



Instructions for authors

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THE NORTH AFRICAN JOURNAL OF
FOOD AND NUTRITION RESEARCH

Making Nutrition a Development Priority in Africa

Instructions for Authors

The NAJFNR Editorial Office

<https://najfnr.com/home/instructions>

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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 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

Authorship credit must be predicated solely upon substantial contributions to the submitted work. NAJFNR recommends that authors employ the Contributor Roles Taxonomy (CRediT) in their submissions.

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*

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.

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.

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.

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 Changes in Authorship

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.

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

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 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 complimentary but 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 an 80 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.

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>

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:

http://najfnr.com/journal_docs/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.

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.

Clarity in the study's rationale and methodology is paramount, particularly when incorporating variables such as race or ethnicity, which must be rigorously defined and justified. Technical information must include detailed descriptions of methods, apparatus (with manufacturer information provided parenthetically), and procedures to facilitate reproducibility by other researchers. References to established methods, including statistical methodologies, must be provided, along with concise explanations for methods not widely recognized. Novel or significantly modified methods must be explained with justifications for their application and assessments of their limitations. Precise information on all pharmaceuticals and chemical reagents used, including their generic names, dosages, and routes of administration, must be provided.

For authors submitting review articles, a section delineating the methods for data retrieval, selection, extraction, and synthesis must be included and summarized in the abstract. Reports of human observational studies must adhere to the STROBE guidelines, which aim to improve the quality and transparency of reporting. Studies involving animals must adhere to the ARRIVE guidelines, and for systematic reviews and meta-analyses, adherence to the PRISMA guidelines is strongly recommended.

Regarding the application of statistics, a general description of the methodologies employed must be provided in the Methods section. When presenting data in the Results section, the specific statistical methods applied for analysis must be specified. Avoid the use of statistical terminology in non-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 $p < 0.001$.

5.6 Results

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.

Restrict tables and figures to those essential for substantiating the paper's argument and evaluating its evidentiary basis. Utilize graphical representations in lieu of tables with extensive entries and avoid data redundancy between graphs and tables. Exercise circumspection when employing statistical terminology such as "random," "normal," "significant," "correlations," and "sample" in non-technical contexts. Where applicable, include analyses of data stratified by variables such as age and sex.

5.7 Discussions

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.

Controversies arising from the study must be discussed, alongside prospective research directions, including potential avenues for further investigation in this collaboration or underlying mechanisms and clinical research domains. Contributors must refrain from reiterating data or material previously presented in the Introduction or Results sections and must avoid making unsubstantiated statements regarding economic benefits and costs unless such data and analyses are included within the manuscript. Additionally, they must avoid asserting priority and referencing incomplete work. If novel hypotheses are proposed, they must be explicitly identified as such.

5.8 Acknowledgments

Acknowledgments for individuals, grants, funding, and other forms of support must be included in the title page file. Funding organizations must be designated by their full, official names.

6 REFERENCES

6.1 Citation

Cite references within the text by author surname(s) and year of publication, enclosed in parentheses. Citation management software, such as EndNote by Clarivate Analytics (<https://www.myendnoteweb.com/EndNoteWeb.html>) or Mendeley (<https://www.mendeley.com/>) may be employed.

Some examples:

- As recommended by the ADA (ADA, 2020).
- These results are consistent with the findings of Amos *et al.* (2024).
- This result was contradicted by Becker and Seligman (2013).
- Several authors have reported the same results (Abbott, 2001; Norri *et al.*, 2003; Kent & Williams, 2006; Medvec *et al.*, 2019)

6.2 References List

The reference list must include only works cited within the text that have been published or accepted for publication. Personal communications and unpublished works should be mentioned exclusively within the text. Entries in the reference list must be arranged alphabetically by the author's surname and year of publication.

Authors may refer to this tutorial on citing PubMed articles in APA style: https://www.youtube.com/watch?v=6c1_BOQN0g0

Alternatively, authors may utilize APA Citation Generator 7 to generate references of various types at:

<https://quillbot.com/citation-generator/>
<https://app.bibguru.com/>
https://www.citefast.com/?s=APA7#_Journal
<https://www.mybib.com/tools/apa-citation-generator>
<https://www.scribbr.com/apa-citation-generator/>

Examples:

Journal article (with DOI) using APA 7th edition referencing system

Mozaffarian, D., & Ludwig, D. S. (2010). Dietary Guidelines in the 21st century—A time for food. *JAMA*, *304*(6), 681. <https://doi.org/10.1001/jama.2010.1116>

Book

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

Book chapter

Hu, F. B. (2018). Dietary patterns and cardiovascular disease prevention. In M. L. Bier & J. M. Jones (Eds.), *Nutrition and health: Strategies for disease prevention* (pp. 123–145). Springer.

Referencing with APA 7th Style – Brief Guide (Link)

<https://apastyle.apa.org/instructional-aids/reference-guide.pdf>

6.3 Citation integrity

NAJFNR strongly discourages citations from predatory and dubious journals or publishers, as these may adversely affect the journal's reputation in indexing databases. We are committed to maintaining a rigorous publication process that upholds recognized international standards and ensures the quality and credibility of published articles.

Given the proliferation of fee-charging open access (OA) journals, authors may encounter difficulties in distinguishing between legitimate peer-reviewed journals and those employing deceptive peer review practices. The North African Journal of Food and Nutrition Research has adopted a policy against referencing such "fake" journals. Therefore, references from these sources must be avoided and either replaced or entirely removed. For further guidance on journal eligibility, please refer to the provided links.

<https://bealistslist.weebly.com/>
<https://predatoryreports.org/the-list>
<https://predatoryjournals.com/journals/>
<https://bealistslist.net/changelog/>
<https://bealistslist.net/>
<https://scholarlyoa.com/publishers/>
<https://www.professeur-alexandre-georges.info%2Fdolos-list>
<https://guides.library.yale.edu/c.php?g=296124&p=1973764>

7 TABLES

- The quantity of tables and figures must be commensurate with the manuscript type; please refer to section 1.2, "Manuscript Types," for specific guidelines.
- Number all tables using Arabic numerals.
- Cite each table within the text in sequential numerical order.
- Provide a descriptive caption (title) for each table to elucidate its contents.
- If the table incorporates previously published material, acknowledge the original source with a reference appended to the table caption.
- Denote footnotes to tables with superscript lowercase letters (or asterisks for statistical data and significance values) and place them below the table.

8 FIGURES

Please submit high-resolution color images with a maximum dimension of 1600 × 1200 pixels (approximately 5–6 inches). Images must be provided as JPEG files and maintained at an effective resolution of 300 pixels per inch (PPI). Avoid file compression using ZIP.

- The number of figures must align with the manuscript type; refer to section 1.2, "Manuscript Types," for specific guidance.
- Submit all figures electronically in common formats such as TIFF, JPEG, EPS, or PDF, with a preference for these formats.
- Specify the graphics software utilized to create the artwork.
- Number all figures using Arabic numerals.
- Cite figures within the text in sequential numerical order.
- Denote figure components with lowercase letters (a, b, c, etc.).
- If the manuscript includes an appendix with figures, continue the numbering sequence from the main text (do not employ designations such as "A1, A2, A3"). Figures in online appendices (Supplementary Data) must be numbered separately.
- Figure legends must be concise and specific, and they must appear on a separate page in the manuscript following the "References" section.

8.1 Figure Captions

- Provide a concise caption for each figure that accurately describes the figure's content. Include the captions within the manuscript's text file rather than within the figure file.
- Figure captions must commence with the term "Fig." in bold typeface, followed by the figure number, also in bold typeface.
- Do not include punctuation after the figure number or at the end of the caption.

8.2 Figure Placement and Size

- When preparing figures, size them to conform to the column width. Figures must have widths of 39 mm, 84 mm, 129 mm, or 174 mm, and must not exceed a height of 234 mm.

8.3 Permissions

If figures previously published elsewhere are included, obtain authorization from the copyright holder(s) for both print and online formats. Please note that certain publishers may not grant

electronic rights without charge, and NAJFNR cannot reimburse any expenses incurred in obtaining these permissions. In such instances, alternative sources must be considered.

9 DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

Authors are required to disclose all relationships or interests that may potentially influence or bias their work. This transparency ensures an objective assessment and an accurate representation of the research. Disclosure of potential conflicts of interest, whether actual or perceived, is essential for reader comprehension and does not necessarily imply that a financial relationship with the research sponsor or consultancy is inappropriate. Potential conflicts of interest related to the research may include, but are not limited to:

- Research grants from funding agencies (include the funder and grant number);
- Honoraria for speaking engagements at conferences;
- Financial support for conference attendance;
- Financial support for educational initiatives;
- Employment or consulting engagements;
- Sponsorship support;
- Positions on advisory boards, boards of directors, or other managerial relationships;
- Multiple affiliations;
- Financial relationships such as equity ownership or investment interests;
- Intellectual property rights (e.g., patents, copyrights, royalties);
- Holdings of immediate family members that could present a financial interest in the work.

Additionally, non-financial interests that may be pertinent to readers must be disclosed. These can include personal relationships or competing interests connected directly or indirectly to the research, professional interests, or personal beliefs that could influence the research. The corresponding author is responsible for collecting conflict-of-interest disclosure forms from all authors. Each author must complete a disclosure form.

Please search funders connected to published works with funding data here: <https://search.crossref.org/funding>

10 RESEARCH INVOLVING HUMANS AND/OR ANIMALS

10.1 Statement of Human Rights

When reporting studies involving human participants, authors must include a statement indicating that the studies received

approval from an appropriate institutional and/or national research ethics committee and were conducted in accordance with the ethical standards set forth in the 2013 Declaration of Helsinki (7th revision) and its subsequent amendments or comparable ethical standards.

In cases where there is ambiguity regarding adherence to the Helsinki Declaration or comparable standards, authors must provide a methodological justification and evidence that the independent ethics committee or institutional review board explicitly approved any contentious aspects of the study.

Prior to the References section, the following statements must be included in the manuscript:

Ethical approval: "All procedures involving human participants adhered to the ethical standards of the institutional and/or national research committee and to the Declaration of Helsinki and its subsequent amendments or comparable ethical standards."

For retrospective studies, please include the following sentence: "For this type of study, formal consent was not required."

10.2 Statement on the Welfare of Animals

The welfare of animals used in research must be upheld. When reporting experiments involving animals, authors must confirm that international, national, and/or institutional guidelines for the care and use of animals were adhered to and that the studies received approval from a research ethics committee at the institution or practice where the studies were conducted (if such a committee exists). For studies involving animals, the following statement must be included in the text prior to the References section:

- Ethical approval: "All applicable international, national, and/or institutional guidelines for the care and use of animals were followed."

If applicable (if such a committee exists):

- "All procedures involving animals were conducted in accordance with the ethical standards of the institution or practice where the studies were conducted."

If the article does not contain studies involving human participants or animals by any of the authors, please use one of the following statements:

- "This article does not contain any studies with human participants conducted by any of the authors."
- "This article does not contain any studies with animals conducted by any of the authors."
- "This article does not contain any studies involving human participants or animals conducted by any of the authors."

11 INFORMED CONSENT

All individuals possess inalienable personal rights that must be respected and protected. Study participants, for instance, retain the right to determine the utilization of their identifiable personal data, statements made during studies or interviews, and any photographic records. Therefore, the procurement of written informed consent from all participants prior to their inclusion in a study is imperative. Identifiable details, such as names, dates of birth, identification numbers, and other personally identifying information, must not be published in written descriptions, photographs, or genetic profiles unless the data is indispensable for scientific purposes and the participant (or parent or legal guardian, in the case of an incapacitated participant) has provided explicit written consent for publication.

Maintaining absolute anonymity may prove challenging in certain instances, and informed consent must be sought if any ambiguity exists. For example, masking the ocular region in photographs of participants is insufficient for safeguarding anonymity. If any identifying characteristics are altered to preserve anonymity, such as in genetic profiles, authors must ensure these alterations do not compromise the scientific accuracy or integrity of the work.

The following statement must be included: "Informed consent was obtained from all individual participants included in the study." If identifying information pertaining to participants is present in the article, the following statement must be included: "Additional informed consent was obtained from all individual participants for whom identifying information is included in this article."

12 AFTER ACCEPTANCE

12.1 Proofreading

The purpose of the proof is to verify typesetting or conversion errors and to ensure the completeness and accuracy of the text, tables, and figures. Substantive content alterations, such as the introduction of new results, correction of numerical values, modification of the title, and changes in authorship, are not permitted without the Editor's explicit approval. Any post-publication revisions can only be implemented in the form of an Erratum, which will be linked to the original article.

The revised manuscript must be submitted electronically using the same procedure as the initial submission. Contributors submitting a revised manuscript are requested to include the referees' comments along with detailed, point-by-point clarifications at the beginning of the revised file. Additionally, changes within the article must be clearly delineated, either through underlining or the use of colored text.

13 ENGLISH LANGUAGE SUPPORT

To enable editors and reviewers to conduct a comprehensive evaluation of your manuscript, the English language must be of a standard sufficient for unambiguous comprehension. If you require assistance with English writing, consider the following options:

- Seek a review from a colleague who is a native English speaker to ensure clarity.
- Consult an English language tutorial that addresses common errors in English writing.
- Engage a professional language editing service, wherein editors can refine your manuscript's English to enhance clarity and identify areas requiring your attention.
- Utilize the language editing services offered by NAJFNR, accessible at the following link: <https://najfnr.com/home/language-and-editing-services>

Please note that utilizing a language editing service is not a prerequisite for publication in our journal, nor does it guarantee selection for peer review or acceptance. If your manuscript is accepted, our copy editors will review it for orthography and formal style prior to publication.

14 ETHICAL CONSIDERATION

14.1 Protection of Patients' Right to Privacy

Identifying information pertaining to patients must not be disclosed in written descriptions or photographic representations. Authors are required to redact patients' names from figures unless they have obtained explicit written informed consent from the patients. NAJFNR adheres to the guidelines established by the International Committee of Medical Journal Editors (ICMJE): (1) Authors, rather than journals or publishers, bear the responsibility of securing patient consent forms prior to the publication of any content related to patient privacy and must maintain these forms in proper archival storage. (2) If the publication includes facial images that could facilitate patient identification, a statement affirming the patient's consent must be included in the manuscript.

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Ethical standards for publication are implemented to ensure the production of high-quality scientific work, to uphold public trust in scientific discoveries, and to guarantee appropriate recognition of individuals for their intellectual contributions. NAJFNR is committed to publishing only original content, defined as material that has not been previously published and is not under concurrent consideration elsewhere. Manuscripts determined to contain plagiarized content from the work of other authors, whether previously published or unpublished, will be subject to plagiarism sanctions.

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Manuscripts found to have been previously published or under concurrent consideration elsewhere will be subject to sanctions for duplicate submission or publication. Authors who have utilized their own previously published work or work currently under review as the foundation for a submitted manuscript must cite the earlier work and delineate the novel contributions of the submitted manuscript beyond those of the prior work.

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Manuscripts that contain citations primarily intended to inflate the number of citations to a specific author's work or to articles published in a particular journal will be subject to sanctions for citation manipulation.

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Manuscripts that include fabricated or falsified experimental results, including the manipulation of digital images, will incur sanctions for data fabrication and falsification.

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All listed authors must have made a substantial scientific contribution to the research presented in the manuscript and must have approved all its assertions. It is imperative to include all individuals who made a significant scientific contribution, including students and laboratory technicians.

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Redundant publications refer to the inappropriate partitioning of study outcomes into multiple articles.

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In the event of substantiated violations of any of the aforementioned policies, regardless of whether they occurred in an article published by NAJFNR, the following sanctions will be imposed:

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- A moratorium on submissions from all authors of the infringing manuscript, individually or in collaboration with other authors, for a minimum period of thirty-six (36) months.
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