DESCRIPTION

The Journal of Functional Foods aims to bring together the results of fundamental and applied research into healthy foods and biologically active food ingredients. The Journal is centered in the specific area at the boundaries among food technology, nutrition and health welcoming papers having a good interdisciplinary approach. The journal will cover the fields of plant bioactives; dietary fibre, probiotics; functional lipids; bioactive peptides; vitamins, minerals and botanicals and other dietary supplements. Nutritional and technological aspects related to the development of functional foods and beverages are of core interest to the journal. Experimental works dealing with food digestion, bioavailability of food bioactives and on the mechanisms by which foods and their components are able to modulate physiological parameters connected with disease prevention are of particular interest as well as those dealing with personalized nutrition and nutritional needs in pathological subjects.

Papers will cover topics such as new food bioactives; efficacy and safety of bioactive compounds, and other healthy food constituents using genomic, chemical and biochemical technologies. Characterisation of healthy foods and functional constituents with reference to product development; preparation of natural and synthetic ingredients for use in foods, effects of processing (including packaging and storage) on functionality and improvement of product quality; verification, quality control and traceability of natural and synthetic functional food ingredients and products will be considered.

The regulatory aspects of functional foods and related issues e.g. labelling, substantiation of health claims are also of interest together with those dealing with the value creation on the food chains based on the nutritional/healthy aspects.

The following papers are not within the scope of the Journal: Papers only dealing with food analysis and characterization of food structure and composition Papers focusing on the absorption kinetic of single bioactives Papers dealing with pure compounds having no connection with food.

AUDIENCE

Academics, scientists, nutraceutical and functional foods industries

IMPACT FACTOR

2018: 3.197 © Clarivate Analytics Journal Citation Reports 2019
ABSTRACTING AND INDEXING

ScienceDirect
Scirus
Scopus
Current Contents - Agriculture, Biology & Environmental Sciences
Journal Citation Reports - Science Edition
Science Citation Index Expanded

EDITORIAL BOARD

Editor-in-Chief
Vincenzo Fogliano, Wageningen University & Research, Food Quality & Design group, Wageningen, Netherlands

Associate Editors
Adele Costabile, Department of Life Sciences, Health Sciences Research Centre, Roehampton University, London, United Kingdom
Elvira de Mejia, University of Illinois at Urbana-Champaign Department of Food Science and Human Nutrition, Urbana, Illinois, United States
Linda Giblin, Teagasc Food Research Centre, Co. Cork, Ireland
Dejian Huang, National University of Singapore Department of Chemistry, Singapore, Singapore
Mario Roberto Marostica Junior, Universidade Estadual de Campinas (UNICAMP), Dept. of Food and Nutrition, Campinas, SP, Brazil
Kazuo Miyashita, Dept. Bioresources Chemistry, Faculty of Fisheries Sciences, Hokkaido University, Hakodate, Japan
Kieran Tuohy, Fondazione Edmund Mach, Nutrition and Nutrigenomics, S. Michele all’Adige (TN), Italy
Chibuike C. Udendie, Faculty of Health Sciences; Dept. of Chemistry and Biomolecular Sciences, School of Nutrition Sciences, University of Ottawa, Ottawa, Ontario, Canada
Mingfu Wang, University of Hong Kong School of Biological Sciences, Hong Kong, Hong Kong
Jianping Wu, University of Alberta, Department of Agricultural, Food and Nutritional Science, Edmonton, Alberta, Canada

Founding Editor
Fereidoon Shahidi, Memorial University of Newfoundland, Department of Biochemistry, St John's, NL, Newfoundland and Labrador, Canada

Editorial Board Members
Cesarettin Alasalvar, TÜBİTAK Marmara Research Center, Food Institute, Kocaeli, Turkey
Emilio Alvarez Parrilla, Universidad Autónoma de Ciudad Juárez, Departamento de Ciencias Químico Biológicas, Ciudad Juárez, Chihuahua, Mexico
Zhen-Yu Chen, State Key Laboratory of Agrobiotechnology, New Territories, Hong Kong
Paul de Vos, University Medical Center Groningen, Dept. of Pathology and Medical Biology section, Groningen, Netherlands
Cristina Delgado Andrade, Instituto de Science and Technology Food and Nutrition, Madrid, Spain
Richard J. FitzGerald, University of Limerick Department of Biological Sciences, Limerick, Ireland
Tara Grawe, KU Leuven, Laboratory Food Technology, Leuven, Belgium
Rita Hickey, Teagasc Food Research Centre, Co. Cork, Ireland
Amin Ismail, Universiti Putra Malaysia Faculty of Medicine and Health Sciences, Serdang, Malaysia
Zhong Kai, Tianjin University of Science and Technology, College of Food Engineering and Biotechnology, Tianjin, China
Kazuki Kanazawa, Kobe University Faculty of Agriculture Graduate School of Agricultural Science, Kobe, Japan
Paola Lavermicocca, Institute of Sciences of Food Production, National Research Council (CNR-ISPRA), Colliero, Giarosa, Italy
Hua-Bin Li, Zhongshan University School of Public Health, Guangzhou, China
Jose Manuel Lorenzo, Meat Technological Centre, Ourense, Spain
Min-Hsiung Pan, National Taiwan University Institute of Food Science and Technology, Taipei, Taiwan
Glauco Maria Pastore, State University of Campinas Faculty of Food Engineering, Campinas, Sao Paulo, Brazil
Shengmin Sang, North Carolina Agricultural and Technical State University Center for Excellence in Post-Harvest Technologies, Kannapolis, North Carolina, United States
Ken Sato, Graduate School of Agriculture, Division of Applied Biosciences, Kyoto University, Kyoto, Japan
Gautam Sethi, National University of Singapore Department of Pharmacy, Singapore, Singapore
Veronica Somoza, University of Vienna, Dept. of Nutritional and Physiological Chemistry, Vienna, Austria
Paola Vitaglione, University of Napoli Federico II Department of Agriculture, Portici, Italy
Yu-Ming Wang, Ocean University of China, College of Food Science and Engineering, Qingdao, Shandong Province, China
Gary Williamson, University of Leeds School of Food Science and Nutrition, Leeds, United Kingdom
Jianhua Xie, Nanchang University, State Key Laboratory of Food Science and Technology, Nanchang, China
Gow-Chin Yen, National Chung Hsing University Department of Food Science, Taichung, Taiwan
Xiaoxiong Zeng, Weigang, College of Food Science and Technology, Nanjing Agricultural University, Nanjing, China
GUIDE FOR AUTHORS

INTRODUCTION

Journal of Functional Foods follows the publishing practices by Elsevier. Please read carefully this guide and especially the "Essentials" at the end of the file before submitting your article.

Types of paper

Original research articles, review papers, perspective commentaries and opinion pieces, and rapid communications.

1. Research papers - original full-length research papers which have not been published previously, except in a preliminary form, and which should not exceed 7,500 words. (excluding abstract, references and no more than 8 tables and illustrations)

2. Review articles - will be accepted in areas of topical interest, will normally focus on literature published over the previous five years, and should not exceed 10,000 words. (excluding abstract, references and no more than 8 tables and illustrations)

3. Perspective commentaries and opinion pieces - These should be concise, on hot topics and describe cutting-edge developments and technologies. They should not exceed 2000 words.

4. Rapid communications - Short communications of up to 3000 words, describing work that may be of a preliminary nature but which merits immediate publication.

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.

BEFORE YOU BEGIN

Ethics in publishing

Please see our information pages on Ethics in publishing and Ethical guidelines for journal publication.

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.

**Declaration of interest**
All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential competing interests include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. Authors must disclose any interests in two places: 1. A summary declaration of interest statement in the title page file (if double-blind) or the manuscript file (if single-blind). If there are no interests to declare then please state this: 'Declarations of interest: none'. This summary statement will be ultimately published if the article is accepted. 2. Detailed disclosures as part of a separate Declaration of Interest form, which forms part of the journal's official records. It is important for potential interests to be declared in both places and that the information matches. More information.

**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. Articles should make no assumptions about the beliefs or commitments of any reader, should contain nothing which might imply that one individual is superior to another on the grounds of race, sex, culture or any other characteristic, and should use inclusive language throughout. Authors should ensure that writing is free from bias, for instance by using 'he or she', 'his/her' instead of 'he' or 'his', and by making use of job titles that are free of stereotyping (e.g. 'chairperson' instead of 'chairman' and 'flight attendant' instead of 'stewardess').

**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.

**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.

**Funding body agreements and policies**

Elsevier has established a number of agreements with funding bodies which allow authors to comply with their funder's open access policies. Some funding bodies will reimburse the author for the gold open access publication fee. Details of existing agreements are available online.

**Open access**

This journal offers authors a choice in publishing their research:

**Subscription**

- Articles are made available to subscribers as well as developing countries and patient groups through our universal access programs.
- No open access publication fee payable by authors.
- The Author is entitled to post the accepted manuscript in their institution's repository and make this public after an embargo period (known as green Open Access). The published journal article cannot be shared publicly, for example on ResearchGate or Academia.edu, to ensure the sustainability of peer-reviewed research in journal publications. The embargo period for this journal can be found below.

**Gold open access**

- Articles are freely available to both subscribers and the wider public with permitted reuse.
- A gold open access publication fee is payable by authors or on their behalf, e.g. by their research funder or institution.

Regardless of how you choose to publish your article, the journal will apply the same peer review criteria and acceptance standards.

For gold open access articles, permitted third party (re)use is defined by the following **Creative Commons user licenses**: 
Creative Commons Attribution (CC BY)
Lets others distribute and copy the article, create extracts, abstracts, and other revised versions, adaptations or derivative works of or from an article (such as a translation), include in a collective work (such as an anthology), text or data mine the article, even for commercial purposes, as long as they credit the author(s), do not represent the author as endorsing their adaptation of the article, and do not modify the article in such a way as to damage the author's honor or reputation.

Creative Commons Attribution-NonCommercial-NoDerivs (CC BY-NC-ND)
For non-commercial purposes, lets others distribute and copy the article, and to include in a collective work (such as an anthology), as long as they credit the author(s) and provided they do not alter or modify the article.

The gold open access publication fee for this journal is USD 3800, excluding taxes. Learn more about Elsevier's pricing policy: https://www.elsevier.com/openaccesspricing.

Green open access
Authors can share their research in a variety of different ways and Elsevier has a number of green open access options available. We recommend authors see our open access page for further information. Authors can also self-archive their manuscripts immediately and enable public access from their institution's repository after an embargo period. This is the version that has been accepted for publication and which typically includes author-incorporated changes suggested during submission, peer review and in editor-author communications. Embargo period: For subscription articles, an appropriate amount of time is needed for journals to deliver value to subscribing customers before an article becomes freely available to the public. This is the embargo period and it begins from the date the article is formally published online in its final and fully citable form. Find out more.

This journal has an embargo period of 12 months.

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 WebShop.

Authors whose native language is not English are strongly advised to have their manuscripts checked by an English-speaking colleague prior to submission.

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.

Authors must provide and use an email address unique to themselves and not shared with another author registered in EES, or a department.

Referees
Authors are required to submit, with the manuscript, the names, addresses and e-mail addresses of 3 potential referees. Note that the editor retains the sole right to decide whether or not the suggested reviewers are used.

The suggested reviewers should not come from the same institute, and should not all come from the same country.

Review Policy
A peer review system involving two or more reviewers is used to ensure high quality of manuscripts accepted for publication. The Managing Editor and Editors have the right to decline formal review of a manuscript when it is deemed that the manuscript is
1) on a topic outside the scope of the Journal;
2) lacking technical merit;
3) present limited innovation and originality;
4) focused on foods or processes that are of narrow regional scope and significance;
5) fragmentary and providing marginally incremental results; or
6) is poorly written.
**PREPARATION**

*Peer review*
This journal operates a single blind review process. All contributions will be initially assessed by the editor for suitability for the journal. Papers deemed suitable are then 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 and although often disappointing it is not useful to send complaint letters to them. More information on types of peer review.

*Use of word processing software*
It is important that the file be saved in the native format of the word processor used. The text should be in single-column format. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. In particular, do not use the word processor's options to justify text or to hyphenate words. However, do use bold face, italics, subscripts, superscripts etc. When preparing tables, if you are using a table grid, use only one grid for each individual table and not a grid for each row. If no grid is used, use tabs, not spaces, to align columns. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the Guide to Publishing with Elsevier). Note that source files of figures, tables and text graphics will be required whether or not you embed your figures in the text. 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*

*Subdivision - numbered sections*
Divide your article into clearly defined and numbered sections. Subsections should be numbered 1.1 (then 1.1.1, 1.1.2, ...), 1.2, etc. (the abstract is not included in section numbering). Use this numbering also for internal cross-referencing: do not just refer to 'the text'. Any subsection may be given a brief heading. Each heading should appear on its own separate line.

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

*Introduction*
State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results. The last sentence of the introduction should state the aim of the paper.

*Material and methods*
Provide sufficient detail to allow the work to be reproduced. Methods already published on peer reviewed articles could be indicated by a reference and only relevant modifications should be described. Authors must provide all the details about their starting material, the source, the bioactive components responsible for the observed effects and changes in their content upon processing. Details of the ethical committees authorization should provide here when necessary. The last paragraph of the section should provide the details of the statistical methodology.

*Results*
Results should be clear and concise. The figures to highlight the most relevant findings of the paper and do not replicate the same data both in figures and tables. Be sure the numbers and the letters are not too small and in the different colors are clearly distinguishable.

*Discussion*
This should explore the significance of the results of the work, not repeat them. A combined Results and Discussion section is often appropriate. Avoid extensive citations and discussion of published literature.

*Discussion*
This should explore the significance of the results of the work, not repeat them. A combined Results and Discussion section is often appropriate for the type of article published.

*Conclusions*
The main conclusions of the study may be presented in a short Conclusions section, which may stand alone or form a subsection of a Discussion or Results and Discussion section.
Conclusions
The main conclusions of the study may be presented in a short Conclusions section, which may stand alone or form a subsection of the Results and Discussion section.

Supplementary material/Appendices
JFF do not encourage the use of supplementary material however when providing additional data is necessary to support paper results and favor the repeatability of the study you can upload this on a separate file.

Tables and figures should be given separate numbering: Table S1; Figure S1,...

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. 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. 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. 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.

**Abstracts should not exceed 150 words.**

Highlights
Highlights are mandatory for this journal. They consist of a short collection of bullet points that convey the core findings of the article and should be submitted in a separate editable file in the online submission system. Please use 'Highlights' in the file name and include 4 bullet points (maximum 85 characters, including spaces, per bullet point). You can view example Highlights on our information site.

Graphical abstract
Graphical abstract is mandatory for this journal. It consists of an illustration conveying to the reader the main message of your paper. Graphical abstract is placed together with title and highlights on the web site and it is visible to everybody. Should not be one of the figure of the paper it is meant to pitch your article and induce the colleagues to read it.

Keywords
Immediately after the abstract, provide a maximum of 6 keywords, using British 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.

Units
Follow internationally accepted rules and conventions: use the international system of units (SI). If other units are mentioned, please give their equivalent in SI.

Temperatures should be given in degrees Celsius. The unit "billion" is ambiguous and should not be used.

Abbreviations for units should follow the suggestions of the British Standards publication BS 1991. The full stop should not be included in abbreviations, e.g. m (not m.), ppm (not p.p.m.), % and / should be used in preference to 'per cent' and 'per'. Where abbreviations are likely to cause ambiguity or may not be readily understood by an international readership, units should be put in full.

Current recognised (IUPAC) chemical nomenclature should be used, although commonly accepted trivial names may be used where there is no risk of ambiguity.

The use of proprietary names should be avoided. Papers essentially of an advertising nature will not be accepted.

Math formulae
Please submit math equations as editable text and not as images. Present simple formulae in line with normal text where possible and use the solidus (/) instead of a horizontal line for small fractional terms, e.g., X/Y. In principle, variables are to be presented in italics. Powers of e are often more conveniently denoted by exp. Number consecutively any equations that have to be displayed separately from the text (if referred to explicitly in the text).

Formulae must be typewritten, each on a separate line. Leave ample space around the formulae. Subscripts and superscripts should be clear. All symbols used in the formulae should be explained in the margin where they are first used. Take special care to show clearly the difference between zero (0) and the letter O, and between one (1) and the letter l. Give the meaning of all symbols immediately after the equation in which they are first used. All equations should be numbered serially at the right-hand side in parentheses. The use of fractional powers instead of root signs is recommended. Levels of statistical significance which can be mentioned without further explanation are P< 0.05, P< 0.01 and P< 0.001. In chemical formulae, valence of ions must be given as e.g. Ca2+ and CO2- 3, not as Ca++ or CO3 --. Isotope numbers should precede the symbols, e.g. 18O. The repeated writing of complicated chemical formulae in the text is to be avoided where reasonably possible; instead, the name of the compound followed by its abbreviation (ethylene-diamine-tetra-acetic acid, EDTA) should be given in full. The abbreviation is to be used in the case of a very long name or in the case of a compound being described as the end product of a gravimetric determination (e.g. phosphate as P2O5).
Footnotes
Footnotes should be used sparingly. Number them consecutively throughout the article. Many word processors can build footnotes into the text, and this feature may be used. Otherwise, please indicate the position of footnotes in the text and list the footnotes themselves separately at the end of the article. Do not include footnotes in the Reference list.

Artwork
Electronic artwork
General points
• Make sure you use uniform lettering and sizing of your original artwork.
• Embed the used fonts if the application provides that option.
• Aim to use the following fonts in your illustrations: Arial, Courier, Times New Roman, Symbol, or use fonts that look similar.
• Number the illustrations according to their sequence in the text.
• Use a logical naming convention for your artwork files.
• Provide captions to illustrations separately.
• Size the illustrations close to the desired dimensions of the published version.
• Submit each illustration as a separate file.
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
If your electronic artwork is created in a Microsoft Office application (Word, PowerPoint, Excel) then please supply 'as is' in the native document format.
Regardless of the application used other than Microsoft Office, 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 all used fonts.
TIFF (or JPEG): Color or grayscale photographs (halftones), keep to a minimum of 300 dpi.
TIFF (or JPEG): Bitmapped (pure black & white pixels) line drawings, keep to a minimum of 1000 dpi.
TIFF (or JPEG): Combinations bitmapped line/half-tone (color or grayscale), keep to a minimum of 500 dpi.

Please do not:
• Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); these typically have a low number of pixels and limited set of colors;
• 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) in addition to color reproduction in print. Further information on the preparation of electronic artwork.

Figure captions
Ensure that each illustration has a caption. Supply captions separately, not attached to the figure. 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.

Citation in text
Please ensure that every reference cited in the text is also present in the reference list (and vice versa). Any references cited in the abstract must be given in full. Unpublished results and personal communications are not recommended in the reference list, but may be mentioned in the text. If these references are included in the reference list they should follow the standard reference style of the
journal and should include a substitution of the publication date with either 'Unpublished results' or 'Personal communication'. Citation of a reference as 'in press' implies that the item has been accepted for publication.

**Web references**

As a minimum, the full URL should be given and the date when the reference was last accessed. Any further information, if known (DOI, author names, dates, reference to a source publication, etc.), should also be given. Web references can be listed separately (e.g., after the reference list) under a different heading if desired, or can be included in the reference list.

**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.

**References in a special issue**

Please ensure that the words 'this issue' are added to any references in the list (and any citations in the text) to other articles in the same Special Issue.

**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:


When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice.

**Reference style**

**Text:** Citations in the text should follow the referencing style used by the American Psychological Association. You are referred to the Publication Manual of the American Psychological Association, Sixth Edition, ISBN 978-1-4338-0561-5, copies of which may be ordered online or APA Order Dept., P.O.B. 2710, Hyattsville, MD 20784, USA or APA, 3 Henrietta Street, London, WC3E 8LU, UK.

**List:** references should be arranged first alphabetically and then further sorted 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:**

Reference to a journal publication:


Reference to a journal publication with an article number:


Reference to a book:


Reference to a chapter in an edited book:


Reference to a website:

Reference to a dataset:

Reference to a conference paper or poster presentation:

Video
Elsevier accepts video material and animation sequences to support and enhance your scientific research. Authors who have video or animation files that they wish to submit with their article are strongly encouraged to include links to these within the body of the article. This can be done in the same way as a figure or table by referring to the video or animation content and noting in the body text where it should be placed. All submitted files should be properly labeled so that they directly relate to the video file’s content. In order to ensure that your video or animation material is directly usable, please provide the file in one of our recommended file formats with a preferred maximum size of 150 MB per file, 1 GB in total. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect. Please supply 'stills' with your files: you can choose any frame from the video or animation or make a separate image. These will be used instead of standard icons and will personalize the link to your video data. For more detailed instructions please visit our video instruction pages. Note: since video and animation cannot be embedded in the print version of the journal, please provide text for both the electronic and the print version for the portions of the article that refer to this content.

Data visualization
Include interactive data visualizations in your publication and let your readers interact and engage more closely with your research. Follow the instructions here to find out about available data visualization options and how to include them with your 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](https://www.mendeley.com/).  

**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](https://www.elsevier.com/locate/jff).

**AFTER ACCEPTANCE**

**Online proof correction**
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.

**Offprints**
The corresponding author will, at no cost, receive a customized Share Link providing 50 days free access to the final published version of the article on ScienceDirect. The Share Link can be used for sharing the article via any communication channel, including email and social media. For an extra charge, paper offprints can be ordered via the offprint order form which is sent once the article is accepted for publication. Both corresponding and co-authors may order offprints at any time via Elsevier's Webshop. Corresponding authors who have published their article gold open access do not receive a Share Link as their final published version of the article is available open access on ScienceDirect and can be shared through the article DOI link.

**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.

**ESSENTIALS TO FASTER HANDLING OF PAPERS**
Please go carefully through the following points dealing with the main weak points often detectable in the current submission. The presentation language must be adequate for submission to JFF as an English journal. If not done adequately, the manuscript may be rejected without review.
An English language editing service is available through Elsevier at: http://webshop.elsevier.com/linguageservices/ Avoid as much as possible the use of acronyms in the abstract and limit their use also in the text. A graphical abstract is mandatory. Double-spaced text of your paper and number both the pages and lines; continuous line numbering is essential as allow reviewers to easily locate their comments. Use 4 Highlights of maximum one line. Do not contact the editor-in-chief to ask if your manuscript is suitable for submission to the journal. This is a decision you have to make. There is no pre-screening of papers outside the electronic system. All papers should be submitted via the electronic submission system. Authorship, include only those who have meaningfully contributed to the work; others could be placed in the acknowledgement section. For more information on authorship please refer to: https://www.elsevier.com/journal-authors/ethics#authorship. When suggesting 3 potential reviewers for your paper, please note that: These should not be from your own institution and possibly no more than one be from your country. These must be expert in the field and not suggested for other reasons (such as collaborators of any sort). Please note that your reviewer suggestions will not always be used. Make clear in the letter to the editor the relevance of your paper to the area of the interest for JFF and to the specific research field. Novelty of the work and how it contribute to the knowledge in the field must be highlighted and explained both in the text of the manuscript and briefly in the cover letter. For review papers list in the cover letter the review recently published on related topic and explain why the submitted review is needed and differ from those already published. Proper review and citation of key papers in the field is essential and their absence cause paper rejection. Especially previous paper from your own group must be highlighted and when needed explain in the letter to editor while the manuscript bring new results respect to those already provided in your previous paper. Do not split your research in two or more paper if this is not absolutely paper. JFF reject papers merely reporting side data from other studies.

Credit must be given to prior work explicitly or else quoting of sentences, paragraphs or tables without citation is prohibited and results in rejection of papers. It should be noted that all manuscripts are screened through anti-plagiarism software, and excessive reproduction of previously published text will result in rejection of manuscripts without review. Further information can be obtained from: https://www.elsevier.com/journal-authors/ethics#writing-an-article. Submission to more than one journal is a very serious breach of publication ethics and such papers will be rejected, as would be use of other authors' work or even your own without reference citation. Further information can be obtained from: https://www.elsevier.com/journal-authors/ethics#writing-an-article. When using human or animal subjects, protocols as well as permission details must be provided. Further information can be found at: https://www.elsevier.com/journal-authors/ethics#conducting-research. For full papers the usual length is 7500 words (excluding references) with no more than 8 illustrations (tables plus figures). For short communication, 2500 words (excluding references) and a maximum of 4 illustrations (tables plus figures) is permitted. For review articles, it is best to keep them at 10,000-12,000 (excluding references) words. The usual number of references for full papers is about 40, for short communication 20-25 and for reviews may vary but usually up to 150. All tables, figures should be understandable without reference to the text and be able to stand alone; abbreviations must therefore be defined in table headings / footnotes and figure captions. Abbreviations should also be fully defined on first use in the abstract and the main text. The style of the Journal of Functional Foods for referencing, both in the text and at the end must be followed. Please avoid using words that are not usually used or abbreviations that are confusing. Authors must define the starting materials and details of bioactives responsible for the observed effects, both by identifying and quantifying them. Structure-activity relationships discussion is essential in most cases. In case you are asked to revise your manuscript prepare the rebuttal in the point to point” form writing your answer below the question raised by Editors and reviewers and indicating which part of the manuscript was modified when necessary. In the revised version all the modifications respect to the original submission must be highlighted. The editor-in-chief or associate editors should not be contacted for purposes of the review process or otherwise unless there is a special circumstance. Problems associated with submission and technical issues should be addressed to Elsevier's staff. For retrieving of password and other related issues such as your Elsevier consolidated account, you also need to contact the Elsevier Publishing Support Center and not the editors. The review process takes usually between 30 and 60 days. It can be delayed because it is quite challenging to find good reviewers. Before complaining ask yourself how many times you decline or even do not reply when you are requested to peer review a paper. © Copyright 2018 Elsevier | https://www.elsevier.com