DESCRIPTION

Clinical Nutrition, the official journal of ESPEN, The European Society for Clinical Nutrition and Metabolism, is an international journal providing essential scientific information on nutritional and metabolic care and the relationship between nutrition and disease both in the setting of basic science and clinical practice. Published bi-monthly, each issue combines original articles and reviews providing an invaluable reference for any specialist concerned with these fields.

Nutrition and nutritional care have gained wide clinical and scientific interest during the past decades. The increasing knowledge of metabolic disturbances and nutritional assessment in chronic and acute diseases has stimulated rapid advances in design, development and clinical application of nutritional support. The aims of ESPEN are to encourage the rapid diffusion of knowledge and its application in the field of Parenteral and Enteral Nutrition or, more broadly, Clinical Nutrition and Metabolism.

Being the journal of ESPEN with members from various interests, either focused on basic research or clinical disciplines, the journal reflects the scientific nature of this multidisciplinary background and encourages the coordination of investigation and research from these disciplines. The journal publishes guidelines, consensus statements, original articles, short communications, letters to the Editor and review papers on those factors in acute and chronic diseases, which have metabolic and nutritional implications. It also publishes scientific works related to the development of new techniques and their application in the field of clinical nutrition.

AUDIENCE

Investigators and clinicians (gastroenterologists, surgeons, intensivists, paediatricians, e.o.) in the field of clinical nutrition and metabolism, dieticians, nutritionists, pathologists, clinical biochemists.

IMPACT FACTOR

2019: 6.360 © Clarivate Analytics Journal Citation Reports 2020
ABSTRACTING AND INDEXING

CINAHL
Abstracts on Hygiene and Communicable Diseases
AgBiotech News and Information
Agroforestry Abstracts
Elsevier BIOBASE
CAB International
Calcium and Calcified Tissue
Chemical Abstracts
Cumulative Index for Nursing and Allied Health Literature
Current Awareness in Biological Sciences
Current Contents
Dairy Science Abstracts
EBSCOhost
Embase
FSTA (Food Science and Technology Abstracts)
Global Health
Index Veterinarius
Inpharma Weekly
Leisure, Recreation and Tourism Abstracts
PubMed/Medline
Nutrition Abstracts and Reviews Series
Nutrition Research Newsletter
PharmacoEconomics and Outcomes News
Ovid
Pig News and Information
Protozoological Abstracts
Reactions Weekly
Referativnyi Zhurnal VINTI-RAN (Russian Academy of Sciences)
Review of Aromatic and Medicinal Plants
Review of Medical and Veterinary Mycology
Rice Abstracts
Rural Development Abstracts
Science Citation Index Expanded
Scopus
Soybean Abstracts (Online Edition)
Sugar Industry Abstracts
SwetsWise All Titles
Tropical Diseases Bulletin
Thomson Gale Academic OneFile
Thomson Gale InfoTrac Custom
Veterinary Bulletin
Vitis Viticulture and Enology Abstracts

EDITORIAL BOARD

Editor

N. E. P. Deutz, Texas A&M University Department of Health and Kinesiology, 4243 TAMU, College Station, 77843-4222, United States

Managing Editors

J. Mays, Texas A&M University Department of Health and Kinesiology, 4243 TAMU, College Station, 77843-4222, United States

G.A.M. Ten Have, Texas A&M University Department of Health and Kinesiology, 4243 TAMU, College Station, Texas, 77843-4222, United States

Statistical Associate Editor

Keith Neal, University of Nottingham, England, United Kingdom
**Associate Editors**

O Abbasoglu, Ankara, Turkey  
M. Abdel-Daim, Ismailia, Egypt  
M.D. Ballesteros Pomar, Leon, Spain  
R.M. Beattie, Southampton, United Kingdom  
M. Berger, Lausanne, Switzerland  
E. Cereda, Pavia, Italy  
M. Chourdakis, Thessaloniki, Greece  
M. Engelen, College Station, Texas, United States  
A. Forbes, London, United Kingdom  
Y. Hamada, Tokushima, Japan  
L. Holm, Birmingham, United Kingdom  
K. Joosten, Rotterdam, Netherlands  
A. Laviano, Roma, Italy  
A. Lobo, Nottingham, England, United Kingdom  
M. Muscaritoli, Roma, Italy  
K. Norman, Berlin, Germany  
C. Pichard, Geneva, Switzerland  
C. Prado, Edmonton, Alberta, Canada  
J.-C. Preiser, Bruxelles, Belgium  
P. Ravasco, Lisbon, Portugal  
S. Ruiz-Santana, Las Palmas de Gran Canaria, Spain  
M. J. Serlie, Amsterdam, Netherlands  
P. Singer, Tel Aviv, Israel  
M. Soeters, Amsterdam, Netherlands  
R. Thibault, Rennes, France  
M. Usami, Kobe, Japan  
D. Waitzberg, SAO PAULO, Brazil  
P. Wischmeyer, Denver, Colorado, United States

**Past Editor-in-Chief**

M. Gassull, Barcelona, Spain

**Past Associate Editors**

J. Bauer, Heidelberg, Germany  
G. Biolo, Trieste, Italy  
M. van Bokhorst-de van der Schueren, Amsterdam, Netherlands  
E. Cabrée, Badalona, Spain  
P. Calder, Southampton, United Kingdom  
T. Cederholm, Uppsala, Sweden  
A. Davies, Melbourne, Australia  
X. Forceville, Meaux, France  
L. Gramlich, Edmonton, Alberta, Canada  
P. Greenhaff, Nottingham, United Kingdom  
R. Griffiths, Liverpool, United Kingdom  
B. Koletzko, Munich, Germany  
H. Lochs, Innsbruck, Austria  
Y. Luiking, Utrecht, Netherlands  
B. Morio, Clermont-Ferrand, France  
H. Ohyanagi, Himeji, Japan  
M. Rondanelli, Pavia, Italy  
O. Rooyackers, Stockholm, Sweden  
E. Volpi, Galveston, United States  
B. M. Winkhofer-Roob, Graz, Austria  
T. R. Ziegler, Atlanta, United States

**Editorial Advisory Board / ESPEN Faculty**

M. Bahar, Turkey  
J.P. de Bandt, France  
J. Baxter, United Kingdom  
G. van den Berghe, Belgium  
Y. Berner, Israel  
H. Biesalski, Germany  
J. Bines, Australia  
S. Bischoff, Germany  
B. Bistrian, United States  
I. de Blauw, Netherlands
G. Bodoky, Hungary
Y. Boirie, France
I. Bosaeus, Sweden
F. Bozzetti, Italy
M. Braga, Italy
I. Bretón, Spain
A. Buchman, United States
R. Burgos Pelaez, Spain
M.E. Camilo, Portugal
B. Campillo, France
A. Campos, Brazil
N. Cano, France
Y. Carpentier, Belgium
J. Carrero, Sweden
I. Chermesh, Israel
I. Correia, Brazil
A. Cosslett, United Kingdom
M. Cravo, Portugal
C. Cuéda, Spain
L. Cynober, France
E. Dárdai, Hungary
Déchelotte, France
C.H. Dejong, Netherlands
S.J. Dudrick, United States
N. Elia, United Kingdom
J. Faintuch, Brazil
E. Fiaccadori, Italy
E. Fontaine, France
X. Forceville, France
C. Fusch, Canada
M. Gassull, Spain
L. Genton, Switzerland
O. Genzel-Boroviczenyi, Germany
A. Gil, PhD, Spain
J Gomez Saez, Spain
A. van Gossum, Belgium
F. Gottrand, France
O. Goulet, France
L. Gramlich, Canada
E. Granot, Israel
R. Griffiths, United Kingdom
R. Grimble, United Kingdom
I. Grintescu, Romania
G. Guarnieri, Italy
D. Guttridge, United States
G. Hardy, New Zealand
Hébuterne, France
B. Heitmann, Denmark
O. Hernell, Sweden
M. Holst, Denmark
P. Howard, United Kingdom
G. Iapichino, Italy
O. Irtun, Norway
K. Jeejeebhoy, Canada
G. Jensen, United States
P. Jeppesen, Denmark
C. Jonkers-Schuitema, Netherlands
F. Kalfarentzos, Greece
S. Kilicturgay, Turkey
S. Kolaček, Croatia
B. Koletzko, Germany
R. Komsa-Penkova, Bulgaria
J. Kondrup, Denmark
Z. Krznaric, Croatia
J. Książyk, Poland
A. Lapillonne, France
M. Léeon-Sanz, Spain
P. van Leeuwen, Netherlands
E. Lerebours, France
B. Lindholm, Sweden
O. Ljungqvist, Sweden
H. Lochs, Austria
C. Löser, Germany
Y. Luiking, Netherlands
K. Lundholm, Sweden
J. MacFie, United Kingdom
E. Mathus-Vliegen, Netherlands
R. Meier, Switzerland
J.C. Melchior, France
K. Melzer, Switzerland
M. Merli, Italy
B. Messing, France
M. von Meyenfeldt, Netherlands
W. Mihatsch, Germany
A. Mijan de la Torre, Spain
J. Moreno, Spain
B. Morio, France
S. Muhlebach, Switzerland
M. Muller, Germany
G. Nitenberg
I. Nyulasí, Australia
J. Ockenga, Germany
H. Ohyanagi, Japan
M. Pertkiewicz, Poland
M. Pirlich, Germany
L. Pironi, Italy
C. Pison, France
M. Plauth, Germany
J. Preiser, Belgium
J. Puntis, United Kingdom
O. Riggio, Italy
F. Rossi-Fanelli, Italy
E. Roth, Austria
G. Rozen, Israel
S. Schneider, France
J. Schols, Netherlands
T. Schutz, Germany
J. Shaffer, United Kingdom
R. Shamir, Israel
A. Shenkin, United Kingdom
D. Silk, United Kingdom
R. Skipworth, United Kingdom
L. Sobotka, Czech Republic
Z. Stanga, Switzerland
M. Staun, Denmark
R. Stratton, United Kingdom
H. Szajewska, Poland
P. Szitanyi, Czech Republic
K. Tappenden, United States
L. Tappy, Switzerland
V. Teplan, Czech Republic
P. Tesinsky, Czech Republic
D. Teta, Switzerland
J.P Thissen, Belgium
A. Thomas, United States
A. Thorell, Sweden
M. Uyar, Turkey
N. Vaisman, Israel
L. Valentini, Germany
C. Van Way, United States
M. Vandewoude, Belgium
J. Wahren, Sweden
A. Weimann, Germany
J. Wernerman, Sweden
B. M. Winklhofer-Roob, Austria
Z. Zadak, Czech Republic
T. R. Ziegler, United States
M. Ziva, Slovenia
**GUIDE FOR AUTHORS**

**Your Paper Your Way**

We now differentiate between the requirements for new and revised submissions. You may choose to submit your manuscript as a single Word or PDF file to be used in the refereeing process. Only when your paper is at the revision stage, will you be requested to put your paper in to a ‘correct format’ for acceptance and provide the items required for the publication of your article.

**To find out more, please visit the Preparation section below.**

**Clinical Nutrition**, an official journal of ESPEN, The European Society for Clinical Nutrition and Metabolism, is an international journal providing scientific information on nutritional and metabolic care and the relationship between nutrition and disease both in the setting of basic science and clinical practice. Published bi-monthly, each issue combines original articles, reviews and other types of publications that will provide an invaluable reference for any specialist concerned with the field of interest.

Nutrition and nutritional care have gained wide clinical and scientific interest during the past decades. The increasing knowledge of metabolic disturbances and nutritional assessment in chronic and acute diseases has stimulated rapid advances in design, development and clinical application of nutritional support. The aims of ESPEN are to encourage the rapid diffusion of knowledge and its application in the field of clinical nutrition and metabolism.

Being an journal of ESPEN with members having various interest fields, either focused on basic research or clinical disciplines, the journal reflects the scientific nature of this multidisciplinary background and encourages the coordination of investigation and research from these disciplines. The journal publishes guidelines, consensus statements, review papers, original articles, short communications, and letters to the editor on those factors in acute and chronic diseases, which have metabolic and nutritional implications. It also publishes scientific works related to the development of new techniques and their application in the field of clinical nutrition.

The Clinical Nutrition ESPEN Journal is an electronic-only official publication of the European Society for Clinical Nutrition and Metabolism (ESPEN). Published bimonthly, Clinical Nutrition ESPEN focuses on publishing articles on the relationship between nutrition and disease in the setting of basic science and clinical practice. Clinical Nutrition ESPEN is available to all members of ESPEN and to all subscribers of Clinical Nutrition. Should the Editor-in-Chief feel that a paper which has been submitted to Clinical Nutrition is more suitable for publication in Clinical Nutrition ESPEN, the author will be advised by the Editorial Office and will then have the choice whether to proceed with publishing their paper in Clinical Nutrition ESPEN or to withdraw their paper. Manuscript submission directly to Clinical Nutrition ESPEN should be clearly indicated in the covering letter.

**Easy Submission Process**

The Editorial Office has implemented an **Easy Submission Process**. We only ask you that with initial submission the manuscripts are double-spaced (including references, tables, and figure legends)

All required items below need to be completed in formatting prior to final acceptance of a manuscript. Please note - CLINICAL NUTRITION does not accept case-studies. We suggest to submit case studies to CLINICAL NUTRITION ESPEN. For further information on publication governance in Clinical Nutrition please read the following Editorial.

**Full Length Articles.** Should be organized in the following successive sections and manuscript preparation and format information above to be followed: Title Page, Abstract (Background & Aims - Methods - Results - Conclusions). Introduction, Materials and Methods (including statistical considerations and ethical statement), Results, Discussion, Acknowledgements, Statement of Authorship, Conflict of Interest Statement and Funding sources, References; Figure and Table Legends. The Introduction should be limited to 1.5 pages and the Discussion to 4 pages (1200 words).

**Review Article.** Should contain at least 2 Figures and 2 Tables to summarize the most important data and/or concepts.
(Inter)national Guidelines. Can be submitted after consultation with the Editorial Office (espenjournals@espen.org).

ESPEN Guidelines. Are submitted in collaboration with the Editorial Office (espenjournals@espen.org).

ESPEN Endorsed Recommendations. Are submitted in collaboration with the Editorial Office (espenjournals@espen.org).

Letter to the Editor. Is considered for publication provided it does not contain material that has been submitted or published elsewhere. The text, not including references, must not exceed 450 words. The letter must have no more than five references and one figure or small table and should not be signed by more than three authors. When a letter refers to an article recently published in Clinical Nutrition, the opportunity for reply will be given to the authors of the original article. Such a reply will be published along with the letter. Start the letter with "Dear Editor".

Editorial. Are submitted by members of the Editorial Board.

Short Communications. Should not contain more than 10 references and organized as Full Length Articles. Maximum 1500 words.

Opinion Papers. Should be organized as Full Length articles.

Educational Papers. Should be organized as Full Length articles and contain at least 2 Figures and 2 Tables to summarize the most important data and/or concepts.

Invited Editorial. Is by invitation from the Editor-in-Chief.

Randomized Controlled Trials. Should be organized as Full Length Articles. All Randomized controlled Trials submitted for publication in Clinical Nutrition should include a completed Consolidated Standards of Reporting Trials (CONSORT) 2010 checklist. Please refer to the CONSORT statement website at http://www.consort-statement.org for more information. The checklist can also be downloaded from here. You will be asked to upload this completed checklist at the time of submission and this file is mandatory for submission. Clinical Nutrition and Clinical Nutrition ESPEN have adopted the proposal from the International Committee of Medical Journal Editors (ICMJE) which require, as a condition of consideration for publication of clinical trials, registration in a public trials registry. Clinical trials are defined as "biomedical or health related studies in human beings that follow a defined protocol." In addition to intervention studies, this definition encompasses observational, prevention, quality of life, diagnostic, and screening trials (www.clinicaltrials.gov). Any clinical trial for which subject recruitment began after July 1, 2008 must be registered in one of the five ICMJE-approved public trials registries (i.e.,www.clinicaltrials.gov, www.isrctn.org, www.umin.ac.jp, www.trialregister.nl). Is this study appropriately registered? If so, please report the study ID number and the website where the clinical trial is registered on the title page of the paper. If the study is not registered, authors must do so before the submitted paper will be considered for peer-review. If the study began before July 1, 2008, the initial recruitment date should be reported in the appropriate place in the Materials Methods section. Clinical Nutrition and Clinical Nutrition ESPEN require prospective registration of all trials.

Report. Should be organized as Full Length Articles and are submitted by chairs of Special Interest Groups (SIG) or are submitted in collaboration with the Editorial Office.

Meta-analyses. Should be organized as Full Length Articles. All Meta-analyses submitted for publication in Clinical Nutrition and Clinical Nutrition ESPEN should also include a completed uploaded PRISMA Statement. We have adopted the definitions of systematic review and meta-analysis used by the Cochrane Collaboration. A systematic review is a review of a clearly formulated question that uses systematic and explicit methods to identify, select, and critically appraise relevant research, and to collect and analyze data from the studies that are included in the review. Statistical methods (meta-analysis) may or may not be used to analyze and summarize the results of the included studies. Meta-analysis refers to the use of statistical techniques in a systematic review to integrate the results of included studies. Downloadable forms are located at http://www.prisma-statement.org/.
Submission checklist
You can use this list to carry out a final check of your submission before you send it to the journal for review. Please check the relevant section in this Guide for Authors for more details.

Ensure that the following items are present:

One author has been designated as the corresponding author with contact details:
• E-mail address
• Full postal address

All necessary files have been uploaded:
Manuscript:
• Include keywords
• All figures (include relevant captions)
• All tables (including titles, description, footnotes)
• Ensure all figure and table citations in the text match the files provided
• Indicate clearly if color should be used for any figures in print
Graphical Abstracts / Highlights files (where applicable)
Supplemental files (where applicable)

Further considerations
• Manuscript has been 'spell checked' and 'grammar checked'
• All references mentioned in the Reference List are cited in the text, and vice versa
• Permission has been obtained for use of copyrighted material from other sources (including the Internet)
• A competing interests statement is provided, even if the authors have no competing interests to declare
• Journal policies detailed in this guide have been reviewed
• Referee suggestions and contact details provided, based on journal requirements

For further information, visit our Support Center.

Manuscripts should be double-spaced (including references, tables, and figure legends). *When applicable refer to Clinical Nutrition papers from the last 2 years*. The number of Figures and Tables should be in balance with the length of the manuscript, and carefully prepared to avoid duplication of data in the text. Standard abbreviation may be used without definition, while non-standardized abbreviations should be explained in the text (as well as Tables and Figures) and should be listed on the title page.

BEFORE YOU BEGIN

Ethics in publishing
For information on Ethics in publishing and Ethical guidelines for journal publication see https://www.elsevier.com/publishingethics and https://www.elsevier.com/journal-authors/ethics.

To verify originality, your article may be checked by the originality detection service CrossCheck https://www.elsevier.com/editors/plagdetect.

Studies in humans and animals
If the work involves the use of human subjects, the author should ensure that the work described has been carried out in accordance with *The Code of Ethics of the World Medical Association* (Declaration of Helsinki) for experiments involving humans. The manuscript should be in line with the Recommendations for the Conduct, Reporting, Editing and Publication of Scholarly Work in Medical Journals and aim for the inclusion of representative human populations (sex, age and ethnicity) as per those recommendations. The terms sex and gender should be used correctly.

Authors should include a statement in the manuscript that informed consent was obtained for experimentation with human subjects. The privacy rights of human subjects must always be observed.

All animal experiments should comply with the ARRIVE guidelines and should be carried out in accordance with the U.K. Animals (Scientific Procedures) Act, 1986 and associated guidelines, EU Directive 2010/63/EU for animal experiments, or the National Institutes of Health guide for the care
and use of Laboratory animals (NIH Publications No. 8023, revised 1978) and the authors should clearly indicate in the manuscript that such guidelines have been followed. The sex of animals must be indicated, and where appropriate, the influence (or association) of sex on the results of the study.

All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work using the ICMJE Form for Disclosure of Potential Conflicts of Interest http://icmje.org/conflicts-of-interest. Examples of potential conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. If there are no conflicts of interest then please indicate this in the form. See also https://www.elsevier.com/conflictofinterest.

Submission declaration and verification
Submission of an article implies that the work described has not been published previously (except in the form of an abstract, a published lecture or academic thesis, see 'Multiple, redundant or concurrent publication' for more information), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright-holder. To verify originality, your article may be checked by the originality detection service Crossref Similarity Check.

Preprints
Please note that preprints can be shared anywhere at any time, in line with Elsevier's sharing policy. Sharing your preprints e.g. on a preprint server will not count as prior publication (see 'Multiple, redundant or concurrent publication' for more information).

Use of inclusive language
Inclusive language acknowledges diversity, conveys respect to all people, is sensitive to differences, and promotes equal opportunities. Content should make no assumptions about the beliefs or commitments of any reader; contain nothing which might imply that one individual is superior to another on the grounds of age, gender, race, ethnicity, culture, sexual orientation, disability or health condition; and use inclusive language throughout. Authors should ensure that writing is free from bias, stereotypes, slang, reference to dominant culture and/or cultural assumptions. We advise to seek gender neutrality by using plural nouns (“clinicians, patients/clients”) as default/wherever possible to avoid using "he, she," or "he/she." We recommend avoiding the use of descriptors that refer to personal attributes such as age, gender, race, ethnicity, culture, sexual orientation, disability or health condition unless they are relevant and valid. These guidelines are meant as a point of reference to help identify appropriate language but are by no means exhaustive or definitive.

Author contributions
For transparency, we encourage authors to submit an author statement file outlining their individual contributions to the paper using the relevant CRediT roles: Conceptualization; Data curation; Formal analysis; Funding acquisition; Investigation; Methodology; Project administration; Resources; Software; Supervision; Validation; Visualization; Roles/Writing - original draft; Writing - review & editing. Authorship statements should be formatted with the names of authors first and CRediT role(s) following. More details and an example

Authorship
All authors should have made substantial contributions to all of the following: (1) the conception and design of the study, or acquisition of data, or analysis and interpretation of data, (2) drafting the article or revising it critically for important intellectual content, (3) final approval of the version to be submitted.

Changes to authorship
Authors are expected to consider carefully the list and order of authors before submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion or rearrangement of author names in the authorship list should be made only before the manuscript has been accepted and only if approved by the journal Editor. To request such a change, the Editor must receive the following from the corresponding author: (a) the reason for the change in author list and (b) written confirmation (e-mail, letter) from all authors that they agree with the addition, removal or rearrangement. In the case of addition or removal of authors, this includes confirmation from the author being added or removed.
Only in exceptional circumstances will the Editor consider the addition, deletion or rearrangement of authors after the manuscript has been accepted. While the Editor considers the request, publication of the manuscript will be suspended. If the manuscript has already been published in an online issue, any requests approved by the Editor will result in a corrigendum.

**Registration of clinical trials**
Registration in a public trials registry is a condition for publication of clinical trials in this journal in accordance with International Committee of Medical Journal Editors recommendations. Trials must register at or before the onset of patient enrolment. The clinical trial registration number should be included at the end of the abstract of the article. A clinical trial is defined as any research study that prospectively assigns human participants or groups of humans to one or more health-related interventions to evaluate the effects of health outcomes. Health-related interventions include any intervention used to modify a biomedical or health-related outcome (for example drugs, surgical procedures, devices, behavioural treatments, dietary interventions, and process-of-care changes). Health outcomes include any biomedical or health-related measures obtained in patients or participants, including pharmacokinetic measures and adverse events. Purely observational studies (those in which the assignment of the medical intervention is not at the discretion of the investigator) will not require registration.

**Article transfer service**
This journal is part of our Article Transfer Service. This means that if the Editor feels your article is more suitable in one of our other participating journals, then you may be asked to consider transferring the article to one of those. If you agree, your article will be transferred automatically on your behalf with no need to reformat. Please note that your article will be reviewed again by the new journal. More information.

**Copyright**
Upon acceptance of an article, authors will be asked to complete a 'Journal Publishing Agreement' (see more information on this). An e-mail will be sent to the corresponding author confirming receipt of the manuscript together with a 'Journal Publishing Agreement' form or a link to the online version of this agreement.

Subscribers may reproduce tables of contents or prepare lists of articles including abstracts for internal circulation within their institutions. Permission of the Publisher is required for resale or distribution outside the institution and for all other derivative works, including compilations and translations. If excerpts from other copyrighted works are included, the author(s) must obtain written permission from the copyright owners and credit the source(s) in the article. Elsevier has preprinted forms for use by authors in these cases.

For gold open access articles: Upon acceptance of an article, authors will be asked to complete an 'Exclusive License Agreement' (more information). Permitted third party reuse of gold open access articles is determined by the author's choice of user license.

**Author rights**
As an author you (or your employer or institution) have certain rights to reuse your work. More information.

Elsevier supports responsible sharing
Find out how you can share your research published in Elsevier journals.

**Role of the funding source**
You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.

**Open access**
Please visit our Open Access page for more information.
Language (usage and editing services)
Please write your text in good English (American or British usage is accepted, but not a mixture of these). Authors who feel their English language manuscript may require editing to eliminate possible grammatical or spelling errors and to conform to correct scientific English may wish to use the English Language Editing service available from Elsevier's Author Services.

Submission
Our online submission system guides you stepwise through the process of entering your article details and uploading your files. The system converts your article files to a single PDF file used in the peer-review process. Editable files (e.g., Word, LaTeX) are required to typeset your article for final publication. All correspondence, including notification of the Editor's decision and requests for revision, is sent by e-mail.

Submit your article
Please submit your article via https://www.editorialmanager.com/yclnu/default.aspx/.

PREPARATION
NEW SUBMISSIONS
Submission to this journal proceeds totally online and you will be guided stepwise through the creation and uploading of your files. The system automatically converts your files to a single PDF file, which is used in the peer-review process.
As part of the Your Paper Your Way service, you may choose to submit your manuscript as a single file to be used in the refereeing process. This can be a PDF file or a Word document, in any format or layout that can be used by referees to evaluate your manuscript. It should contain high enough quality figures for refereeing. If you prefer to do so, you may still provide all or some of the source files at the initial submission. Please note that individual figure files larger than 10 MB must be uploaded separately.

References
There are no strict requirements on reference formatting at submission. References can be in any style or format as long as the style is consistent. Where applicable, author(s) name(s), journal title/book title, chapter title/article title, year of publication, volume number/book chapter and the article number or pagination must be present. Use of DOI is highly encouraged. The reference style used by the journal will be applied to the accepted article by Elsevier at the proof stage. Note that missing data will be highlighted at proof stage for the author to correct.

Formatting requirements
There are no strict formatting requirements but all manuscripts must contain the essential elements needed to convey your manuscript, for example Abstract, Keywords, Introduction, Materials and Methods, Results, Conclusions, Artwork and Tables with Captions. If your article includes any Videos and/or other Supplementary material, this should be included in your initial submission for peer review purposes. Divide the article into clearly defined sections.

Figures and tables embedded in text
Please ensure the figures and the tables included in the single file are placed next to the relevant text in the manuscript, rather than at the bottom or the top of the file. The corresponding caption should be placed directly below the figure or table.

Peer review
This journal operates a single blind review process. All contributions are typically sent to a minimum of two independent expert reviewers to assess the scientific quality of the paper. The Editor is responsible for the final decision regarding acceptance or rejection of articles. The Editor's decision is final. More information on types of peer review.

REVISED SUBMISSIONS
Use of word processing software
Regardless of the file format of the original submission, at revision you must provide us with an editable file of the entire article. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the Guide to Publishing with Elsevier). See also the section on Electronic artwork.
To avoid unnecessary errors you are strongly advised to use the 'spell-check' and 'grammar-check' functions of your word processor.

**Article structure**

**Introduction**
State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results.

**Essential title page information**

- **Title.** Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.
- **Author names and affiliations.** Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled. You can add your name between parentheses in your own script behind the English transliteration. Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lowercase superscript letter immediately after the author's name and in front of the appropriate address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author.
- **Corresponding author.** Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. This responsibility includes answering any future queries about Methodology and Materials. **Ensure that the e-mail address is given and that contact details are kept up to date by the corresponding author.**
- **Present/permanent address.** If an author has moved since the work described in the article was done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes.

**Abstract**
A concise and factual abstract is required and should be structured according to: Background & Aims - Methods - Results - Conclusions. The abstract should state briefly the purpose of the research, the principal results and major conclusions. An abstract is often presented separately from the article, so it must be able to stand alone. For this reason, References should be avoided, but if essential, then cite the author(s) and year(s). Also, non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself.

**Highlights**
Highlights are optional yet highly encouraged for this journal, as they increase the discoverability of your article via search engines. They consist of a short collection of bullet points that capture the novel results of your research as well as new methods that were used during the study (if any). Please have a look at the examples here: example Highlights.

Highlights should be submitted in a separate editable file in the online submission system. Please use 'Highlights' in the file name and include 3 to 5 bullet points (maximum 85 characters, including spaces, per bullet point).

**Graphical abstract**
Although a graphical abstract is optional, its use is encouraged as it draws more attention to the online article. The graphical abstract should summarize the contents of the article in a concise, pictorial form designed to capture the attention of a wide readership. Graphical abstracts should be submitted as a separate file in the online submission system. Image size: Please provide an image with a minimum of 531 × 1328 pixels (h × w) or proportionally more. The image should be readable at a size of 5 × 13 cm using a regular screen resolution of 96 dpi. Preferred file types: TIFF, EPS, PDF or MS Office files. You can view Example Graphical Abstracts on our information site. Authors can make use of Elsevier's Illustration Services to ensure the best presentation of their images and in accordance with all technical requirements.

**Keywords**
Immediately after the abstract, provide a maximum of 6 keywords, using American spelling and avoiding general and plural terms and multiple concepts (avoid, for example, 'and', 'of'). Be sparing with abbreviations; only abbreviations firmly established in the field may be eligible. These keywords will be used for indexing purposes.
Abbreviations
Define abbreviations that are not standard in this field in a footnote to be placed on the first page of the article. Such abbreviations that are unavoidable in the abstract must be defined at their first mention there, as well as in the footnote. Ensure consistency of abbreviations throughout the article.

Acknowledgements
Collate acknowledgements in a separate section at the end of the article before the references and do not, therefore, include them on the title page, as a footnote to the title or otherwise. List here those individuals who provided help during the research (e.g., providing language help, writing assistance or proof reading the article, etc.).

Formatting of funding sources
List funding sources in this standard way to facilitate compliance to funder's requirements:

Funding: This work was supported by the National Institutes of Health [grant numbers xxxx, yyyy]; the Bill & Melinda Gates Foundation, Seattle, WA [grant number zzzz]; and the United States Institutes of Peace [grant number aaaa].

It is not necessary to include detailed descriptions on the program or type of grants and awards. When funding is from a block grant or other resources available to a university, college, or other research institution, submit the name of the institute or organization that provided the funding.

If no funding has been provided for the research, please include the following sentence:

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

Footnotes
Footnotes should be used sparingly. Number them consecutively throughout the article. Many word processors build footnotes into the text, and this feature may be used. Should this not be the case, indicate the position of footnotes in the text and present the footnotes themselves separately at the end of the article.

Artwork
Electronic artwork
General points
• Make sure you use uniform lettering and sizing of your original artwork.
• Preferred fonts: Arial (or Helvetica), Times New Roman (or Times), Symbol, Courier.
• Number the illustrations according to their sequence in the text.
• Use a logical naming convention for your artwork files.
• Indicate per figure if it is a single, 1.5 or 2-column fitting image.
• For Word submissions only, you may still provide figures and their captions, and tables within a single file at the revision stage.
• Please note that individual figure files larger than 10 MB must be provided in separate source files.

A detailed guide on electronic artwork is available. You are urged to visit this site; some excerpts from the detailed information are given here.

Formats
Regardless of the application used, when your electronic artwork is finalized, please 'save as' or convert the images to one of the following formats (note the resolution requirements for line drawings, halftones, and line/halftone combinations given below):
EPS (or PDF): Vector drawings. Embed the font or save the text as 'graphics'.
TIFF (or JPG): Color or grayscale photographs (halftones): always use a minimum of 300 dpi.
TIFF (or JPG): Bitmapped line drawings: use a minimum of 1000 dpi.
TIFF (or JPG): Combinations bitmapped line/halftone (color or grayscale): a minimum of 500 dpi is required.
Please do not:
• Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); the resolution is too low.
• Supply files that are too low in resolution.
• Submit graphics that are disproportionately large for the content.
Color artwork
Please make sure that artwork files are in an acceptable format (TIFF (or JPEG), EPS (or PDF), or MS Office files) and with the correct resolution. If, together with your accepted article, you submit usable color figures then Elsevier will ensure, at no additional charge, that these figures will appear in color online (e.g., ScienceDirect and other sites) regardless of whether or not these illustrations are reproduced in color in the printed version. **For color reproduction in print, you will receive information regarding the costs from Elsevier after receipt of your accepted article.** Please indicate your preference for color: in print or online only. **Further information on the preparation of electronic artwork.**

For color reproduction in print, there is a charge of $200 per figure; you will receive information regarding payment article once your article has been accepted for publication.

Illustration services
Elsevier's Author Services offers Illustration Services to authors preparing to submit a manuscript but concerned about the quality of the images accompanying their article. Elsevier's expert illustrators can produce scientific, technical and medical-style images, as well as a full range of charts, tables and graphs. Image 'polishing' is also available, where our illustrators take your image(s) and improve them to a professional standard. Please visit the website to find out more.

Figure captions
Ensure that each illustration has a caption. A caption should comprise a brief title (**not** on the figure itself) and a description of the illustration. Keep text in the illustrations themselves to a minimum but explain all symbols and abbreviations used.

Tables
Please submit tables as editable text and not as images. Tables can be placed either next to the relevant text in the article, or on separate page(s) at the end. Number tables consecutively in accordance with their appearance in the text and place any table notes below the table body. Be sparing in the use of tables and ensure that the data presented in them do not duplicate results described elsewhere in the article. Please avoid using vertical rules and shading in table cells.

References
Data references
This journal encourages you to cite underlying or relevant datasets in your manuscript by citing them in your text and including a data reference in your Reference List. Data references should include the following elements: author name(s), dataset title, data repository, version (where available), year, and global persistent identifier. Add [dataset] immediately before the reference so we can properly identify it as a data reference. The [dataset] identifier will not appear in your published article.

Reference management software
Most Elsevier journals have their reference template available in many of the most popular reference management software products. These include all products that support Citation Style Language styles, such as Mendeley. Using citation plug-ins from these products, authors only need to select the appropriate journal template when preparing their article, after which citations and bibliographies will be automatically formatted in the journal's style. If no template is yet available for this journal, please follow the format of the sample references and citations as shown in this Guide. If you use reference management software, please ensure that you remove all field codes before submitting the electronic manuscript. **More information on how to remove field codes from different reference management software.**

Users of Mendeley Desktop can easily install the reference style for this journal by clicking the following link:
[http://open.mendeley.com/use-citation-style/clinical-nutrition](http://open.mendeley.com/use-citation-style/clinical-nutrition)
When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice.

Reference formatting
There are no strict requirements on reference formatting at submission. References can be in any style or format as long as the style is consistent. Where applicable, author(s) name(s), journal title/book title, chapter title/article title, year of publication, volume number/book chapter and the article number or pagination must be present. Use of DOI is highly encouraged. The reference style used by
the journal will be applied to the accepted article by Elsevier at the proof stage. Note that missing data will be highlighted at proof stage for the author to correct. If you do wish to format the references yourself they should be arranged according to the following examples:

**Reference style**

References have to be cited in the text by Arabic numerals and numbered in the order in which they are cited. The reference section should be typed double-spaced at the end of the text, following the sample format given below. Abbreviate journal titles according to the List of Journals Indexed in Index Medicus (available from the Superintendent of Documents, US Government Printing Office, Washington, D.C. 20402, USA, DH EW Publication No. (NIH) 91-267; ISSN 0093-3821. Provide all authors' names. Provide article titles and inclusive pages. 'Unpublished data' and 'personal communications' do not qualify as References and should be placed in parentheses in the text. Accuracy of reference data is the responsibility of the author. Refer to the Vancouver style of citation with your reference manager program

or use the suggestions below.

Sample References

Article in a journal


Book

Chapter in a book

Website

Online journal article

**Supplementary material**

Supplementary material such as applications, images and sound clips, can be published with your article to enhance it. Submitted supplementary items are published exactly as they are received (Excel or PowerPoint files will appear as such online). Please submit your material together with the article and supply a concise, descriptive caption for each supplementary file. If you wish to make changes to supplementary material during any stage of the process, please make sure to provide an updated file. Do not annotate any corrections on a previous version. Please switch off the 'Track Changes' option in Microsoft Office files as these will appear in the published version.

**Research data**

This journal encourages and enables you to share data that supports your research publication where appropriate, and enables you to interlink the data with your published articles. Research data refers to the results of observations or experimentation that validate research findings. To facilitate reproducibility and data reuse, this journal also encourages you to share your software, code, models, algorithms, protocols, methods and other useful materials related to the project.

Below are a number of ways in which you can associate data with your article or make a statement about the availability of your data when submitting your manuscript. If you are sharing data in one of these ways, you are encouraged to cite the data in your manuscript and reference list. Please refer to the "References" section for more information about data citation. For more information on depositing, sharing and using research data and other relevant research materials, visit the research data page.
Data linking
If you have made your research data available in a data repository, you can link your article directly to the dataset. Elsevier collaborates with a number of repositories to link articles on ScienceDirect with relevant repositories, giving readers access to underlying data that gives them a better understanding of the research described.

There are different ways to link your datasets to your article. When available, you can directly link your dataset to your article by providing the relevant information in the submission system. For more information, visit the database linking page.

For supported data repositories a repository banner will automatically appear next to your published article on ScienceDirect.

In addition, you can link to relevant data or entities through identifiers within the text of your manuscript, using the following format: Database: xxxx (e.g., TAIR: AT1G01020; CCDC: 734053; PDB: 1XFN).

Mendeley Data
This journal supports Mendeley Data, enabling you to deposit any research data (including raw and processed data, video, code, software, algorithms, protocols, and methods) associated with your manuscript in a free-to-use, open access repository. During the submission process, after uploading your manuscript, you will have the opportunity to upload your relevant datasets directly to Mendeley Data. The datasets will be listed and directly accessible to readers next to your published article online.

For more information, visit the Mendeley Data for journals page.

Data statement
To foster transparency, we encourage you to state the availability of your data in your submission. This may be a requirement of your funding body or institution. If your data is unavailable to access or unsuitable to post, you will have the opportunity to indicate why during the submission process, for example by stating that the research data is confidential. The statement will appear with your published article on ScienceDirect. For more information, visit the Data Statement page.

AFTER ACCEPTANCE

Online proof correction
To ensure a fast publication process of the article, we kindly ask authors to provide us with their proof corrections within two days. Corresponding authors will receive an e-mail with a link to our online proofing system, allowing annotation and correction of proofs online. The environment is similar to MS Word: in addition to editing text, you can also comment on figures/tables and answer questions from the Copy Editor. Web-based proofing provides a faster and less error-prone process by allowing you to directly type your corrections, eliminating the potential introduction of errors. If preferred, you can still choose to annotate and upload your edits on the PDF version. All instructions for proofing will be given in the e-mail we send to authors, including alternative methods to the online version and PDF. We will do everything possible to get your article published quickly and accurately. Please use this proof only for checking the typesetting, editing, completeness and correctness of the text, tables and figures. Significant changes to the article as accepted for publication will only be considered at this stage with permission from the Editor. It is important to ensure that all corrections are sent back to us in one communication. Please check carefully before replying, as inclusion of any subsequent corrections cannot be guaranteed. Proofreading is solely your responsibility.

AUTHOR INQUIRIES
Visit the Elsevier Support Center to find the answers you need. Here you will find everything from Frequently Asked Questions to ways to get in touch. You can also check the status of your submitted article or find out when your accepted article will be published.