nut-6. Report Particular Dietary, Physiological, or Nutritional Characteristics That Were Considered When Selecting the Participants.

Example.

“Nonsmoking women, 20–50 y of age, not occupationally exposed to cadmium, were recruited. Women were chosen as subjects because they have higher cadmium concentrations in blood and higher body burdens of cadmium than men. Furthermore, low iron stores, which have been associated with increased gastrointestinal absorption of cadmium, are more common among premenopausal women. Because cigarette smoking may significantly increase body burden (kidney concentration) and blood cadmium concentration as much as 5 times, only women who had been nonsmokers for $5 y were eligible for the study. None of the women were pregnant or lactating at the time of the study”.

Explanation.

Because of the potential influence on study results and generalizability, eligibility and exclusion criteria related to dietary intake or nutritional status are especially important to report in nutritional epidemiologic studies. Such characteristics include age, sex, smoking, BMI, and physiologic status (e.g., pregnancy). Other factors (e.g., physical activity) or conditions (e.g., disease diagnoses or obesity) that may result in dietary changes or potentia misreporting of energy intake also require clear descriptions.