The North African Journal of Food and Nutrition Research

Making Nutrition a Development Priority in Africa



GUIDELINES FOR AUTHORS

The NAJFNR Editorial Office

https://najfnr.com/home/instructions

Guidelines for Authors 2026
The NAJFNR Editorial Office
Updated November 2026

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1 General Information

The North African Journal of Food and Nutrition Research (NAJFNR), ISSN: 2588-1582, is a distinguished international peer-reviewed, open-access online journal. The journal is committed to the expeditious publication of contemporary research and scholarly investigations spanning all disciplines of human nutrition and food science. NAJFNR prioritizes the dissemination of novel and rigorous manuscripts that contribute significantly to the progression of the field, encompassing original research articles, comprehensive reviews, concise communications, scholarly correspondence, case reports, hypothesis development, expert perspectives, and critical commentaries. NAJFNR welcomes submissions addressing topics pertaining to human, animal, cellular, and molecular nutrition, as well as food science.

The North African Journal of Food and Nutrition Research provides a forum for the dissemination of specialized knowledge pertinent to researchers and practitioners across diverse domains of research and practice, including:

a. *Nutritional Science (NS)*: The investigation of food, nutrients, and other dietary constituents, encompassing their ingestion, biochemical metabolism, and influence on health and disease. This discipline also extends to the application of this knowledge in the formulation of policies and programs.
b. *Medical Nutrition Therapy (MNT)*: An evidence-based medical intervention employing individualized nutrition strategies to manage specific chronic diseases. These tailored strategies are designed to optimize patient health and mitigate healthcare expenditures.
c. *Public Health Nutrition (PHN)*: The application of nutritional science and physical activity principles to promote optimal health and prevent diet-related diseases within groups, communities, and populations. This encompasses the provision of health services, the development of programmatic interventions, and the advocacy of public health policies.
d. *Food Science and Biotechnology (FSB)*: The scientific study of the physical, biological, and chemical attributes of food, alongside the mechanisms of food deterioration and the fundamental principles of food processing. This field integrates disciplines such as chemistry, engineering, microbiology, and nutrition to enhance food safety, nutritional quality, and accessibility.

The journal endeavors to augment consumer comprehension of the complex interrelationship between nutrition, physical activity, and lifestyle choices to foster health throughout the human lifespan. Furthermore, it seeks to investigate the refinement of health policies through the integration of enhanced nutritional considerations.

We encourage submissions that present observational and interventional studies, alongside fundamental scientific reports, on topics encompassing food sciences, dietary patterns, metabolism, nutrients, clinical nutrition, social sciences, and health economics as they pertain to nutrition, eating behaviors and disorders, and nutrition policies. Manuscripts that explore the synergistic effects of physical activity and nutrition education, as well as strategies to alleviate food insecurity, are also highly valued.

Specific topics within the journal's scope include:

1. *Food Chemistry, Engineering, Processing and Packaging*
2. *Human and Clinical Nutrition*
3. *Infant, Child, and Adolescent Nutrition*
4. *Nutrition, Metabolism, and Prevention of NCDs*
5. *Public Health Nutrition Policy & Economics*
6. *Nutritional Immunology and Reproduction*
7. *Food Microbiology, Safety and Toxicology*
8. *Sport and Exercise Nutrition*
9. *Functional and Novel Foods*
10. *Nutrition Education and Dietetics*

1.1 Language and grammar

Manuscripts must be presented in **Standard American English**.

1.2 Types of manuscripts

Original articles

The journal solicits submissions encompassing randomized controlled trials, intervention studies, investigations of screening and diagnostic tests, outcome studies, cost-effectiveness analyses, case-control studies, and surveys exhibiting high response rates.

Abstracts are limited to a maximum of 300 words. Manuscripts must adhere to a word count of 5,000 words, excluding the abstract, references, and tables. Authors are permitted a maximum of 45 references and up to 6 figures or tables. The manuscript should be structured with the following headings: Abstract, Keywords, Introduction, Methods, Results, Discussion, References, Tables, and Figure Legends.

Brief / Short Communication

The journal accepts submissions in the form of randomized controlled trials, intervention studies, investigations of screening and diagnostic tests, outcome studies, cost-effectiveness analyses, case-control studies, and surveys demonstrating high response rates

Abstracts are limited to 200 words. Manuscripts must adhere to a word count of 2,500 words and include a maximum of 20 references, with no more than 2 figures or tables.

Review Articles and Meta-Analysis

Review articles and meta-analyses must present systematic and critical evaluations of existing literature and data sources. Abstracts are limited to a maximum of 300 words. Manuscripts

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must adhere to a word count of 10,000 words, including a maximum of 150 references and no more than 5 figures or tables. Additional figures may be provided as supplementary files.

Correspondence

The Correspondence section facilitates scholarly discourse by enabling readers to engage with articles published within the preceding six (6) months, offering commentary or addressing contemporary issues of relevance to the research community.

Submissions do not require an abstract and must adhere to a maximum word count of 1,000 words, inclusive of tables, figures, and references. The inclusion of up to 2 tables or figures and a maximum of 7 references is permitted.

Case Reports

Submissions may present novel, noteworthy, or exceptionally rare clinical cases. Priority will be accorded to cases exhibiting significant clinical implications, whereas reports of rare cases lacking broader significance may be excluded.

Submissions must be limited to 1,000 words, exclusive of references and abstract, and may include a maximum of 10 references.

Letter to the Editor

Letters to the Editor must present succinct and definitive observations, excluding preliminary findings that necessitate further validation in subsequent publications.

Submissions are limited to a maximum word count of 400 words and may include up to 4 references.

Viewpoint

The journal welcomes personal perspectives on pertinent topics, with submissions limited to approximately 1,500 words, exclusive of tables, figures, and references. Authors are required to disclose their full names; anonymous submissions will not be considered.

Conference Announcement

Submissions must provide comprehensive information regarding forthcoming conferences, including the event title and contact information for inquiries.

Announcements are limited to a maximum word count of 100 words.

1.3 Authorship Criteria

A. Author Contributors

Authorship is the formal recognition of individuals who have made *substantive intellectual contributions* to a scholarly work and who agree to take *public responsibility* for its content. For further details, please refer to the discussion document developed by COPE.

To qualify as an author, an individual must meet all four criteria established by the International Committee of Medical Journal Editors (ICMJE):

- **Substantial Contribution**
  - Conception, design, acquisition, analysis, or interpretation of data for the work; **AND**
- **Critical Intellectual Engagement**
  - Drafting the work or revising it critically for important intellectual content; **AND**
- **Final Approval**
  - Approval of the final version to be published; **AND**
- **Accountability**
  - Agreement to be accountable for all aspects of the work, including investigation/resolution of any questions about its accuracy or integrity.

To enhance transparency, NAJFNR recommends authors to specify their contributions using the 14 CRediT roles.

The 14 contributor roles as defined by CRediT are:

a. *Conceptualization*
b. *Data curation*
c. *Formal analysis*
d. *Funding acquisition*
e. *Investigation*
f. *Methodology*
g. *Project administration*
h. *Resources*
i. *Software*
j. *Supervision*
k. *Validation*
l. *Visualization*
m. *Writing – original draft*
n. *Writing – review & editing*

Role	Description
Conceptualization	Ideas; formulation of research goals/aims.
Data Curation	Management/annotation of research data.
Formal Analysis	Statistical, mathematical, or computational analysi
Funding Acquisition	Securing financial support.
Investigation	Conducting experiments/data collection.
Methodology	Development/design of methods or models.
Project Administration	Oversight/leadership of research activities.
Resources	Provision of materials / equipment / computational tools.
Software	Programming, code development.
Supervision	Mentorship/guidance of the research team.
Validation	Verification of results/replication.
Visualization	Creation of figures/visual representations.
Writing – Original Draft	Preparing the first manuscript draft.
Writing – Review & Editing	Critically revising the manuscript.

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This is an example of a CRediT statement to follow:

Author 01: Conceptualization, Methodology, Data Curation, Formal Analysis, Software. **Authors 02 and 03**: Investigation, Visualization, Writing - Original Draft, Writing - Review & Editing. **Authors 04 and 05**: Conceptualization, Data Curation, Investigation, Methodology. **Author 06**: Conceptualization, Methodology, Project Administration, Resources, Supervision, Validation.

We encourage authors to explore the CRediT website (https://credit.niso.org/contributor-roles-defined/) for comprehensive descriptions of each role.

General oversight of a research group does not constitute sufficient grounds for authorship. Each contributor must have actively participated in the work to assume public responsibility for the pertinent aspects of the content.

The order of contributor attribution should reflect the relative contributions of each individual to the study and manuscript preparation.

Subsequent to manuscript submission, the author order cannot be modified without the explicit written consent of all contributors.

Changes in Authorship Prior to Publication: Addition of an Author

In accordance with best editorial practices and COPE guidelines, the journal has established a transparent procedure for handling requests to add an author after manuscript submission but prior to publication.

a. *Key Principles:*

- The journal requires a clear and justified explanation for the addition of any author. Specifically, the corresponding author must explain **why the individual was omitted from the original author list** and why they now qualify for authorship.
- As per the journal's authorship policy, **all listed authors must meet established authorship criteria**, and no individual who meets these criteria should be omitted.
- Any proposed change in authorship must be **approved by all listed authors**, including the individual being added. Written confirmation of consent must be provided by each author.

b. *Procedure:*

- The corresponding author must submit a formal request explaining the reason for the proposed authorship change.
- The editorial office will contact all original authors and the proposed new author to:
  - Confirm their agreement with the authorship change.
  - Ensure that the new author meets authorship criteria and has no conflicts of interest.
- The new author must complete and sign the journal's Authorship Declaration and, where applicable, the Title Page file.
- If the addition is approved, the author list and contributor statements will be updated accordingly.
- The editorial team reserves the right to decline changes that are not transparent, justified, or unanimously agreed upon.

This process aims to protect the integrity of authorship attribution and ensure full transparency throughout the publication process.

Removal of Author After Publication

In accordance with recent best editorial practices and the guidelines established by the COPE, the journal has a formal procedure for handling requests to remove an author after publication.

a. *Key Principles:*

- Requests for removal of an author must be accompanied by a clear and detailed explanation, including the reason the author was included initially and why they should now be removed.
- The journal will consider such requests only when there is **clear evidence of error, misrepresentation, or misconduct** in the original authorship declaration.

b. *Procedure*

- A formal written request must be submitted to the editorial office, signed by the corresponding author and clearly stating:
  - The reason for the removal request.
  - Whether the author to be removed agrees with the proposed change.
- The journal will contact **all listed authors, including the one proposed for removal,** to verify and document their agreement or disagreement.
- If all authors agree to the removal and the explanation is deemed valid, the journal may issue a correction notice (erratum or corrigendum) to reflect the change. The original article will not be altered retroactively, but the change will be publicly documented.
- If **consensus cannot be reached** or if there is suspicion of misconduct, the journal may refer the case to the relevant institutional or ethical oversight bodies for further investigation before taking action.
- The journal will **always act in accordance with COPE guidelines**, prioritizing transparency, fairness, and the integrity of the scholarly record.

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Addition of Author After Publication

In accordance with recent best editorial practices and the guidelines established by the COPE, the journal has established a clear policy for the addition of an author **after publication**, recognizing that such changes may significantly impact the integrity of the scholarly record.

a. *Key Principles:*

- Authorship confers both credit and responsibility. As such, changes to the authorship list **after publication** are considered exceptional and are subject to careful scrutiny.
- Requests to add an author after publication must be supported by a **clear and legitimate justification**, including why the author was omitted from the original submission and how they meet the journal's authorship criteria.
- The journal requires **full transparency, author consensus**, and appropriate documentation before implementing any post-publication authorship changes.

b. *Procedure*

- A formal, written request must be submitted by the **corresponding author**, explaining:
  - The rationale for adding the author.
  - The contribution of the proposed author.
  - The reason for the omission from the original submission.
- The journal will seek **written confirmation from all existing authors** and the author to be added, stating that:
  - All parties agree to the proposed change.
  - The new author meets the journal's authorship criteria.
  - The addition is free of disputes or allegations of misconduct.
- If consensus is reached and the justification is deemed valid by the editorial board, the journal will issue a **formal correction notice (e.g., erratum or corrigendum)** indicating the addition of the new author and updating the author list accordingly.
- In cases of **disagreement or suspected misconduct**, the journal may initiate further investigation and may refer the case to relevant institutions or ethical bodies. The final decision will prioritize the **integrity of the scientific record** and follow COPE's recommendations.

The journal will **always act in accordance with COPE guidelines**, prioritizing transparency, fairness, and the integrity of the scholarly record.

Responsibilities of All Authors.

Every listed author must:

- **Meet All 4 ICMJE Authorship Criteria**
  - Substantial contribution to conception, design, data acquisition, analysis, or interpretation.
  - Drafting or critically revising the manuscript for intellectual content.
  - Final approval of the version to be published.
  - Accountability for the work's accuracy and integrity (including investigation/resolution of any issues).
- **Public Accountability**
  - Be prepared to defend the paper's content, especially their specific contributions.
  - Identify which co-authors are responsible for other parts of the work (e.g., methods, statistics).
- **Conflict Disclosure**
  - Disclose financial, institutional, or personal relationships that could bias the work (via ICMJE COI forms).
- **Ethical Compliance**
  - Ensure the study adheres to ethical guidelines (e.g., human/animal research approvals, consent).
  - Provide data integrity: No fabrication, falsification, or plagiarism.
- **Collaboration with Corrections**
  - Cooperate with post-publication corrections/retractions if errors or misconduct are identified.

Additional Responsibilities of the Corresponding Author

The corresponding author acts as the primary liaison and must undertake the following tasks:

- **Submission & Communication**
  - Ensure all journal administrative requirements are met (e.g., authorship forms, ethics approvals, clinical trial registrations).
  - Respond promptly to editorial queries during peer review and post-publication.
- **Co-Author Coordination**
  - Confirm all co-authors meet ICMJE criteria and approve the final manuscript.
  - Share manuscript drafts, reviewer comments, and editorial decisions with all authors.
  - Obtain signed consent from all authors for any post-submission authorship changes.
- **Post-Publication Duties**
  - Address critiques or questions about the paper after publication.
  - Provide data, code, or additional details if requested by the journal or readers.

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- **Transparency**
  - Ensure copies of all correspondence with the journal are sent to all co-authors (ICMJE recommends editors cc all authors).

B. Non-Author Contributors

Individuals who contribute to a work but do not meet all of the criteria for authorship should be **acknowledged**, not listed as authors. Contributions that typically fall into this category include:

- Securing funding or providing general administrative support.
- Offering writing assistance, technical editing, or proofreading.
- Giving general supervision of a research group.

When acknowledging these individuals, the contribution should be **specific** (e.g., "collected data," "provided writing assistance"). Additionally, the corresponding author is advised to get **written permission** from anyone being acknowledged. Finally, the use of AI for writing assistance should also be noted in the acknowledgments section.

1.4 CRediT Author Statement

The Contributor Roles Taxonomy (CRediT) is a standardized framework that delineates fourteen (14) distinct roles a researcher may undertake in a research project, encompassing conceptualization and formal analysis to data curation and software development. Aligning individual contributions with the appropriate CRediT roles confers several key advantages upon authors:

- Enhancing recognition and visibility for team contributions that are integral to research output dissemination.
- Promoting open communication and transparency, thereby fostering consensus and mitigating the potential for disputes.
- Enabling evaluators to accurately assess researcher impact and expertise within project contexts.
- Facilitating the comprehensive tracking of an individual's diverse contributions across multiple research endeavors.

The submitting author is responsible for ensuring that CRediT roles accurately represent the contributions of all participating individuals. All co-authors are expected to review and endorse their assigned CRediT roles as presented by the submitting author.

1.5 Addressing Authorship Disputes

In cases where researchers disagree with the author list, believe they have been wrongfully excluded from a manuscript, or require clarification regarding authorship and contributorship, they are encouraged to **consult their respective institutions for assistance in resolving such matters**.

Should issues related to authorship or contributorship be brought to the journal's attention, the Editor-in-Chief will **advise the concerned parties to refer the dispute to their institutions for investigation and resolution.** The journal will not act as an arbitrator in authorship disputes. We will, however, follow the recommendations of COPE (Committee on Publication Ethics) for managing manuscripts where authorship disputes are reported, which may include pausing the review/publication process or issuing an Expression of Concern until the matter is resolved by the relevant institutions.

1.6 Author Limits

Original Articles

While there is no explicit limitation on the number of co-authors per manuscript, it is imperative that all contributors have made substantive contributions and are eligible for co-authorship.

Review Articles

The number of contributors should be limited to six (6). If this limit is exceeded, a detailed justification is required. Review articles should be authored by individuals with demonstrated expertise in the specific field. A concise summary of each contributor's work in the review field must accompany the manuscript.

1.7 Changes in Authorship Sequence

Authors are required to establish the authorship sequence collaboratively and resolve any discrepancies prior to manuscript submission. Any modifications to authorship, including alterations in order, additions, or deletions, must be mutually agreed upon by all authors. Requests for such modifications subsequent to initial manuscript submission and prior to publication must be submitted in writing to the editor, either via formal letter or electronic mail, and must be accompanied by the original signed consent of all authors.

1.8 Retraction Policy

NAJFNR will consider retracting a publication under the following circumstances:

- Editors possess conclusive evidence demonstrating that the findings are unreliable, whether due to scientific misconduct (e.g., data fabrication) or unintentional error (e.g., miscalculation or experimental error).
- The findings have been previously published elsewhere without appropriate cross-referencing, authorization, or justification (i.e., instances of redundant publication).
- The published work contains instances of plagiarism.
- The study reports research practices that violate ethical standards.

The North African Journal of Food and Nutrition Research (NAJFNR) adheres to the Retraction Guidelines established by

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the Committee on Publication Ethics (COPE), which are accessible at: (https://publicationethics.org/files/cope-retraction-guidelines-v2.pdf).

1.9 Systematic Manipulation of the Publication Process

At *The North African Journal of Food and Nutrition Research (NAJFNR)*, we uphold the highest standards of academic integrity and transparency. In accordance with the **Committee on Publication Ethics (COPE)** and based on their flowcharts and infographics on *Systematic Manipulation of the Publication Process* (COPE 2021), we recognize the importance of detecting and addressing any form of publication manipulation that may undermine the credibility of the scholarly record.

Systematic manipulation refers to repeated dishonest or fraudulent practices used by individuals or groups to inappropriately influence the publication process. This includes, but is not limited to:

- Manipulating or circumventing independent peer review
- Misattributing or selling authorship
- Submitting fabricated or plagiarized research
- Substituting manuscripts post-acceptance

Such practices are often aimed at unjustly influencing publication records or achieving financial or academic gain and may involve multiple submissions, journals, or actors.

Our editorial team is sufficiently trained to identify suspicious patterns that may indicate manipulation, including:

- Unusual submission activity (e.g., multiple similar manuscripts, identical author groups, or shared email accounts)
- Suspicious peer review behavior (e.g., overly rapid reviews, unverified or non-institutional reviewer email addresses)
- Repeated recommendations of the same reviewers across unrelated submissions
- Data irregularities or textual similarities suggesting duplication or fabrication
- Authorship inconsistencies (e.g., guest, ghost, or purchased authorship)

Upon detection or suspicion of manipulation, the following actions are taken:

- **Internal Review:** The editorial team investigates the submission history, peer review process, and content.
- **Author Communication:** Authors are contacted to clarify inconsistencies and provide relevant documentation.
- **External Consultation:** When appropriate, the case may be referred to institutional offices or ethical bodies.
- **Corrective Measures:** Depending on the outcome, the journal may take one or more of the following actions:
  - Reject the manuscript
  - Retract the published article with an explanatory notice
  - Issue an editorial expression of concern
  - Ban the author(s) from future submissions
  - Inform affiliated institutions or funding bodies

We are committed to maintaining the integrity of the scientific record and welcome collaboration with other publishers and organizations to prevent the spread of unethical practices.

For more detailed information, please refer to the **COPE infographic**: Systematic Manipulation of the Publication Process.

2 Manuscript Submission

2.1 Editorial Process

A manuscript will be considered for potential publication with the explicit understanding that it is being submitted exclusively to the North African Journal of Food and Nutrition Research (NAJFNR) and has not been previously published, simultaneously submitted, or accepted for publication elsewhere. The journal requires authors to designate a single individual as the primary correspondent for all communications pertaining to the manuscript.

Upon submission, editors conduct an initial assessment of all manuscripts to determine their suitability for formal review. Manuscripts lacking originality, exhibiting significant scientific or technical deficiencies, or failing to convey a substantial message are rejected prior to formal peer review. Manuscripts deemed unlikely to be of interest to NAJFNR readership are also subject to rejection at this preliminary stage.

Manuscripts deemed suitable for publication in NAJFNR are forwarded to two or more expert reviewers. The journal employs a double-blind peer review process, wherein the identities of both reviewers and authors remain anonymous to one another. Furthermore, each manuscript is assigned to a member of the editorial team who, based on the reviewers' evaluations, renders a final decision regarding the manuscript. The reviewers' comments and recommendations (acceptance, rejection, or revisions to the manuscript) are communicated to the corresponding author, who is expected to provide a detailed, point-by-point response to the reviewers' comments and submit a revised version of the manuscript. This iterative process continues until the reviewers and editors reach a consensus regarding the manuscript's suitability for publication.

Accepted manuscripts undergo copy-editing for grammatical accuracy, punctuation, adherence to print style, and formatting consistency. Proofs are dispatched to the corresponding author, who is required to return corrections within forty-eight (48) hours. Corrections received beyond this timeframe may not be incorporated. The entire process, from manuscript submission to final decision, including the transmission and receipt of proofs, is conducted electronically. To facilitate the rapid and

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widespread dissemination of knowledge and information, the journal publishes articles online promptly following acceptance.

All manuscripts must be submitted electronically through the NAJFNR website: https://najfnr.com/home/about/submissions. First-time users are required to register on the site, which is a mandatory procedure. Registered authors can monitor the status of their articles by logging in with their assigned username and password. Authors are not required to pay any submission fees. Should any issues arise, please contact the editorial office via electronic mail: contact@najfnr.com

Manuscripts that do not conform to the "Instructions for Authors" will be returned for technical corrections prior to editorial/peer review. Generally, manuscripts should be submitted as discrete files (the website has a 10 MB upload limit per file).

Submission of a manuscript implies that the described work has not been previously published, is not under concurrent consideration elsewhere, and has been approved by all co-authors (if applicable) and relevant authorities, either explicitly or implicitly, at the institution where the work was conducted. The publisher assumes no legal responsibility for any compensation claims. (Please refer to Peer Review Process Webpage)

Author Rights

The journal follows a rigorous peer review process to ensure the quality and integrity of published work. Authors are invited to suggest potential reviewers and/or request the exclusion of specific individuals from the review process; such information must be clearly stated both on the Title Page file and during the manuscript submission procedure. In the event of an editorial decision with which the authors disagree, a formal appeal may be submitted to the editorial office for reconsideration.

2.2 Permissions

Authors intending to incorporate previously published figures, tables, or textual excerpts in their manuscripts must obtain authorization from the original copyright holder(s) and provide documentation of such permission upon manuscript submission. Manuscripts lacking this documentation will be presumed to contain original content produced by the authors.

The comprehensive submission guidelines for manuscripts are accessible at: https://www.youtube.com/watch?v=hoPCy88Gyvs

2.3 Article Processing Charges (APCs)

A. Open Access Commitment

The *North African Journal of Food and Nutrition Research (NAJFNR)* is committed to open access (OA) publishing, ensuring the immediate and unrestricted availability of published research to a global audience. This model allows readers to freely access, download, print, and redistribute articles, removing financial barriers and maximizing the dissemination of scientific knowledge.

B. Financing Open Access

Under the OA framework, publication costs—including manuscript processing, online hosting, long-term archiving, and editorial services—are covered by **Article Processing Charges (APCs)**. These charges are typically funded by authors or their institutions, replacing traditional subscription fees. Notably, NAJFNR does not charge any fees for manuscript submission.

C. Implementation of APCs

To sustain high-quality publishing services, NAJFNR will implement APCs effective **April 20, 2025**. The fees support essential processes such as:

- Peer review management
- Copyediting and typesetting
- Multi-format publication (PDF, HTML, XML)
- DOI assignment and indexing
- Plagiarism detection

For further details regarding Article Processing Charges (APCs), please visit our webpage.

3 TITLE PAGE

The title page must include the following elements:

- The manuscript type (e.g., original article, review article, meta-analysis, correspondence, etc.), the manuscript title, the full names of all authors and contributors, and the name(s) of the department(s) and/or institution(s) with which the work is affiliated. Any information that may reveal the authors' identities should be included on this page. Manuscripts must be submitted in .doc format, and files should not be compressed.

Please visit https://najfnr.com/home/about/submissions

The title page template can be downloaded from:

https://najfnr.com/journal_docs/1._Title_page.docx

4 MANUSCRIPT

The main text of the manuscript, encompassing the "Abstract" through the "References" sections, must be included in this file. The file must not contain any references to the authors' names or initials, the institution where the study was conducted, or acknowledgments. Page headers/running titles may include the manuscript title but must not include the authors' names. Manuscripts that do not adhere to the journal's blinding policy will be returned to the corresponding author for revision. Files must be submitted in .doc or .docx format, uncompressed, and without embedded images. Pages must be numbered consecutively.

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Abstract

Abstracts must be structured into sections (e.g., Background, Aims, Materials/Subjects and Methods, Results, Conclusion, and Keywords) and must avoid the use of undefined abbreviations or unspecified references.

Keywords

Authors must provide four (4) to six (6) keywords for indexing purposes.

Keywords must be carefully selected to accurately represent the manuscript's content, be specific to the relevant field or subfield, and not duplicate terminology used in the manuscript title. Shared key terms between the manuscript title and abstract can enhance the discoverability of the study in article searches. For further information, please consult:

https://www.aje.com/arc/editing-tip-choosing-effective-keywords/

The use of Medical Subject Headings (MeSH) from the US National Library of Medicine is strongly recommended and can be accessed through the MeSH browser:

https://meshb.nlm.nih.gov/search

5 TEXT

5.1 Text Formatting

Manuscripts must be submitted in Microsoft Word format.

- Employ a standard, plain typeface, such as 12-point Times New Roman, for the main text.
- Utilize italics for emphasis where necessary.
- Employ the automatic page numbering function to paginate the document consecutively.
- Refrain from the use of field functions.
- Use tab stops or other appropriate commands for indentation; avoid the use of the space bar.
- Utilize the table function for the creation of tables, rather than spreadsheets.
- Use the equation editor or MathType for the insertion of equations.
- Save the file in .docx format (compatible with MS Word 2007 or later).

5.2 Headings

Employ no more than three hierarchical levels of displayed headings.

5.3 Abbreviations

Abbreviations must be defined upon their initial occurrence and used consistently thereafter.

5.4 Introduction and Background

The introduction must succinctly contextualize the study within a broader framework and underscore its significance. It must establish linkages to prior research in the field without providing an exhaustive review of the literature. Given the assumption that the reader possesses a foundational understanding of the subject matter, the introduction must be clear and concise. Citations must be included only as necessary to elucidate the rationale underlying the research question. Conclude the introduction by articulating a clear aim or research question, ideally formulated as a testable hypothesis. The introduction must remain accessible to researchers outside the immediate domain of the study.

5.5 Methods Including Statistics

The Methods section must focus exclusively on information available at the time of study design or protocol development, reserving all data acquired during study execution for the Results section. When describing the selection and characterization of participants (including patients, laboratory animals, and controls), authors must clearly specify eligibility and exclusion criteria and provide a comprehensive account of the source population. Given the potential relevance of variables such as age and sex, their inclusion must be justified, particularly if the study features specific age groups or gender categories.

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technical contexts, such as "random" (which implies the use of a randomization procedure), "normal," "significant," "correlations," and "sample." All statistical terms, abbreviations, and symbols must be defined.

For all *p*-values, the exact numerical value must be provided, rather than using threshold values such as $p < 0.05$ or $p < 0.001$.

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Present the results in a logical sequence within the text, tables, and figures, commencing with the principal or most salient findings. Avoid redundant presentation of all data from tables or figures within the text; instead, emphasize or summarize only the critical observations. Supplementary materials and technical details may be included in an appendix or published exclusively in the electronic version of the journal to maintain textual coherence. Within the Results section, when summarizing data, provide both absolute numbers and their derivative measures (e.g., percentages), and specify the statistical methodologies employed for analysis.

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A synopsis of the principal findings must encompass the primary and secondary outcome measures and the results in relation to any a priori hypotheses. It must address the strengths and limitations of the study, including considerations such as the research question, design, data acquisition, analysis, and interpretation. The interpretation and implications of the study must be presented within the context of existing evidence, including references to relevant systematic reviews where available, and articulating the study's contribution to the current body of knowledge. This section must also address the effects on patient care and health policy, as well as potential underlying mechanisms.

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Whitney, E., & Rolfes, S. R. (2021). *Understanding Nutrition* (16th ed.). Cengage Learning.

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