



NUTRITION

The International Journal of Applied and Basic Nutritional Sciences

AUTHOR INFORMATION PACK

TABLE OF CONTENTS

●	Description	p.1
●	Impact Factor	p.1
●	Abstracting and Indexing	p.1
●	Editorial Board	p.2
●	Guide for Authors	p.4



ISSN: 0899-9007

DESCRIPTION

Founded by [Michael M. Meguid](#) in the early 1980's, *Nutrition* presents advances in **nutrition** research and science, informs its readers on new and advancing technologies and data in **clinical nutrition** practice, encourages the application of outcomes research and meta-analyses to problems in patient-related nutrition; and seeks to help clarify and set the research, policy and practice agenda for **nutrition science** to enhance human well-being in the years ahead.

Nutrition is the associate journal of three international nutrition societies.

Benefits to authors

We also provide many author benefits, such as free PDFs, a liberal copyright policy, special discounts on Elsevier publications and much more. Please click here for more information on our [author services](#).

Please see our [Guide for Authors](#) for information on article submission. If you require any further information or help, please visit our [Support Center](#)

IMPACT FACTOR

2017: 3.734 © Clarivate Analytics Journal Citation Reports 2018

ABSTRACTING AND INDEXING

MEDLINE®

Current Contents/Life Sciences

Automatic Subject Citation Alert

CAB Abstracts

SciSearch

CINAHL

EMBASE

Referativnyi Zhurnal VINTI-RAN (Russian Academy of Sciences)

Science Citation Index

Index Medicus

FSTA (Food Science and Technology Abstracts)

Scopus

EDITORIAL BOARD

Editor in Chief

Alessandro Laviano, Roma, Italy

Deputy Editor in Chief

M. Isabel T.D. Correia, Belo Horizonte, Brazil

Managing Editor

Dawn L. Jensen-Nobile, Wenatchee, Washington, USA

Associate Editors

Gastroenterology & Intestinal Failure

Loris Pironi, Bologna, Italy

Internal Medicine & Geriatrics

Lubos Sobotka, Hradec Kralove, Czech Republic

Case Reports

Martin Crook, London, England, UK

Lipid Metabolism & Dyslipidemia

Jacqueline Alvarez Leite, Belo Horizonte, Brazil

Metabolism in Intensive Care

William Manzanares, Montevideo, Uruguay

Micronutrients

Jan Frank, Stuttgart, Germany

Nutrition & Food

Michael Glade, Hawaii, USA

Nutritional Status Assessment

Janicke Visser, Stellenbosch, South Africa

Obesity & Bariatric Surgery

Chih-Yen Chen, Taipei City, Taiwan

Oncology

Ioannis Gioulbasanis, Larissa, Greece

Paediatrics

Wei Cai, Shanghai, China

Pharmacy

Roland Dickerson, Memphis, Tennessee, USA

Review & Meta-analysis

Undurti N. Das, Seattle, Washington, USA

Sports Nutrition

Motoyuki Iemitsu, Shiga, Japan

Surgery

Arved Weimann, Leipzig, Germany

Parenteral Nutrition & Eating Disorders

Lidia Santarpia, Naples, Italy

Editors Emeritus

Hans Biesalski

Antonio Campos

Marietjie Herselman

Tsann-Long Hwang

Demetre Labadarios

Peter Little

Michael Meguid
Ibolya Nyulasi
Harumasa Ohyanagi
Alan Shenkin

Editorial Advisory Board Members

Mahinda Abeywardena, Adelaide, South Australia, Australia
Kasim Abdulkerim Baltaci, Konya, Turkey
Larry Bernstein, Trumbull, Connecticut, USA
Federico Bozzetti, Prato, Italy
Riccardo Caccialanza, Pavia, Italy
Philip C. Calder, Southampton, England, UK
Tommy Cederholm, Uppsala, Sweden
Evan Paul Cherniack, Miami, Florida, USA
Salvatore Chirumbolo, Verona, Italy
Agata Chmurzynska, Poznań, Poland
Yunhi Cho, Gyeonggi-do, The Republic of Korea
Mark Daniel DeBoer, Charlottesville, Virginia, USA
Yalin Dikmen, Istanbul, Turkey
Marinos Elia, Southampton, Scotland, UK
Hassan I. H. El-Sayyad, Mansoura, Egypt
Frida Fåk, Lund, Sweden
Serguei Fetissov, Rouen, France
Peter Gibson, Newcastle, Northern Territory, Australia
Martin Gotteland, Santiago, Chile
Tilman Grune, Nuthetal, Germany
Per-Olof Hasselgren, Boston, Massachusetts, USA
Venkatesh L. Hegde, Columbia, South Carolina, USA
Sandra Hirsch, Santiago, Chile
Akio Inui, Kagoshima, Japan
Keiji Iriyama, Tsu City, Kuwana, Japan
Kursheed Jeejeebhoy
Zhu-Ming Jiang, Dongcheng, China
Haruki Koike, Nagoya, Japan
Regina Komsa-Penkova, Pleven, Bulgaria
Irina Korichneva, Amiens, France
Zeljko Krznaric, Zagreb, Croatia
Henry Lukaski, Grand Forks, North Dakota, USA
Alessio Molfino, Rome, Italy
Timothy Moran, Baltimore, Maryland, USA
M. Muntzer Mughal, London, England, UK
Sergiy Nadtochiy, Rochester, New York, USA
Yutaka Nakaya, Tokushima, Japan
Etsuo Niki, Osaka, Japan
Donatus Nohr, Stuttgart, Germany
Allal Ouhtit, Al-Khoud, Oman
Vladimir Palicka, Hradec Kralove, Czech Republic
Marek Pertkiewicz, Warsaw, Poland
Claude Pichard, Geneva, Switzerland
Lindsay Plank, Auckland, New Zealand
Ryszard Pluta
Sunil Rangarajan, Birmingham, Alabama, USA
Stephane Schneider, Nice, France
Pierre Singer, Tel Aviv, Israel
Noel Solomons, Guatemala City, Guatemala
Krishnan Sriram
Analia Lorena Tomat, Buenos Aires, Argentina
Luzia Valentini, Neubrandenburg, Germany
Nguyen Van Nhien, Hanoi, Vietnam
Xiaodong Zhou, Loma Linda, California, USA
Thomas R. Ziegler, Atlanta, Georgia, USA

GUIDE FOR AUTHORS

Please note that per 1 January 2019 the Nutrition Guide for Authors has been updated in regards to the requirements for the submission of clinical trials. See further details below.

INTRODUCTION

Nutrition provides an international forum for professionals interested in the **applied and basic biomedical nutritional sciences, and publishes papers both of clinical interest and of scientific import**. Investigators are encouraged to submit papers in the disciplines of nutritionally related biochemistry, genetics, immunology, metabolism, molecular and cell biology, neurobiology, physiology, and pharmacology. Papers on nutrition-related plant or animal sciences which are not of direct relevance to man, whereas occasionally of interest are not the main focus of the Journal.

Nutrition publishes a wide range of articles, which includes original investigations, review articles, rapid communications, research letters, case reports and special category manuscripts. Manuscripts must be prepared in accordance with the "Uniform Requirements for Manuscripts Submitted to Biomedical Journals" developed by the International Committee of Medical Journal Editors (*N Engl J Med* 1991;324:424-428). All submissions are peer reviewed.

Original Investigation (3000-5000 words including tables, figures and references)

Original investigations are considered full-length applied (human) or basic (bench work) research reports. They cover topics relevant to clinical and basic studies relevant to man in the following areas nutritionally related biochemistry, genetics, immunology, metabolism, molecular and cell biology, neurobiology, physiology, and pharmacology. Studies in adult and pediatric populations are welcome. The work presented in the manuscript must be original; studies confirming previous observations will be considered. Other considerations of a paper's publishability are its importance to the science, the soundness of the experimental design, the validity of methods, the appropriateness of the conclusions and the quality of presentation.

Rapid Communication (1000-3000 words including tables, figures and references)

Papers representing concise and original studies of scientific importance are considered. In the cover letter the author should justify the request for Rapid Communication. The review process is 10 days, authors are allowed one revision if accepted, and the final version of the paper appears in the next available issue of the journal.

Research Letter (up to 1000 words, including up to 10 references and 1 figure or table)

A Research Letter contains new data or a clinical observation, in a format that allows for rapid publication.

Review Article (up to 5000 words including tables, figures and references)

In-depth, comprehensive state of the art reviews on a nutritional topic are welcomed. Reviews may be invited by the Editor or may be unsolicited viewpoints.

Case Report (up to 2500 words including tables figures, and references) Case Reports include case studies of 4 or fewer patients that describe a novel situation or add important insights into mechanisms, diagnosis or treatment of a disease.

Editorial (up to 1000 words including tables, figures and references)

Editorials express opinions on current topics of interest, or provide comments on papers published in *Nutrition* or other journals. Editorials are generally solicited by one of the Editors.

Correspondence (Letter to the Editor) (1000 words including tables, figures and references)

Opinion pieces concerning papers published in *Nutrition* are particularly welcomed and all submissions are subject to editing. Letters commenting on past-published papers are sent to the corresponding author for a response. Letters are selected for their relevance and originality; not all letters submitted can be published.

Meeting Proceedings (up to 2500 words including tables, figures and references)

Reports of meeting proceedings are synopses of scientific meetings of interest to *Nutrition's* audience. Authors should e-mail the Editor to solicit potential interest 8 weeks prior to conference.

Collections of abstracts representing the proceedings of organizational meetings are not subjected to customary peer review. It is the view of the Editorial Board that it is of service to the nutrition community to present such material as promptly as possible.

Hypothesis (up to 3000 words including tables, figures and references)

Novel insights into a significant questions or clinical issues are welcome, and will be peer reviewed. As the definition of "hypothesis" suggests, articles of this type should be, although they lack direct experimental evidence, closely tied to empirical data and lead to testable predictions.

Special Article (up to 5000 words including tables, figures and references)

Associated with a particular special event, invitation or announcement; for example, the annual John M. Kinney Awards papers.

SUBMISSION_CHECKLIST

Ensure that the following information and files have been included. One author has been designated as the corresponding author with contact details: E-mail address Full postal address

Manuscript: Word doc or similar required. PDF is not suitable for review and production. Include keywords. Has been spell-checked and grammar checked. Has been edited by professional, preferably native-English-speaking editor.

Tables: Include titles, description, footnotes. Create tables in the document rather than inserting image files, so that changes can be made.

Figures: High quality and good resolution. Provide separate image files as well as in-manuscript. Include relevant captions. Indicate clearly if color should be used for any figures in print. Ensure all figure and table citations in the text match the files provided.

If applicable include as separate files: Graphical abstracts Highlights (3-5, document file) Supplemental files

References: All references mentioned in the Reference List are cited in the text, and vice versa. Make sure reference style is consistent throughout.

Further considerations: Permission has been obtained for use of copyrighted material from other sources (including the Internet). Relevant declarations of interest have been made. Journal policies detailed in this guide have been reviewed. Referee suggestions and contact details provided, based on journal requirements.

Your Paper Your Way

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

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

BEFORE YOU BEGIN

Ethics in publishing

Please see our information pages on [Ethics in publishing](#) and [Ethical guidelines for journal publication](#).

CONDITIONS OF PUBLICATION – ETHICAL AND LEGAL CONSIDERATIONS

All material submitted to *Nutrition*, for any section of the journal, is considered for publication on the understanding that authors (including all coauthors) agree to *Nutrition's* publication policies as stated in this section of the Guidelines to Authors.

In the event of non-compliance with these conditions of publication, including issues that surface after a contribution is published, *Nutrition's* rights include: sending a notice of failure to comply to authors' employers and funding agencies; and/or informing readers via a published correction/retraction; the latter is linked to the original contribution via electronic indexing and becomes part of the formal published record.

Research/publication misconduct is a serious breach of ethics. Such misconduct includes:

- i) Redundant or duplicate publication by same author(s),
- ii) Publication in another source by the same author(s) without acknowledgement or permission from the publisher, or
- iii) Plagiarism or self-plagiarism (publication of material without acknowledging original author source).
- iv) Fabrication of data, not substantiable via review of research records.

Should such publications occur, editorial action would be taken. In certain cases, secondary publication is justifiable and even beneficial; however, such circumstances should be prospectively discussed with and agreed upon by the Editor-In-Chief.

Nutrition will not accept a submission of work previously reported in large part in a published article (duplicate) or that is contained in another paper submitted or accepted for publication in *Nutrition* or elsewhere.

Informed consent and patient details

Studies on patients or volunteers require ethics committee approval and informed consent, which should be documented in the paper. Appropriate consents, permissions and releases must be obtained where an author wishes to include case details or other personal information or images of patients and any other individuals in an Elsevier publication. Written consents must be retained by the author but copies should not be provided to the journal. Only if specifically requested by the journal in exceptional circumstances (for example if a legal issue arises) the author must provide copies of the consents or evidence that such consents have been obtained. For more information, please review the [Elsevier Policy on the Use of Images or Personal Information of Patients or other Individuals](#). Unless you have written permission from the patient (or, where applicable, the next of kin), the personal details of any patient included in any part of the article and in any supplementary materials (including all illustrations and videos) must be removed before submission.

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').

Authorship

Corresponding Author: One author is designated the corresponding author (not necessarily the senior author) who will be approached to clarify any issues, such as those pertaining to materials and methods, or technical comments. If *Nutrition* receives feedback from its readers concerning the published paper, the corresponding author will be contacted. It is this author's responsibility to inform all coauthors of such matters to ensure they are dealt with promptly.

The corresponding author must affirm in the cover letter at the time of submission that:

1. None of the material in the manuscript is included in another manuscript, has been published previously, or is currently under consideration for publication elsewhere. This includes symposia proceedings, transactions, books, articles published by invitation, and preliminary publications of any kind except an abstract of less than 250 words. If there is any question concerning potential overlap, the related material must be included for evaluation.
2. Ethical guidelines were followed by the investigator in performing studies on humans or animals and should be described in the paper. The approval of the institutional review board of either animal or human ethics committee must be cited in the Methods.
3. Each author must have participated sufficiently in the work to take public responsibility for the content of the paper and must approve of the final version of the manuscript. Authorship should be based on substantive contributions to each of the following: conception and design of the study; generation, collection, assembly, analysis and/or interpretation of data; and drafting or revision of the manuscript; approval of the final version of the manuscript. Authors are required to include a statement in the Acknowledgements to specify the actual contribution of each coauthor under the above headings.
4. If requested, the authors will provide the data or will cooperate fully in obtaining and providing the data on which the manuscript is based for examination by the editors or their assignees

Changes to Authorship

This policy concerns the addition, deletion, or rearrangement of author names in the authorship of accepted manuscripts:

Changes to author names after acceptance are strongly discouraged and can be accepted only in compelling circumstances.

Before the accepted manuscript is published in an online issue Requests to add or remove an author, or to rearrange the author names, must be sent to the Journal Manager from the corresponding author of the accepted manuscript and must include: (a) the reason the name should be added or removed, or the author names rearranged and (b) written confirmation (e-mail, fax, 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. Requests that are not sent by the corresponding author will be forwarded by the Journal Manager to the corresponding author, who must follow the procedure as described above. Note that: (1) Journal Managers will inform the Journal Editors of any such requests and (2) publication of the accepted manuscript in an online issue is suspended until authorship has been agreed.

After the accepted manuscript is published in an online issue: Any requests to add, delete, or rearrange author names in an article published in an online issue will follow the same policies as noted above and result in a corrigendum.

Reporting clinical trials

Randomized controlled trials should be presented according to the CONSORT guidelines. At manuscript submission, authors must provide the CONSORT checklist accompanied by a flow diagram that illustrates the progress of patients through the trial, including recruitment, enrollment, randomization, withdrawal and completion, and a detailed description of the randomization procedure. The [CONSORT checklist and template flow diagram](#) are available online.

Registration of Clinical Trials

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

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.

After acceptance, open access papers will be published under a noncommercial license. For authors requiring a commercial CC BY license, you can apply after your manuscript is accepted for publication.

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-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 2500**, 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.

Elsevier Researcher Academy

[Researcher Academy](#) is a free e-learning platform designed to support early and mid-career researchers throughout their research journey. The "Learn" environment at Researcher Academy offers several interactive modules, webinars, downloadable guides and resources to guide you through the process of writing for research and going through peer review. Feel free to use these free resources to improve your submission and navigate the publication process with ease.

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.

Submission

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

Submit your article

All new manuscripts must be submitted through Nutrition's online submission and review Web site <https://ees.elsevier.com/nut/default.asp>

Referees

Please submit the names and institutional e-mail addresses of several potential referees. For more details, visit our [Support site](#). Note that the editor retains the sole right to decide whether or not the suggested reviewers are used.

PREPARATION

NEW SUBMISSIONS

Submission to this journal proceeds totally online and you will be guided stepwise through the creation and uploading of your files. The system automatically converts your files to a single PDF file, which is used in the peer-review process.

As part of the Your Paper Your Way service, you may choose to submit your manuscript as a single file to be used in the refereeing process. This can be a PDF file or a Word document, in any format or layout that can be used by referees to evaluate your manuscript. It should contain high enough quality figures for refereeing. If you prefer to do so, you may still provide all or some of the source files at the initial submission. Please note that individual figure files larger than 10 MB must be uploaded separately.

Authors please note: We please ask you to use line numbering throughout the manuscript text, to facilitate clear and rapid peer review

References

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

Formatting requirements

There are no strict formatting requirements but all manuscripts must contain the essential elements needed to convey your manuscript, for example Abstract, Keywords, Introduction, Materials and Methods, Results, Conclusions, Artwork and Tables with Captions.

If your article includes any Videos and/or other Supplementary material, this should be included in your initial submission for peer review purposes.

Divide the article into clearly defined sections.

Figures and tables embedded in text

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

Peer review

This journal operates a double 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. [More information on types of peer review.](#)

Double-blind review

This journal uses double-blind review, which means the identities of the authors are concealed from the reviewers, and vice versa. [More information](#) is available on our website. To facilitate this, please include the following separately:

Title page (with author details): This should include the title, authors' names, affiliations, acknowledgements and any Declaration of Interest statement, and a complete address for the corresponding author including an e-mail address.

Blinded manuscript (no author details): The main body of the paper (including the references, figures, tables and any acknowledgements) should not include any identifying information, such as the authors' names or affiliations.

REVISED SUBMISSIONS

Use of word processing software

Regardless of the file format of the original submission, at revision you must provide us with an editable file of the entire article. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the [Guide to Publishing with Elsevier](#)). See also the section on Electronic artwork.

To avoid unnecessary errors you are strongly advised to use the 'spell-check' and 'grammar-check' functions of your word processor.

Article structure

Subdivision - unnumbered sections

Divide your article into clearly defined sections. Each subsection is given a brief heading. Each heading should appear on its own separate line. Subsections should be used as much as possible when cross-referencing text: refer to the subsection by heading as opposed to simply 'the text'.

Introduction

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

Material and methods

Provide sufficient details to allow the work to be reproduced by an independent researcher. Methods that are already published should be summarized, and indicated by a reference. If quoting directly from a previously published method, use quotation marks and also cite the source. Any modifications to existing methods should also be described.

Theory/calculation

A Theory section should extend, not repeat, the background to the article already dealt with in the Introduction and lay the foundation for further work. In contrast, a Calculation section represents a practical development from a theoretical basis.

Results

Results should be clear and concise.

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.

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.

Appendices

If there is more than one appendix, they should be identified as A, B, etc. Formulae and equations in appendices should be given separate numbering: Eq. (A.1), Eq. (A.2), etc.; in a subsequent appendix, Eq. (B.1) and so on. Similarly for tables and figures: Table A.1; Fig. A.1, etc.

This should include 1) title of paper (**use no abbreviations, limit: 120 characters with spaces**), 2) running head of fewer than 55 characters with spaces, 3) full names of all authors with highest academic degree(s); 4) affiliations of all authors; 4) role of each author in the work (see Authorship); 5) a word count for the entire manuscript (including figures and tables), and the number of figures and tables, 4) the complete mailing address (including telephone, fax, and e-mail address of the corresponding author for e-mailing of proofs and reprint requests).

Abstracts should be no more than **250 words**. The structured abstract for an original investigation should be organized as follows:

Objective: The abstract should begin with a clear statement of the precise objective or question addressed in the paper. If a hypothesis was tested, it should be stated.

Research Methods & Procedures: The basic design of the study and its duration should be described. The methods used should be stated, the statistical data/methods provided and referenced.

Results: The main results of the study should be given in narrative form. Measurements or other information that may require explanation should be defined. Levels of statistical significance should be indicated, including other factors crucial to the outcome of the study.

Conclusion(s): State only conclusions that are directly supported by the evidence and the implications of the findings.

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.

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 3 to 5 bullet points (maximum 85 characters, including spaces, per bullet point). You can view [example Highlights](#) on our information site.

Keywords

5–7 key words or phrases should be provided which should be selected from the body of the text and not duplicate title words.

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.

Acknowledgments

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.

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).

Footnotes

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

Artwork

Electronic artwork

General points

- Make sure you use uniform lettering and sizing of your original artwork.

- Preferred fonts: Arial (or Helvetica), Times New Roman (or Times), Symbol, Courier.
- Number the illustrations according to their sequence in the text.
- Use a logical naming convention for your artwork files.
- Indicate per figure if it is a single, 1.5 or 2-column fitting image.
- For Word submissions only, you may still provide figures and their captions, and tables within a single file at the revision stage.
- Please note that individual figure files larger than 10 MB must be provided in separate source files. A detailed [guide on electronic artwork](#) is available.

You are urged to visit this site; some excerpts from the detailed information are given here.

Formats

Regardless of the application used, when your electronic artwork is finalized, please 'save as' or convert the images to one of the following formats (note the resolution requirements for line drawings, halftones, and line/halftone combinations given below):

EPS (or PDF): Vector drawings. Embed the font or save the text as 'graphics'.

TIFF (or JPG): Color or grayscale photographs (halftones): always use a minimum of 300 dpi.

TIFF (or JPG): Bitmapped line drawings: use a minimum of 1000 dpi.

TIFF (or JPG): Combinations bitmapped line/half-tone (color or grayscale): a minimum of 500 dpi is required.

Please do not:

- Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); the resolution is too low.
- Supply files that are too low in resolution.
- Submit graphics that are disproportionately large for the content.

Color artwork

Please make sure that artwork files are in an acceptable format (TIFF (or JPEG), EPS (or PDF), or MS Office files) and with the correct resolution. If, together with your accepted article, you submit usable color figures then Elsevier will ensure, at no additional charge, that these figures will appear in color online (e.g., ScienceDirect and other sites) regardless of whether or not these illustrations are reproduced in color in the printed version. **For color reproduction in print, you will receive information regarding the costs from Elsevier after receipt of your accepted article.** Please indicate your preference for color: in print or online only. [Further information on the preparation of electronic artwork.](#)

Illustration services

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

Figure captions

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

Tables

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

References

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:

<http://open.mendeley.com/use-citation-style/nutrition>

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

Reference formatting

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

Reference style

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:

[1] Van der Geer J, Hanraads JAJ, Lupton RA. The art of writing a scientific article. *J Sci Commun* 2010;163:51–9. <https://doi.org/10.1016/j.Sc.2010.00372>.

Reference to a journal publication with an article number:

[2] Van der Geer J, Hanraads JAJ, Lupton RA. The art of writing a scientific article. *Heliyon*. 2018;19:e00205. <https://doi.org/10.1016/j.heliyon.2018.e00205>

Reference to a book:

[3] Strunk Jr W, White EB. *The elements of style*. 4th ed. New York: Longman; 2000.

Reference to a chapter in an edited book:

[4] Mettam GR, Adams LB. How to prepare an electronic version of your article. In: Jones BS, Smith RZ, editors. *Introduction to the electronic age*, New York: E-Publishing Inc; 2009, p. 281–304.

Reference to a website:

[5] Cancer Research UK. Cancer statistics reports for the UK, <http://www.cancerresearchuk.org/aboutcancer/statistics/cancerstatsreport/>; 2003 [accessed 13 March 2003].

Reference to a dataset:

[dataset] [6] Oguro M, Imahiro S, Saito S, Nakashizuka T. Mortality data for Japanese oak wilt disease and surrounding forest compositions, Mendeley Data, v1; 2015. <https://doi.org/10.17632/xwj98nb39r.1>.

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.

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](#).

Data in Brief

You have the option of converting any or all parts of your supplementary or additional raw data into one or multiple data articles, a new kind of article that houses and describes your data. Data articles ensure that your data is actively reviewed, curated, formatted, indexed, given a DOI and publicly available to all upon publication. You are encouraged to submit your article for *Data in Brief* as an additional item directly alongside the revised version of your manuscript. If your research article is accepted, your data article will automatically be transferred over to *Data in Brief* where it will be editorially reviewed and published in the open access data journal, *Data in Brief*. Please note an open access fee of 500 USD is payable for publication in *Data in Brief*. Full details can be found on the [Data in Brief website](#). Please use [this template](#) to write your Data in Brief.

Data statement

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

AFTER ACCEPTANCE

Online proof correction

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](#).

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