

NUTRITION RESEARCH

GUIDE FOR AUTHORS

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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)

Managing Editor

Joanna Hodges, PhD (hodges.466@osu.edu)

***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.

D. Sex and Gender Reporting

For research involving or pertaining to humans and animals, we recommend that authors address sex and gender dimensions in the paper whenever appropriate, and use the terms "sex" and "gender" carefully in order to avoid confusing both terms. While sex refers to a set of biological attributes in humans and animals that are associated with physical and physiological features, gender refers to the socially constructed roles, behaviors, and identities of women, men and gender-diverse people which occur in a historical and cultural context, and may vary across societies and over time. Gender influences how people view themselves and each other, how they behave and interact and how power is distributed in society. Gender is often incorrectly portrayed as a binary (female/ male) factor. In reality, there is a variety of gender identities and expressions that inform how individuals identify themselves and express their gender. Authors may find the [Sex and Gender Equity in Research \(SAGER\) guidelines](#) helpful.

F. The Use of AI and AI-Assisted Technologies in Scientific Writing

Where authors use artificial intelligence (AI) and AI-assisted technologies in the writing process, authors should:

- Only use these technologies to improve readability and language, not to replace key researcher tasks such as interpreting data or drawing scientific conclusions.
- Apply the technology with human oversight and control, and carefully review and edit the result, as AI can generate authoritative-sounding output that can be incorrect, incomplete or biased.
- Not list AI and AI-assisted technologies as an author or co-author, or cite AI as an author. Authorship implies responsibilities and tasks that can only be attributed to and performed by humans, as outlined in

- Disclose in their manuscript the use of AI and AI-assisted technologies in the writing process by following the instructions below. A statement will appear in the published work. Please note that authors are ultimately responsible and accountable for the contents of the work.

Disclosure instructions

Authors must disclose the use of AI and AI-assisted technologies in the writing process by adding a statement at the end of their manuscript in a new section entitled 'Declaration of AI and AI-assisted technologies in the writing process'. *Statement: During the preparation of this work the author(s) used [NAME TOOL / SERVICE] in order to [REASON]. After using this tool/service, the author(s) reviewed and edited the content as needed and take(s) full responsibility for the content of the publication.* This declaration does not apply to the use of basic tools for checking grammar, spelling, references etc. If there is nothing to disclose, there is no need to add a statement.

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, <2000 words
- Short Communications, <3000 words
- Full-length Research Articles, <6000 words
- Reviews (Narrative or Systematic), <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; 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** - If you are submitting an article prepared with MS-Word containing embedded math equations, please read this important information: https://service.elsevier.com/app/answers/detail/a_id/302/. Displayed formula should be numbered consecutively throughout the manuscript as (1), (2), etc. against the right-hand margin of the page. In cases where the derivation of formula has been abbreviated, it is of great help to the reviewers if the full derivation can be presented in a supplemental document and uploaded with the manuscript. This document will not be published.
- **Symbols and Scientific 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.
- 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) 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

- 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 <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 should 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 \pm standard deviation, means \pm 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 $r = 0.53$).

- **Ethical Approval.** As appropriate, studies in humans or experimental animal systems must include a statement indicating that all procedures were approved by the appropriate ethics committee for human or animal research. The text of the manuscript must contain the name(s) of the institution committee(s) that provided the approval. Authors must also state the relevant approval number(s) of the research protocol in the manuscript.

- **Informed Consent and Patient Details.** Studies on patients or volunteers require ethics committee approval and informed consent, which should be documented in the manuscript. 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 (e.g., 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.
- **Study Registration for Human Clinical Trials.** Beginning on January 1, 2022, *Nutrition Research* requires study registration for all human clinical trials to promote scientific transparency and enhance scientific rigor. Study registration cannot be performed retrospectively after the research has been conducted. The journal follows federal (i.e., NIH) guidelines for clinical trials. If you answer “yes” to each of the following questions, the research must be registered at [ClinicalTrials.gov](#), another [ICMJE](#) trial registry, or a registry that participates in the [WHO International Clinical Trials Registry Platform](#):

- (1) Did the research involve human participants?
- (2) Were participants prospectively assigned to an intervention?
- (3) Was the research designed to evaluate the effect of an intervention on the participants?
- (4) Was the effect being evaluated a health-related biomedical or behavioral outcome?

Authors **must** include a statement specifying the registry where the research trial was registered and provide the registration number. For example, “This trial was registered at [clinicaltrials.gov](#) (NCT12345678)”. This information must also appear at the end of the Abstract (see [Section 3.D.5](#).)

Authors **must** also include a figure of participant flow including the number of subjects at each study phase beginning with recruitment through final analysis.

The abstract and main manuscript text **must** clearly state primary and secondary outcomes of the study. The main manuscript text must also indicate any rationale if any changed during the research.

Authors should follow the [CONSORT Checklist](#) when preparing submissions of randomized clinical trials. The CONSORT checklist can be uploaded as supplemental file for the benefit of reviewers.

- **Systematic Reviews and Meta-Analyses** – *Nutrition Research* does not require registration of systemic reviews and meta-analyses, but authors are encouraged to register their research at [PROSPERO](#). Authors should follow the [PRISMA checklist](#) in preparing their manuscript. The PRISMA checklist can be uploaded as a supplemental file for the benefit of reviewers.

Authors **must** include a PRISMA flow diagram as a figure in the main text of the manuscript.

- **Experimental Animals and Experimental Diets.** Details regarding the species and source/supplier of animals, breed or strain, age, and sex must be provided. All procedures and techniques to experimental animals must be explained and referenced as appropriate. The method of euthanasia for experimental animals must be stated.

Nutrition Research does not prioritize publication of studies in experimental animals that utilize non-purified experimental diets (i.e. “chow”). It is generally inappropriate to use a non-purified diet as a control diet for a nutrition intervention. Experimental diets are expected to be well-matched to the control diet except for the dietary component(s) being studied. Please refer to the [editorial that describes the importance of adequate diet descriptions in experimental research models](#).

All studies that include experimental diets **must** provide a **Table** that lists the ingredients (expressed as g/kg with all components summing to 1 kg) and enough detail of the nutrient content of those diets. Reference to previously published diets (such as AIN-93G) is appropriate when the major ingredients are

listed and the premix levels are provided (actual details of each vitamin and mineral source listed is not necessary in this case). Any modifications to the previously published diet must be included in the text.

Diets that are developed with different lipid sources should provide a fatty acid compositional analysis of the lipids. In addition, studies that test a botanical, extract, or phytochemical ingredient should provide enough chemical compositional analysis and the amount of the active compounds.

For all research investigating dietary components in cell systems or animal models, authors must provide rationale for the dose used, the frequency, the timing, and route of administration (if appropriate). Authors must provide clear dosage information along with its equivalent dose in humans and whether the dose is achievable through dietary means, supplementation, and safety information. *Nutrition Research* prioritizes research studies in preclinical models that are of physiological relevance to humans. Studies utilizing pharmacological doses of dietary agents are generally outside the scope of *Nutrition Research* unless strong rationale is provided in the manuscript.

8. Results

- The heading for this section must be “3. Results”. Subheadings are encouraged, e.g., 3.1, 3.2, etc, to help organize the data into meaningful subsections.
- Describe the results of the research with minimal or no information about methodology, introductory information, interpretation, or discussion.
- Must thoroughly describe the data presented in tables and figures (see information about preparing Figures and Tables below).
- Do not duplicate any data in the manuscript text that appears in figures or tables.

9. Discussion

- The heading for this section must be “4. Discussion”.
- Do not use any subheadings in this section. However, it is acceptable but optional to add a separate heading of “5. Conclusion” if the authors choose to do so.
- *Nutrition Research* requires that the first paragraph of the Discussion indicate the overall conclusion of the research and whether the hypothesis was accepted or rejected based on the evidence obtained. Brief evidence in support of the conclusion should be provided and the paragraph should contain a statement indicating how the study advances the field.
- In an organized manner, discuss the major findings and how they integrate with and advance the existing knowledge. Strengths and limitations of the research should be explicitly discussed in this section.

10. Acknowledgments, Sources of Support, Author Contributions, and Declarations

- Immediately following the Discussion, the manuscript must include the following specific headings: “Acknowledgment”; “Sources of Support”; “Author Contributions”; and “Author Declarations”.
- **Acknowledgment.** Note the proper spelling of “Acknowledgment” and its singular form. Technical or editorial assistance must be acknowledged. Only named persons may be acknowledged, e.g., do not acknowledge research subjects or institutional “staff”. If no acknowledgment is appropriate, provide the heading “Acknowledgment” with a statement indicating that the authors have no acknowledgments to declare.
- **Sources of Support.** Authors are required to disclose 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.

Provide a clear statement(s) that indicates all sources of support for the research. List funding sources in a manner that facilitates compliance to funder's requirements. An example statement follows:

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].

Do not 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, the following statement must be included:

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

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Book

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

Chapter in an edited book

[5] 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.

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

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

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