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Guide for Authors

STATEMENT OF SCOPE

Advances in Nutrition publishes literature reviews focused on key findings and recent research in all areas of interest to nutritional scientists and biomedical researchers. This would include nutrition-related research efforts directed toward biochemical, molecular, and genetic studies utilizing experimental animal models, domestic animals, and human subjects. The other major foci of the journal are in clinical nutrition, epidemiology and public health, and nutrition education. Review articles will focus on progress made during the past few years rather than research developments over a broad, historical timeframe.

In addition to review articles, *Advances in Nutrition* will publish editorials, supplements, symposia, and conference proceedings. In a section of each issue, *Advances in Nutrition* will also publish reports and position papers from the American Society for Nutrition, summaries of major government and foundation reports, and current nutrition information.

TYPES OF MANUSCRIPTS

Review Articles

Narrative and systematic review articles may be solicited by the editors, but unsolicited reviews will be considered for publication. Please contact the editor, Dr. Katherine Tucker, at katherine_tucker@uml.edu before writing an unsolicited review article for the journal with information on the review topic and the expected length of the manuscript. All review articles undergo the same peer-review and editorial process as original research reports. These reviews will be published in a 6–10 page (text, figures, tables) format and generally provide a recent rather than historical review of the subject matter. Authors interested in publishing more extensive reviews should contact the editor before submitting the manuscript.

Letters to the Editor

Letters to the Editor may be submitted to the Editor of *Advances in Nutrition*. Letters are expected to provide substantive comments on papers published in *Advances in Nutrition* in the six months prior to the time a letter is submitted, or other subjects that are of broad interest to the nutrition research community. *Advances in Nutrition* does not permit unpublished data to be published in a letter to the editor. Both the letter and a reply, if appropriate, are published together whenever possible. Letters, including up to 10 references, are limited to one published page and will be reviewed prior to acceptance

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REVIEW ARTICLE SUBMISSION PROCEDURES

Manuscripts submitted to *Advances in Nutrition* must be original and will be peer reviewed. Submission implies that the manuscript has not been posted on the Internet and that significant portions have not been published (other than in abstract, thesis, or dissertation form), that the manuscript is not under consideration by another journal, and that the manuscript will not be released before publication. See the ASN Embargo Policy . Papers will be screened for similarity to previously published papers using iThenticate.

Submissions to *Advances in Nutrition* should be made online at <http://submit.an.nutrition.org/>. Users are required to register when accessing the online submission system for the first time. Detailed instructions on the submission procedure are available in these "Instructions for Authors" and in Help files throughout the manuscript submission system. If you experience problems, contact the *Advances in Nutrition* manuscript office:

advances@nutrition.org or use the "Feedback" tab in the manuscript submission system.

Before submitting your manuscript, please make sure your manuscript has been formatted according to instructions provided below and in the Manuscript Style and Format section of this document.

Having the following information ready before starting your submission will save time:

- Your manuscript's title, abstract, and key words
- All author names, affiliations, and email addresses
- If you plan to suggest reviewers, their names, affiliations, and email addresses
- Your cover letter (initial submissions only)
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- Response to Reviewers (revisions and resubmissions).

Submission Correspondence

If you experience serious problems, you can contact the *Advances in Nutrition* manuscript office: advances@nutrition.org. Questions related to the submission of a manuscript or changes in a manuscript submission should be submitted by the manuscript corresponding author. All correspondence from journal staff regarding a manuscript submission will be directed to the manuscript corresponding author.

Submitting a New Manuscript

Manuscript word count, table and figure counts: During the online submission process you will be asked to provide information on the word count for the entire manuscript. Word count includes all text exclusive of tables (includes title page, abstract, text, figure legends, acknowledgments, and references). You will also be asked to provide the numbers of figures and tables.

As a guide to an estimate of the length of your review, assume that a page without figures or tables will contain about 1050 words or 6500 characters. The suggested range of 6–10 pages for most reviews includes the space taken by figures and tables.

Cover letter: A letter of submission from the corresponding author is required. Please do not include this cover letter in your manuscript file. The cover letter must include the following information:

- Any existing financial arrangement between an author and a company whose product figures prominently in the submitted manuscript.
- Other relevant information not specified elsewhere, such as a statement about any work being concurrently published or reviewed that is relevant to the review of the manuscript being submitted to *Advances in Nutrition*. The cover letter must also include the following assurances:
 - That no portion of the work has been or is currently under consideration for publication elsewhere
 - That no portion of the manuscript other than the abstract has been published or posted on the Internet.

Manuscript Digital Files: Word (.doc or .docx) files are the preferred format for manuscript text source files. Tables should be included at the end of the manuscript file. Figure files may be included as part of the manuscript source file or uploaded separately. For optimum legibility we recommend that you use only certain fonts in your Microsoft Word or WordPerfect document: Times, Times New Roman, Courier, Helvetica, Arial, and the Symbol font for special characters. For review purposes references will be copied from the manuscript file into the submission system and linked to the online source of the cited abstract or article.

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Revised Manuscript Files: The revised manuscript text file must be formatted as a DOC or DOCX file with tables included in the text file. Figures may not be included in the text file. Each figure must be submitted as a separate PDF, PPT, JPEG, TIFF, DOC, AI, or EPS file. When saving as a JPEG file use maximum quality/minimum compression.

Microsoft PowerPoint (PPT or PPTX) and Word (DOC or DOCX) files must be properly prepared and submitted in their native format. When creating print quality files in MS Office applications follow these general guidelines:

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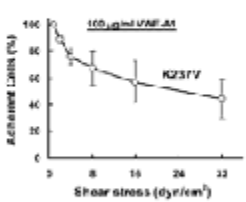
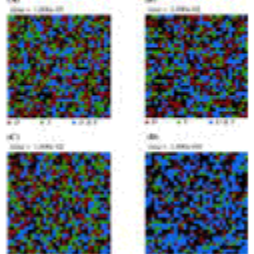
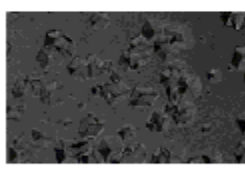
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Image Resolution Files must conform to the following minimum resolution specifications:

Line art: 1000 dpi

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Line art	Combination Halftones (grayscale or color images and type)	Halftones (grayscale or color with no type or lettering)
		
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Fonts It is recommended to use standard fonts in figures in order to avoid potential problems with font substitution or embedding problems. Acceptable fonts include Arial, Helvetica, Times

Roman, Symbol, Mathematical PI, and European PI. All other fonts, if not embedded, may be replaced, resulting in data loss or realignment.

Color Space All digital art, including black and white figures, submitted must be bitmap (Monochrome), grayscale, RGB or CMYK. Color files should be supplied in RGB color whenever possible and should have an ICC profile applied. RGB best utilizes the color projection capabilities of computer display devices and it has become the standard color space for displaying images for the online journal, authors are strongly encouraged to submit color figures in RGB format. Note that the RGB color space is significantly larger than the process CMYK color space. Therefore, depending upon the content of the image, color shifts may occur when converting to CMYK and appear in print if colors in the original image are outside the process CMYK gamut.

Author Fees

Authors of review articles and invited articles are not charged submission, color, or page charge fees. For detailed information on fees billed to supplement coordinators, please contact [Karen King](#) at the ASN Headquarters.

REVIEW ARTICLE STYLE AND FORMAT

Manuscripts not revised and returned within 120 days will be treated as new submissions.

- Papers must be completely double-spaced.
- Papers must have consecutively numbered lines from the first line, first manuscript page throughout the last line, last manuscript page. Do not number the References section. If you are uncertain about how to do this, please consult the “Help” feature in Word.
- Figures and tables should be clearly labeled (Fig, 1, Fig 2, etc. or Table 1, Table 2, etc).
- Please refer to Manuscript Digital Files for information on electronic file requirements. Please note that electronic file requirements are different for new manuscript submissions than for revised manuscript submissions.

Manuscript Preparation

Title page
Abstract
Introduction
Current status of knowledge
Conclusions
References
Acknowledgement

A) Title page: The title page must include:

- A title as generally applicable as possible.
- The names of all authors (first name, middle initial, last name) including their departmental and institutional addresses. Indicate which authors are associated with which institutions by numbered footnotes. Identify a corresponding author and provide a mailing address, telephone number, fax number, and email address. Please note that all authors' names should appear on the manuscript exactly as they should appear in PubMed if the paper is published. ASN will not replace files to correct author names once published.
- The word count for the entire manuscript (title through references).
- The number of figures.
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- A running title of 48 characters or less.
- Footnotes to the title disclosing: (a) all sources of financial support, if applicable; and (b) all potential conflicts of interest (see below).
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[Title page template](#)

B) Abstract: The abstract must be a single paragraph of no more than 250 words summarizing the current status of the knowledge within the area of nutrition reviewed.

C) Introduction: This should be the portion of the manuscript providing a background to a review which focuses on work published over the last few years that has advanced our understanding of the issue under consideration.

D) Current status of knowledge or Methods and Results: Narrative reviews should include a “Current status of knowledge” section. This section of the review should focus on research efforts that have advanced our knowledge of this aspect of

nutritional science and should carefully deal with divergent hypotheses when they exist.

Systematic reviews should include a Methods and Results section. A completed PRISMA flow diagram must be submitted as a figure for publication in the review article and a PRISMA checklist must be uploaded as a supplemental file for peer review. Both the flow diagram and the checklist are available from [PRISMA](http://www.prisma-statement.org/statement.htm) at <http://www.prisma-statement.org/statement.htm>.

E) Conclusions: Conclusions, discussion, problems, or areas for future research may be included.

F) References: The *Advances in Nutrition* reference format is modified to be consistent with the [International Committee of Medical Journal Editors \(ICMJE\) recommended format for bibliographic citations](#) with the following exception: references should include the names of all authors, unless there are more than ten, in which case list the first ten plus "et al." The list of references must begin on a new page. Abbreviate journal names according to the [National Library of Medicine \(NLM\) journal abbreviations format](#). References should be numbered consecutively in the order in which they are first mentioned in the text.

Authors may add a DOI for papers that have a doi number ("digital object identifier" number unique to the publication) to references. It should be included immediately after the citation in References.

Personal communications, submitted manuscripts, and unpublished data cannot be included in the References section but the full name of the person providing the information should appear parenthetically in the text. *References in tables and figures:* References cited for the first time in tables or figure legends should be numbered in order, based on the placement of the table or figure in text. Identify references in text, tables, and legends for illustrations by Arabic numbers in parentheses.

G) Acknowledgments: Advice may be acknowledged in a section at the end of the text. Authors are responsible for obtaining written permission from everyone providing a personal communication or acknowledged by name and for providing to the Editor a copy of the permission, if requested. Please include the statement, 'All authors have read and approved the final manuscript.'

Units of Measure

It is preferable that measurements conform to *le Systeme Internationale d'Unites* (SI) (1). The metric system and the Celsius scale (° C) are the preferred units of measurement, and where possible concentrations should be expressed on a molar basis.

SI conversions:

<http://www.onlineconversion.com/>

http://en.wikipedia.org/wiki/Conversion_of_units

Clinical SI conversions:

http://www.unc.edu/~rowlett/units/scales/clinical_da ta.html

<http://dwjay.tripod.com/conversion.html>

Abbreviations

Use standard abbreviations in *Advances in Nutrition* papers without definition. An abridged list is in [Appendix 1](#). Other common standard abbreviations are listed in Scientific Style and Format (2).

Each nonstandard (author-defined) abbreviation should be defined in the text at first mention. If three or more nonstandard abbreviations are used in the text, prepare an abbreviation footnote. The footnote should be associated with the first abbreviated term in the text and should be an alphabetized listing of all author-defined abbreviations and their definitions. Define all group designations parenthetically at first mention [for example, "control (CON) and high-fat (HF) groups"] Include definitions for these abbreviations in the abbreviation footnote.

All nonstandard abbreviations, including group designations, used in a table or table title must be defined alphabetically in a footnote to the table title. If the footnote to the table title contains multiple items, the definitions of the abbreviations should be the last item. If a table contains only one abbreviated term in the body of the table, then a separate footnote placed after that abbreviation should be used to define that term. Similarly, all nonstandard abbreviations, including group designations, used in a figure or figure legend must be defined alphabetically at the end of the figure legend.

Abbreviations should not be followed by a period. Use the standard abbreviations for SI prefixes found in Young (1) and in [Appendix 2](#) and those for units of measure in [Appendix 3](#).

Full gene names are not required for tables and figures in which a database identifier number is given. A full citation to the database should be in References and the reference number provided in the text, figure legend, or table footnote. For genes that are discussed in some detail in the text, please include a brief word description in parentheses the first time the gene is mentioned. Detailed information on formatting gene names is available at http://jn.nutrition.org/site/misc/fora_4-ms-prep.xhtml#ABB.

Nomenclature

Chemical and biochemical terms and abbreviations and identification of enzymes must conform to the recommended usage of the International Union of Biochemistry and Molecular Biology (3). Names for vitamins, related compounds, and abbreviations for amino acids should follow the ASN nomenclature policy (4, 5).

Tables and Figures

Figure titles and legends should be compiled on one or more pages in the manuscript's .doc file and should not be on the figure itself. Tables or figures adapted or reproduced from another source must acknowledge that source in a table footnote or the figure legend and be accompanied by written proof that the copyright bearer has granted permission to reproduce or adapt the table or figure.

For an illustrated table quality checklist, visit <http://pubs.nutrition.org/site/misc/ASNTableChecklist.pdf>.

For an illustrated figure quality checklist, visit <http://pubs.nutrition.org/site/misc/ASNFigureChecklist.pdf>.

For video on preparing digital images for publication, visit the Preparing Digital Images for Publication series at <http://pubs.nutrition.org/site/misc/Images-0.xhtml>.

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At the editor's request, unusually lengthy descriptions of experimental procedures, extensive data, extra figures, etc. may be published as online-only attachments to published articles. These files will not appear in printed copies of the article or journal issue, and will not be edited by the press. References to the availability of supplemental data on authors' websites will not be included in published articles. Material to be

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 - (INSERT FIGURE NUMBER) is available from the "Online Supporting Material" link in the online posting of the article and from the same link in the online table of contents at <http://advances.nutrition.org>.
- The top of all OSM pages should have an "Online Supporting Material" header.
- OSM pages should NOT have line numbers.
- All OSM posted must be called out parenthetically in the text. Tables and figures should be designated Supplemental Table 1, Supplemental Table 2, Supplemental Figure 1, etc.
- Supplemental text and tables should be single spaced but otherwise in *Advances in Nutrition* format.
- Supplemental figure legends should be single spaced and placed immediately under the supplemental figure but otherwise in *Advances in Nutrition* format.
- If the citations in the OSM do not appear elsewhere in the printed paper, they should NOT be added to the paper's Literature Cited section. Instead, prepare a Supplemental Literature Cited section [beginning with (1), (2), etc.] and include it at the end of supplemental materials.
- Include the OSM at the end of the manuscript Word file, after references, tables, and figure legends for use by reviewers and editors. Also, upload the OSM files in PDF format as supplemental files in the file upload area. These PDFs will be posted online without editing or revision if the manuscript is accepted for publication.

OSM video files should be submitted in the native format. To avoid excessive delays in downloading the files, videos should be no more than 5 MB in size and 60 seconds in length. Authors are encouraged to use QuickTime's "compress" option when preparing files to help control file size.

[ASN POLICY ON MANUSCRIPT DEPOSITS TO NIH](#)

APPENDIX 1: Common abbreviations and units that may be used without definition

APPENDIX 2: SI prefixes

APPENDIX 3: Common abbreviations for units of measure

LITERATURE CITED

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3. International Union of Biochemistry and Molecular Biology. Enzyme Nomenclature, Recommendations 1992. Orlando: Academic Press; 1992.

4. [American Institute of Nutrition. Nomenclature policy: abbreviated designations of amino acids.](#) J Nutr. 1987;117: 15.

5. [American Institute of Nutrition. Nomenclature policy: generic descriptions and trivial names for vitamins and related compounds.](#) J Nutr. 1990; 120:12-19.