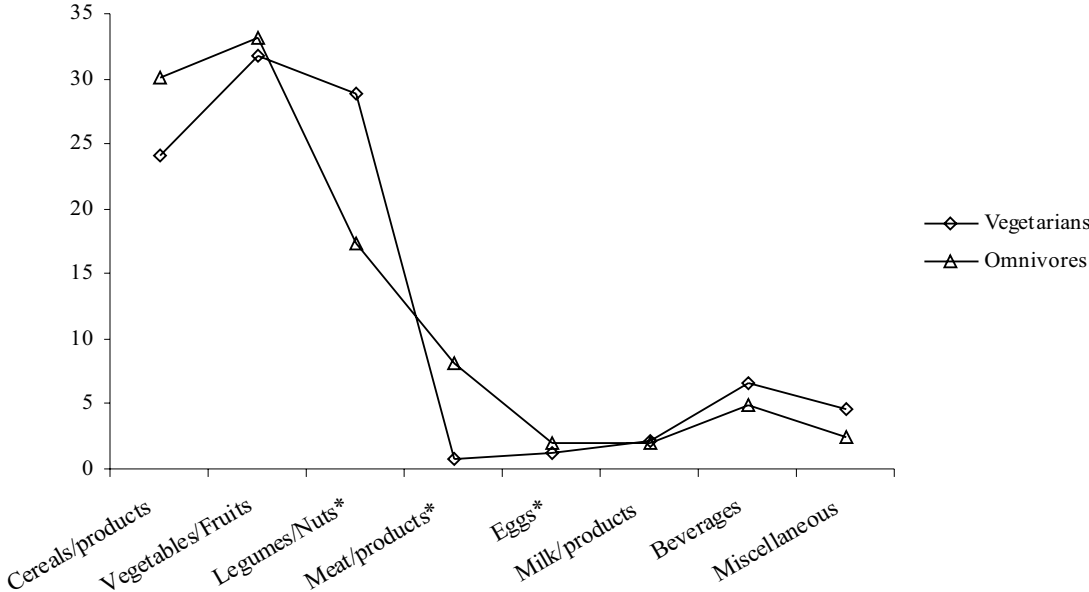


Fig. 2