DESCRIPTION

_Nutrition, Metabolism & Cardiovascular Diseases_ is a forum designed to focus on the powerful interplay between nutritional and metabolic alterations, and cardiovascular disorders. It aims to be a highly qualified tool to help refine strategies against the nutrition-related epidemics of metabolic and cardiovascular diseases. By presenting original clinical and experimental findings, it introduces readers and authors into a rapidly developing area of clinical and preventive medicine, including also vascular biology. Of particular concern are the origins, the mechanisms and the means to prevent and control diabetes, atherosclerosis, hypertension, and other nutrition-related diseases.

SID, SISA and SINU members may access the journal contents [here](#).

Electronic usage:
An increasing number of readers access the journal online via ScienceDirect, one of the world's most advanced web delivery systems for scientific, technical and medical information.

IMPACT FACTOR

2018: 3.340 © Clarivate Analytics Journal Citation Reports 2019

ABSTRACTING AND INDEXING

- Journal Citation Reports - Science Edition
- PubMed/Medline
- PubMed/Medline
- ScienceDirect
- Scopus
- Embase
- FSTA (Food Science and Technology Abstracts)

EDITORIAL BOARD

*Editor-in-Chief*

A. Siani, Avellino, Italy
Co-Editors
M. Averna, Palermo, Italy
F. Galletti, Napoli, Italy
G. Targher, Verona, Italy

Associate Editors
J. Bella, Bronx, NY, United States
L. Bozzetto, Napoli, Italy
A. Campanozzi, Foggia, Italy
F. P. Cappuccio, Coventry, UK
P. Clifton, Adelaide, Australia
S. Frontoni, Roma, Italy
L. Ghiadoni, Pisa, Italy
L. Laviola, Bari, Italy
D. Noto, Palermo, Italy
G. Perseghin, Monza, Italy
M. Pirro, Perugia, Italy
R. Pontremoli, Genova, Italy
A. Rocchini, Ann Arbor, MI, United States
G. L. Russo, Avellino, Italy

Editorial Board

Human Nutrition
D. Del Rio, University of Parma, Parma, Italy
R. Giacco, National Research Council, Roma, Italy
E. K. Kabagambe, Nashville, TN, USA
V. Krogh, Milan, Italy
G. Liu, Huazhong University of Science and Technology, Tongji Medical College, School of Public Health, Department of Nutrition and Food Hygiene, Hubei, China
D. Molnar, University of Pecs, Pecs, Hungary
L. M. Moreno, University of Zaragoza, Zaragoza, Spain
A. Naska, Athens, Greece
A. Pinto, University of Rome La Sapienza, Roma, Italy
P. Russo, Avellino, Italy
J. Salas-Salvado, Tarragona, Spain
Y. Sanz, Valencia, Spain
L. Scalfi, University of Naples Federico II, Napoli, Italy
J. Tur, University of the Balearic Islands, Palma de Mallorca, Spain
E. Verduci, Milan, Italy
M. Vinceti, University of Modena and Reggio Emilia Department of Biomedical Metabolic and Neuro Sciences, Modena, Italy
F. Visioli, University of Padua, Padova, Italy
Y. Yang, Chinese Center for Disease Control and Prevention National Institute for Nutrition and Health, Beijing, China

Hyperlipidemia and Atherosclerosis
F. Angelico, University of Rome La Sapienza, Roma, Italy
F. Bernini, University of Parma, Parma, Italy
L Calabresi, Milan, Italy
F. Cipollone, Gabriele d’Annunzio University of Chieti and Pescara, Chieti, Italy
A. Iannuzzi, Cardarelli Hospital, Italy
M. Maranghi, Rome, Italy
L. Masana, Universitat Rovira i Virgili Faculty of Medicine and Health Sciences, Reus, Spain
M. L. Morieri, University of Ferrara, Ferrara, Italy
G. Norata, Milano, Italy
L. Ose, Rikshospitalet University Hospital, Oslo, Norway
K. Parhofer, Ludwig Maximilians University Munich, Munich, Germany
A. Pujia, Magna Graecia University of Catanzaro, Catanzaro, Italy
Z. Reiner, University Hospital Centre Zagreb, Zagreb, Croatia
G. B. Vigna, Ferrara, Italy

Diabetes and Metabolism
M. A. Abdul-Ghani, San Antonio, TX, USA
D. Accili, Columbia University, New York, New York, United States
G. Annuzzi, University of Naples Federico II, Napoli, Italy
R. C. Bonadonna, Parma, Italy
U. Campia, Washington DC, USA
M. Donath, University Hospital Basel, Basel, Switzerland
G. P. Fadini, Padua, Italy
L. Gnudi, London, UK
M. Hribal, Catanzaro, Italy
S.E. Inzucchi, New Haven, CT, USA
V. Lyssenko, University of Bergen, Sweden
R.C.W. Ma, Hong Kong, China
T. Mezza, University Hospital Agostino Gemelli, Rome, Italy
A. Natali, Pisa, Italy
E.M. Ooi, Perth, Australia
G. Penno, University of Pisa, Pisa, Italy
S. Prudente, Rome, Italy
A.A. Rivellese, University of Naples Federico II, Italy
C.K. Roberts, Los Angeles, CA, USA
A. Solini, Pisa, Italy
M. Uusitupa, University of Eastern Finland - Kuopio Campus, KUOPIO, Finland
A. Vaag, Copenhagen, Denmark
J. Wilding, Liverpool, UK
F. Zaccardi, Leicester, UK

Hypertension/Cardiovascular Diseases

P. Barter, Heart Research Institute Ltd, Newtown, Australia
L.A. Bazzano, Tulane University, New Orleans, Louisiana, United States
C. Borghi, Bologna, Bologna, Italy
S. Cocozza, University of Naples Federico II, Napoli, Italy
G.B. Desideri, L’Aquila, Italy
P. M. Ferraro, University Hospital Agostino Gemelli, Rome, Italy
C. Ferrì, University of Aquila, L’Aquila, Italy
L. Iacoviovi, John Paul II Foundation for Research and Treatment, Campobasso, Italy
C. McEniery, Cambridge University Hospitals NHS Foundation Trust, Cambridge, United Kingdom
V.L. Murthy, Ann Arbor, MI, USA
G. Navi, University of Groningen UMCG Department of Internal Medicine, Groningen, Netherlands
D. Panagiotakos, Harokopio University, Athens, Greece
G. Parati, University of Milan–Bicocca, Milano, Italy
D. Rendina, Naples, Italy
L. Sechi, Udine, Italy
S. Stranges, Western University, London, Ontario, Canada
A. Tufano, University of Naples Federico II, Napoli, Italy
F Veglio, University of Turin, Torino, Italy
K.T. Weber, The University of Tennessee Health Science Center, Memphis, Tennessee, United States
A. Zittermann, Heart and Diabetes Center North Rhine-Westphalia, Bad Oeynhausen, Germany
C Zoccali, Research Unit of Clinical Epidemiology and Pathophysiology of Renal Diseases and Hypertension, Reggio Calabria, Italy

Statistical Consultants

L. D’Elia, Naples, Italy
A. Di Castelnuovo, Campobasso, Italy

Emeritus Editors

G. Assman, Münster, Germany
P. Brunetti, Perugia, Italy
A. Giaccari, Milan, Italy
M. Mancini, Napoli, Italy
G. Riccardi, Napoli, Italy
P. Rubba, Napoli, Italy
J. Stamler, Chicago, United States
Y. Stein, Jerusalem, Israel
P. Strazzullo, Napoli, Italy

Editorial Assistant

S. Rotunno, Catholic University of the Sacred Heart Rome Campus, Rome, Italy
R. Scala, University of Naples Federico II, Napoli, Italy
GUIDE FOR AUTHORS

INTRODUCTION

Cover letter, Article types
Having problems with your submission? Our Editorial Assistants are available to help. Email at: nmcd@unina.it or serena.rotunno@gmail.com

COVER LETTER
Cover letters must state that all authors have seen and approved the study submitted. Provide a statement that no part of the work submitted has been published or is under consideration for publication elsewhere (except in the form of abstract). Provide a statement of financial or other relationships that might lead to a conflict of interest. In the case of clinical trials, provide the registration number and date (see Guidelines on Clinical Trials Registration below).

TYPES OF MANUSCRIPT

Original Articles should report original clinical studies or research not previously published or being considered for publication elsewhere. The text should not exceed 4000 words, including list of authors and their affiliations, corresponding author, acknowledgements, key words and figure legends, with an abstract of maximum 250 words, a list of no more than 60 references, and maximum 6 figures/tables (see below for more details on the layout).

Systematic Reviews are exhaustive, critical assessments of evidence from different data sources in relation to a given subject in the areas of diagnosis, prevention and treatment of clinical disorders or public health issues relevant to the NMCD readership. A systematic search of the relevant data sources should be carried out and the items collected should be carefully evaluated for inclusion based on a-priori defined inclusion/exclusion criteria. A description and an analytical graphic representation of the process should be provided. The specific features of the participants' or patients' populations of the studies included in the review should be described as well as the measures of exposure and outcome with the indication of the corresponding data sources. A structured abstract is required (like for Short reviews). The text must not exceed 6000 words including the acknowledgments, with no more than 8 tables and/or figures and maximum 120 references.

Meta-analyses should follow the same guidelines as for systematic reviews. They are expected to provide exhaustive information and statistical assessment of pooled estimates of pre-defined outcomes, study heterogeneity and quality, possible publication bias, meta-regression and subgroup analyses when appropriate. Depending on the type of study, Authors are invited to submit PRISMA flow diagrams or MOOSE checklists.

Both systematic reviews and meta-analyses will be dealt with ordinarily as original articles as far as the editorial process is concerned.

Viewpoints and short review articles are generally upon invitation but authors interested in submitting a proposal are welcome to contact the editors. These articles also undergo peer review. Their length should not exceed 4000 words and should have an abstract of up to 250 words. A limit of 80 references is recommended.

Institutional reviews, consensus reports and other societal documents are accepted upon agreement with the Editor-in-Chief. Their length should not exceed 6000 words and should have an abstract of up to 250 words. A limit of 120 references is recommended. These articles also undergo peer review.

Short Communications are reports describing experiments with limited sample size or duration, or preliminary data. The text should not exceed 1500 words, including list of authors and their affiliations, corresponding author, key words, acknowledgments and figure legends, with an abstract of maximum 200 words, no more than 20 references and 3 tables or figures.
**Letters to the Editor** should be no longer than 500 words and may refer to material previously published in the Journal or report original research findings.

**Guidelines on Clinical Trials Registration**
1. NMCD will not consider articles dealing with clinical trials that were not registered before their initiation. In the cover letter, the authors need to provide the trial registration date, number and website where these data can be verified. Submissions that do not comply with these rules will not be admitted to the reviewing process. Retrospective registration may be acceptable provided that a reasonable justification is given.
2. Registration must be done on a publicly available database, such as www.clinicaltrials.gov or any other registry meeting WHO and ICTRP criteria (please refer to http://www.who.int/ictrp/en/ or http://www.icmje.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 3-8
- 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 (see "Referees" below)

For further information, visit our [Support Center](http://www.elsevier.com/support).

**BEFORE YOU BEGIN**

**Ethics in publishing**
Please see our information pages on [Ethics in publishing](http://www.elsevier.com/ethics) and [Ethical guidelines for journal publication](http://www.elsevier.com/ethics).

**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 conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding from any company, institution or foundation. A statement to this effect must be included in the cover letter and on the title page of the manuscript, as well as within the article before the References section, listed under ‘Competing Interests’. In case a competing financial interest is disclosed, a statement should be published as part of the article. If no such conflict exists, the statement will simply read that the authors have nothing to disclose. All submissions to NMCD need to include the corresponding author's completed ICMJE Conflict of Interest form, which
can be downloaded [here](#) and which will be submitted on behalf of all the co-authors. If there are no conflicts of interest in relation to the work then this also needs to be indicated on the ICMJE Conflict of Interest form. For 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.

**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.

Referees
It is mandatory to provide the names and affiliations (including email address) of three international experts as potential reviewers for your submission. At least two of the three reviewers suggested should be from a country other than the authors' and ideally they should not have co-authored any publications in the previous five years. Please note that the editorial office may not use your suggestions, but your help is appreciated and may speed up the selection of appropriate reviewers. Please be aware that your submission will be returned to you, if this information is missing.

For more details, visit our Support site.

PREPARATION

Language
The text should be written in good English (American or British usage is accepted, but not a mixture of these). Please use decimal points (not decimal commas); use a space for thousands (10 000 and above).

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.
FORMAT

Essential Title page Information

Title. Should be concise (no more than 120 characters), informative and focused on the innovative contents of the study. As titles are often used in information-retrieval systems, abbreviations and formulae are to be avoided.

Author names and affiliations. Please provide the first name and last names spelt out in full, with any middle names shown as initial(s). Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-case superscript letter immediately after the author's name and in front of the appropriate address. The indication of the individual authors' affiliations must be informative but concise.

Corresponding author. Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. Ensure that telephone numbers (with country and area code) are provided in addition to the e-mail address and the complete postal address.

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.

Clinical Trials. In case of clinical trials, starting July 1st 2009, registration number and date.

Word counts for abstract and text, and number of references, figures and tables.

Abstract
An abstract (maximum 250 words) should be typed double spaced on a separate page. The abstract for original articles should be structured under the headings (1) Background and Aims, (2) Methods and Results, (3) Conclusion, (f)registration number for clinical trials. The abstract of review and viewpoint articles should be structured under the headings (1) Aims, (2) Data Synthesis, (3) Conclusions. Letters to the Editor do not require an Abstract.

Text
The following subheads should be included in all research articles: Introduction, Methods, Results, Discussion, Acknowledgements, References, Appendices, Tables, Figure Legends.

The Methods section should include a statement that the experimental protocols and the process for obtaining informed consent (in human studies) were approved by the appropriate institutional review committee.

For studies on animals, the Methods section should include the species, strain, and supplier/source.

For studies on humans, the Methods section should include a Study Population subheading, under which demographics of study population are defined.

Acronyms should be spelled out in full (in the abstract or text) the first time they are cited. If more than 5 acronyms are used, they should be listed on the title page after the keywords. Avoid jargon.

Measurement units should be reported as standard SI units with traditional units in brackets.

Suppliers of specific instruments or drugs should be given, including the company name and city. All drugs should be referred to by their generic names.

Highlights
Highlights are mandatory for this journal as they help 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.

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.

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.
• Ensure that color images are accessible to all, including those with impaired color vision.

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/halftone (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) 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.

**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.

**References**

**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.

**Reference links**
Increased discoverability of research and high quality peer review are ensured by online links to the sources cited. In order to allow us to create links to abstracting and indexing services, such as Scopus, CrossRef and PubMed, please ensure that data provided in the references are correct. Please note that incorrect surnames, journal/book titles, publication year and pagination may prevent link creation. When copying references, please be careful as they may already contain errors. Use of the DOI is highly encouraged.

A DOI is guaranteed never to change, so you can use it as a permanent link to any electronic article. An example of a citation using DOI for an article not yet in an issue is: VanDecar J.C., Russo R.M., James D.E., Ambeh W.B., Franke M. (2003). Aseismic continuation of the Lesser Antilles slab beneath northeastern Venezuela. Journal of Geophysical Research, https://doi.org/10.1029/2001JB000884. Please note the format of such citations should be in the same style as all other references in the paper.

**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 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
Text: Indicate references by number(s) in square brackets in line with the text. The actual authors can be referred to, but the reference number(s) must always be given.
List: Number the references (numbers in square brackets) in the list in the order in which they appear in the text.

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:
Note shortened form for last page number. e.g., 51–9, and that for more than 6 authors the first 6 should be listed followed by 'et al.' For further details you are referred to 'Uniform Requirements for Manuscripts submitted to Biomedical Journals' (J Am Med Assoc 1997;277:927–34) (see also Samples of Formatted References).

Journal abbreviations source
Journal names should be abbreviated according to the List of Title Word Abbreviations.

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.

**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.

**Online Submission**

Nutrition, Metabolism and Cardiovascular Diseases uses an online submission and review system. Authors can upload their article via our on-line system Elsevier Editorial System at https://www.editorialmanager.com/nmcd. By accessing the website Authors will be guided stepwise through the uploading of the various files. Editable file formats are necessary. We accept most word-processing formats, but Word, WordPerfect or LaTeX is preferred. Figure files (TIFF, EPS, JPEG) should be uploaded separately. Always keep a backup copy of the electronic file for reference and safety. Save your files using the default extension of the program used. The system generates an Adobe Acrobat PDF version of the article which is used for the reviewing process. Authors, Reviewers and Editors send and receive all correspondence by e-mail and no paper correspondence is necessary. For assistance visit our Support Center.

The instructions also apply to authors of papers appearing in supplements or special issues.

Having problems with your submission? Our Editorial Assistants are available to help. Email at: nmcd@unina.it

**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**

**Proofs**
One set of page proofs (as PDF files) will be sent by e-mail to the corresponding author (if we do not have an e-mail address then paper proofs will be sent by post) or a link will be provided in the e-mail so that authors can download the files themselves. To ensure a fast publication process of the article, we kindly ask authors to provide us with their proof corrections within two days. Elsevier now provides authors with PDF proofs which can be annotated; for this you will need to download the free Adobe Reader, version 9 (or higher). Instructions on how to annotate PDF files will accompany the proofs (also given online). The exact system requirements are given at the Adobe site.

If you do not wish to use the PDF annotations function, you may list the corrections (including replies to the Query Form) and return them to Elsevier in an e-mail. Please list your corrections quoting line number. If, for any reason, this is not possible, then mark the corrections and any other comments (including replies to the Query Form) on a printout of your proof and scan the pages and return via e-mail. 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. We will do everything possible to get your article published quickly and accurately. 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 Author Services. 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.

© Copyright 2018 Elsevier | https://www.elsevier.com