Nutrition Research publishes original research articles, communications, and reviews on basic and applied nutrition. The mission of Nutrition Research is to serve as the journal for global communication of nutrition and life sciences research on diet and health. The field of nutrition sciences includes, but is not limited to, the study of nutrients during growth, reproduction, aging, health, and disease. Original research articles must declare a research hypothesis and include aspects of mechanisms. Reviews are open to systematic reviews and meta-analyses but the review must provide a critical analysis of existing nutrition evidence, identify gaps in knowledge, and include recommendations for future research. Communications are limited in length and preliminary data that addresses a potential mechanism is acceptable. Authors are encouraged to read and follow the Guide for Authors and Author Submission Checklist.

Articles covering basic and applied research on all aspects of nutrition sciences are encouraged, including: nutritional biochemistry and metabolism; metabolomics, nutrient gene interactions; nutrient requirements for health; nutrition and disease; digestion and absorption; nutritional anthropology; epidemiology; the influence of socioeconomic and cultural factors on nutrition of the individual and the community; the impact of nutrient intake on disease response and behavior; the consequences of nutritional deficiency on growth and development, endocrine and nervous systems, and immunity; nutrition and gut microbiota; food intolerance and allergy; nutrient drug interactions; nutrition and aging; nutrition and cancer; obesity; diabetes; and intervention programs.

Another focus of the Journal is to publish research that advances the understanding of nutrients and health protectants in food for improving the human condition. Of interest are manuscripts on the development of biomarkers for assessing how dietary components influence health status in the human. A further publishing goal of Nutrition Research is to bridge the gap between clinicians working in nutrition and health and biomedical scientists engaged in areas of biochemistry and molecular and cell biology to improve health. Investigators doing research in these areas are urged to submit articles.

The Journal also encourages submission of manuscripts describing investigations in animal models and cell cultures that utilize methodologic approaches or techniques in biochemistry, immunology, molecular biology, toxicology, and physiology. Such investigations must include clear research objectives for hypothesis testing and elucidating mechanisms. Nutrient intakes in human populations and novel analytical techniques for bioactive compounds are within the scope of the mission for Nutrition Research.
Nutrition Research is the sponsor for the David Kritchevsky Graduate Student Award, which recognizes graduate and professional students that publish outstanding articles in the Journal. Two awards are presented annually, with a US $1,000 stipend presented to the recipient young scientists. Use of human subjects should include information about the subjects such as registered with clinicaltrials.gov. Please refer to https://clinicaltrials.gov. Use of first person language should be used with regard to people with obesity. Please refer to https://academic.oup.com/ajcn/article/108/1/201/5049689. All animal studies that utilize dietary treatments must provide a table listing the ingredients in g/kg to total 1000. Please refer to the editorial https://www.sciencedirect.com/science/article/pii/S0271531719302441.

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GUIDE FOR AUTHORS

1. JOURNAL OVERVIEW

A. Introduction

*Nutrition Research* publishes research from studies in humans, cells, or animal models that advance knowledge in the areas of nutrition and/or dietetics. Specifically, *Nutrition Research* seeks to communicate nutrition-based solutions that can improve human health by understanding interactions between/among diet, nutrients, bioactive food components, physiological systems, genetics, and metabolic pathways in preclinical models or human populations.

The Editors, members of the Editorial Board, and peer-reviewers of Nutrition Research are committed to rigorous scientific standards, facilitating timely peer-reviews, and publication of high-quality manuscripts. Newly submitted manuscripts can be expected to be screened initially in under 2-weeks for appropriateness of potential publication in Nutrition Research. Those entering the peer-review process under the direction of an editor can expect to receive a decision from first review in less than 6 weeks. Most manuscripts will have a final decision regarding suitability of publication in ~7 weeks. Manuscripts that are accepted for publication will then undergo efficient copyediting and production prior to a fully citable article-based publication in typically less than 1-month.

*Nutrition Research* considers most types of scientific manuscripts for publication. These include controlled studies in cellular and animal models, human trials, and observational and epidemiological studies. The journal also encourages narrative reviews, systemic reviews, meta-analyses, and Letters to the Editor (editorials).

B. Statement of Scope

*Nutrition Research* publishes research articles, short communications, and reviews on all aspects of basic and applied nutrition. The mission of Nutrition Research is to serve as the journal for global communication of nutrition and life sciences research on diet and health. The field of nutritional sciences includes, but is not limited to, the study of nutrients during growth, reproduction, aging, and disease.

Articles covering basic and applied research on all aspects of nutritional sciences are encouraged, including: nutritional biochemistry and metabolism; metabolomics, nutrient and gene interactions; nutrient requirements in health and disease; digestion and absorption; nutritional anthropology and epidemiology; the influence of socioeconomic and cultural factors on nutrition of the individual and the community; the impact of nutrient intake on disease response, work performance and behavior; the consequences of nutritional deficiency on growth and development, endocrine and nervous systems, and immunity; food intolerance and allergy; nutrient drug interactions; nutrition and aging; nutrition and cancer; obesity; diabetes; and intervention programs.

A principal focus of the journal is to publish research that advances the understanding of nutrients and health protectants in food for improving the human condition. Of additional interest are manuscripts on the development of biomarkers that can assess how dietary components influence health status in the human.

The journal also encourages manuscripts describing investigations in animal models and cellular or in vitro models that utilize methodologic approaches or techniques in biochemistry, immunology, molecular biology, toxicology, and physiology. Epidemiological studies on food, nutrient, and/or phytochemical intakes in human populations and novel analytical techniques for these compounds are within the scope of the mission for *Nutrition Research*.

Authors are encouraged to contact the Editor-in-Chief in advance of manuscript submission to inquire about the suitability of their research for *Nutrition Research*.

Editor-in-Chief Richard Bruno, PhD, RD (bruno.27@osu.edu)
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Nutrition Research Editorial Office The Ohio State University Human Nutrition Program 1787 Neil Ave, 325 Campbell Hall Columbus, Ohio, 43210 USA
C. David Kritchevsky Graduate Student Award

*Nutrition Research* is the sponsor for the David Kritchevsky Graduate Student Award, which recognizes graduate and professional students that publish outstanding articles in the journal. Two awards are presented annually, with a US $1,000 stipend presented to the recipient young scientists. For consideration of the award, complete the relevant section of the Manuscript Submission Checklist and Author Signature Page at the time of manuscript submission.

D. Audience, Impact Factor, and Indexing

The readership of Nutrition Research is expected to include Nutrition Scientists, Registered Dietitians, Physicians, Biochemists, Epidemiologists, and others involved in life sciences research that intersects with the field of nutrition. The 2020 Impact Factor for *Nutrition Research* is 3.315 (Clarivate Analytics Journal Citation Reports 2021). *Nutrition Research* is indexed in the following databases: Web of Science; Index to Scientific Reviews; BIOMED; Science Citation Index; Elsevier BIOBASE; Reference Update; Current Contents - Life Sciences; PubMed/Medline; Embase; and Scopus.

2. BEFORE YOU BEGIN

A. Manuscript Submission Checklist and Author Signature Page

Authors are **required** to complete and submit a Manuscript Submission Checklist and Author Signature Page. Submission of these forms expedites manuscript processing by helping to ensure that articles are prepared and submitted in a manner appropriate for peer-review and potential publication. Submissions that do not contain the Manuscript Submission Checklist and Author Signature Page or are not prepared according to this *Guide For Authors* will be returned to the corresponding author.

**Note:** The Manuscript Submission Checklist is not a substitute for the below detailed instructions regarding the proper preparation of a manuscript.

B. Ethics in Publishing

*Nutrition Research* has a policy to follow all aspects of publication ethics and depends on the authors of submitted manuscripts to provide complete information on conflict of interests for the execution of research and data collection. The Editorial Office and publishers of Nutrition Research rely on the authors and their respective institutions to follow the policies to preserve scientific integrity in research and support publication ethics. For more detailed guidelines, please review Elsevier's Publishing Ethics.

C. Use Of Inclusive Language

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

3. MANUSCRIPT PREPARATION

A. General

*Nutrition Research* utilizes article-based publishing to enhance publication speed. This practice assigns final citation data on an article-by-article basis without needing to wait until a journal issue is complete. All accepted manuscripts are published online in electronic format. Thus, the journal no longer has any restrictions on article length or the number of pages that can be published on an annual basis. Authors also have the option of publishing their accepted works as Open Access (fees apply) or at no-charge using the standard/subscription-based method of publication. Additional information for Open Access and Subscription methods of publication can be found online. *Nutrition Research* requires that all submissions are accompanied by an accurately completed Manuscript Submission Checklist and Author Signature Agreement. Manuscripts submitted without the checklist will be returned to the corresponding author.
B. Article Length

*Nutrition Research* does not impose strict limits for article length. The recommended length is based on main text of the manuscript excluding references (i.e., Abstract through Conclusions). Editorials less than 2000 words Short Communications less than 3000 words Full-length Research Articles less than 6000 words Reviews (Narrative or Systematic) less than 6000 words

C. Article Formatting Requirements

Manuscripts are required to be formatted as follows: Manuscripts must be submitted in an MS-Word file format (.doc or .docx). Text must be in 12-point Times New Roman or 11-point Arial font; left-aligned left; double-spaced; and the page layout must have 1-inch margins, including headings and subheadings. Do not add extra spaces between paragraphs or hyphenate words across rows. Use of emphasized font type (e.g., bold face, italics, subscripts, superscripts) in the headings and symbols is encouraged. Page numbers must be included in the footer of each page. Consecutive line numbers must be included in the left margin of each page, starting with the abstract and ending with the reference section. Divide the article into clearly defined and numbered sections. Subsections should be numbered 2.1 (then 2.1.1, 2.1.2, ...), 2.2, etc. Each subsection must include a brief heading. Each heading should appear on a separate line. Use this numbering system for any internal cross-referencing, e.g., "Refer to Section 2.3." **Note:** the Abstract is not included in section numbering. Tables, figures, and references must be cited in sequence in the text. Please do not include any in-text comments where tables and figures are to be placed in the manuscript. When preparing manuscript text, past tense should be used in reference to the work on which the publication is based, while present tense is normally limited to existing knowledge and prevailing concepts. Previous knowledge and new contributions should be clearly differentiated. **Embedded Math/Equations**

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- Follow internationally accepted rules and conventions; use the international system of units (SI). If other units are mentioned, please give their equivalent in SI. Manuscripts will be returned to authors without review if the written English presentation is unacceptable. Authors are encouraged to use a Language Editing service that is available from Elsevier’s Author Services to handle language editing and to minimize grammatical, spelling, and other common manuscript errors. Following peer-review, authors may also be instructed to use an editorial service at the recommendation of editors and/or reviewers. Works that do not meet the written quality standards of Nutrition Research will not be accepted for publication.

D. Article Structure

All manuscripts submitted for consideration of publication to *Nutrition Research* are expected to contain the below elements. Items that are required for full-length research articles, short communications, and review articles include: (1) Graphical Abstract, (2) Highlights, (3) Cover Page, (4) List of Abbreviations, (5) Manuscript text, and (6) and Tables and Figures (if appropriate). Each of these items is also required for editorials except for the Graphical Abstract and Highlights. Specific to research manuscripts and systematic reviews, the following sections/headings are required: Abstract 1. Introduction 2. Methods and Materials 3. Results 4. Discussion (in some cases, the Results and Discussion sections can be combined, e.g., short communications) Acknowledgment Sources of Support Author Contributions Author Declarations References Legends to Figures (if applicable) Tables (if applicable) Specific to narrative reviews, the following sections/headings are required: (1) an Introduction that outlines the research objectives and specifies the knowledge gap that the review is meant to address. Subsequent headings/subheadings that are sequentially numbered should be added as appropriate. The last numbered heading should be Conclusion, followed by these unnumbered headings: Acknowledgment; Sources of Support; Author Contributions; Author Declarations; References; Legends to Figures (if applicable); Tables (if applicable).

1. Graphical Abstract

**Graphical Abstract**

A graphical abstract is a single, concise, and visual summary of the major findings of the article. An effective graphical abstract allows readers to quickly understand the take-home message of the research, it encourages browsing, and can be effective for social media posts. A graphical abstract and short legend, with each uploaded as a separate file, are required for all manuscript submissions except
editorials. The graphical abstract will be published with the electronic Table of Contents and appear with its legend in the published article. The graphical abstract must accurately illustrate the major findings of the article and contain minimal text. It must be a high-resolution image file (TIFF or JPEG), prepared in color, contain minimal text, be intelligible, and be legible when printed to approximate dimensions of 3.5" x 2.0". Ensure that any text used is of sufficient size when the graphical abstract is resized to its publication size (i.e., approximately the size of a credit card). The legend of the graphical abstract must be submitted as a separate text file containing less than 500 characters including spaces. Please include the heading 'Legend to Graphical Abstract' for this file. For additional suggestions to prepare an effective graphical abstract, authors are encouraged to review recently published works in Nutrition Research or Elsevier's Graphical Abstract webpage.

2. Highlights

Highlights are required for all research manuscripts and review articles. Highlights must contain 3-6 bullet points, with each <85 characters including spaces. Any abbreviations in the Highlights must be defined on first use. Each highlight is expected to communicate the novelty/impact of the findings or methods, innovation of the study, and how the work advances the field. Do not use the Highlights to indicate study rationale or general methods. Highlights should be submitted in a separate file. Please use 'Highlights' for the file name. For suggestions to prepare effective Highlights, authors are encouraged to review recently published works in Nutrition Research or Elsevier's Highlights webpage.

3. Title Page

**Article Title.** Include a title that is concise, informative, and states the major conclusion(s) of the work as a declarative statement (must contain a verb). Article titles must include the animal or cell model system, participants, or population studied. Article titles should not contain abbreviations or semi-colons, and must be grammatically correct. **Author Names and Affiliations.** Indicate the given name(s) and family name(s) of each author and check that all names are spelled accurately. Present the authors' affiliation addresses (where the actual work was performed) below the names. Indicate all affiliations with a superscript numeral 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, the e-mail address of each author. If an author has moved since the work described in the article was conducted, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as an additional affiliation. Please include a footnote to that author's name that identifies the primary and secondary affiliations. Superscript Arabic numerals are used for such footnotes. **Sources of Support.** The cover page must indicate the funding agency, company, and/or institution that supported the work or provide a statement that no support for the work was received, if appropriate. **Author Declarations.** The authors must also include a statement that indicates in clear terms whether or not any conflicts or potential conflicts of interest are applicable. If no declarations are required, author should include the following statement on the title page: "Author Declarations: none". **Corresponding Author.** The corresponding author of the manuscript must be clearly identified. This individual is responsible for handling all communications and correspondence with the journal during the review process, article production, and post-production. The corresponding author is also responsible for ensuring that all research protocols were approved and that all ethical approvals were secured to conduct the research. The corresponding author must be clearly identified on the cover page along with contact details including postal mailing address, institutional e-mail address, and telephone number. Additional requirements of the corresponding author, including obtaining the agreement to submit and signatures of all co-authors prior to submission, are provided on the Author Signature Page in the Manuscript Submission Checklist and Author Signature Page Form. **Figures, Tables, and Supplementary Files.** Indicate the numbers of figures, tables, and supplementary files that accompany the submission. This will help ensure that all materials are present at the time of submission and permit timely review of your manuscript.

4. List of Abbreviations

Authors should minimize the use of non-essential abbreviations that do not enhance the written presentation. Abbreviations may only be used if the abbreviated word is used at least 3 times throughout the manuscript text. Abbreviations must be defined on first use in the Abstract, the Highlights, the main text of the manuscript, legends to figures, footnotes to tables, and in any supplementary materials. Abbreviations should not be used in the title or major headings. Use only standard abbreviations. Authors are encouraged to follow guidance from: Scientific Style and Format, The CSE Manual for Authors, Eighth Edition. University of Chicago Press Chicago, IL 2014,
5. Abstract
A concise and factual abstract that does not exceed 250 words is required for research articles and review articles. Prepare the abstract as a single paragraph without the use of any headings or subheadings. References in the abstract should be avoided. If essential, then cite the author(s) and year(s) only. Non-standard or uncommon abbreviations should be used only when essential and must be defined at their first mention in the abstract itself. Full-Length Research Articles or Short Communications. The abstract for these types of articles must provide an introductory statement that indicates the rationale of the research. The abstract must contain a hypothesis statement that is directional and testable. Brief methodologies should be provided, including the model system and other relevant details to enable an understanding of the results. The Abstract must describe results in a clear manner to provide evidence that supports the conclusion of the work. The final portion of the abstract must consist of a conclusion(s) that integrates and/or translates the results into a strong scientific statement while addressing the hypothesis and advancing the field. Conclusions should include the model system or population to avoid generalizations. Review Articles. The abstract for review articles should communicate relevant background to the field of study and highlight the critical gaps in knowledge. The abstract for review articles must include an objective statement that clearly communicates the purpose and need for the review article. The remaining portion of the abstract should communicate the major findings and/or knowledge gaps addressed in the manuscript and the conclusions that advance the field in a significant manner. Human Clinical Trials. Nutrition Research requires that all clinical trial research be registered in an appropriate registry (e.g., ClinicalTrials.gov). To enhance scientific transparency, the abstract for any research involving human clinical trials must include a statement at the end of the abstract (within the 250 word limit) that includes information specifying the clinical trial registry in which a trial is registered along with the registration number. For example, "This trial was registered at clinicaltrials.gov (NCT12345678)". Keywords. Immediately after the Abstract, provide 5-10 keywords using American spelling that will help to improve the discoverability of your article. Descriptive terms that differ from the manuscript title or abstract are important for indexing services (e.g., PubMed). Avoid adjectives, general and plural terms, multiple concepts (avoid, for example, ‘and’, ‘of’), and abbreviations.

6. Introduction
The heading of the Introduction section must be "1. Introduction". The Introduction must be prepared without the use of subheadings. Research Articles. The introduction of research articles should be limited to less than 2 double-spaced pages. Provide a brief overview of the scientific literature to communicate the key knowledge in the area of study, important gaps in knowledge that the present study will address, and appropriate rationale for the undertaken study. An important requirement of Nutrition Research is that the concluding paragraph must state an explicit, testable, and directional hypothesis. A short statement must follow the hypothesis to convey the broad approach taken to test the hypothesis. A separate statement must also be included how the work is expected to advance the field. Review Articles. It is recommended that the introduction of a review article be limited to less than 1 double-spaced page. The introduction should present the problem of study and the current knowledge status of field. The introduction must communicate an objective and outline the knowledge to be communicated in the body of the review article. A statement at the end of the Introduction must be included to indicate how the review article will advance the field.

7. Methods and Materials
The heading for this section must be "2. Methods and Materials". This section must be prepared in a manner that permits scientific reproducibility. Authors must describe full details of the experimental design, sources of specialized materials, kits, experimental diets, chemicals, and equipment. Provide catalog numbers and vendor information. Specify instruments, analyzers, commercial laboratories, and software, if appropriate. Whenever possible, cite references and provide brief methodological details including any modifications. Any number of subheadings with appropriate sequential number (e.g. 2.1, 2.2, 2.3, 2.3.1, 2.3.2) can be used to organize this section. Sample Size - Human and Animal Research. The manuscript must contain a statement how sample size was determined for research studies involving humans or experimental animals, e.g., power analysis. Authors must provide sufficient detail to permit readers to reproduce the sample size estimate. Statistical analyses. Research manuscripts must include the minor heading: 2.[x] Statistical Analyses (Note: statistical analyses should be plural). Tests of statistical analysis must be fully described. Statements about statistical significance of results must be accompanied by indications of the level of significance (i.e. P-values). This information must be included where numerical and graphic presentation of data is made in the manuscript, e.g., in footnotes of tables and in captions of figures, rather than in the text only. Also, in the statistical methods section of the manuscript, indicate how the data are presented
(e.g., means +/- standard deviation, means +/- standard error, etc.). Take special care to present only the significant figures for a measurement. When reporting non-significant P-values or coefficients, use only two digits past the decimal point (e.g., P = 0.21 or r = 0.53).

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