

## Directions to Contributors

### **British Journal of Nutrition**

(Revised January 2012)

The *British Journal of Nutrition* is an international peer-reviewed journal that publishes original papers and review articles in all branches of nutritional science. The underlying aim of all work should be, as far as possible, to develop nutritional concepts. The *British Journal of Nutrition* encompasses the full spectrum of nutritional science including epidemiology, dietary surveys, nutritional requirements and behaviour, metabolic studies, body composition, energetics, appetite, obesity, ageing, endocrinology, immunology, neuroscience, microbiology, genetics and molecular and cell biology. The journal does not publish case studies; papers on food technology, food science or food chemistry; or papers of primarily local interest.

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The manuscript must include a statement reporting any conflicts of interest, all sources of funding and the contribution of each author to the manuscript. This statement should be placed at the end of the text of the manuscript before the references are listed. Conflict of interest exists when an author (or the author's institution) has financial or personal relationships that inappropriately influence (bias) his or her actions (such relationships are also known as dual commitments, competing interests, or competing loyalties); for further detail, see [http://www.icmje.org/ethical\\_4conflicts.html](http://www.icmje.org/ethical_4conflicts.html) If there are no conflicts of interest this must be stated. If the work was funded, please state "This work was supported by (for example) The Medical Research Council [grant number xxx (if applicable)]". If the research was not funded by any specific project grant, state "This research received no specific grant from any funding agency in the public, commercial or not-for-profit sectors."

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When substantial revisions are required to manuscripts, authors are normally given the opportunity to do this once only; the need for any further changes should at most reflect only minor issues. If a paper requiring revision is not resubmitted within 3 months, it may, on resubmission, be deemed a new paper and the date of receipt altered accordingly.

**The *British Journal of Nutrition* publishes the following: Full Papers, Review Articles, Systematic Reviews, Horizons in Nutritional Science, Workshop Reports, Invited Commentaries, Letters to the Editor/Nutrition Discussion Forums, Obituaries, and Editorials.**

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**Letters to the Editor/Nutrition Discussion Forum** Letters are invited that discuss, criticise or develop themes put forward in papers published in the *British Journal of Nutrition* or that deal with matters relevant to it. They should not, however, be used as a means of publishing new work. Acceptance will be at the discretion of the Editorial Board, and editorial changes may be required. Wherever possible, letters from responding authors will be included in the same issue.

**Form of full papers submitted for publication.** The onus of preparing a paper in a form suitable for sending to press lies with the author. Authors are advised to consult a current issue in order to make themselves familiar with the *British Journal of Nutrition* as to typographical and other conventions, layout of tables etc. Sufficient information should be given to permit repetition of the published work by any competent reader of the *British Journal of Nutrition*. The requirements of *British Journal of Nutrition* are in accordance with the Uniform Requirements for Manuscripts Submitted to Biomedical Journals produced by the International Committee of Medical Journal Editors (ICMJE), and authors are encouraged to consult the latest guidelines, which contain a lot of useful generic information about preparing scientific papers <http://www.icmje.org/> and also the CONSORT guidelines for reporting results of randomised trials <http://www.consort-statement.org/> The journal endorses the Preferred Reporting Items for Systematic

Reviews and Meta-Analyses (PRISMA) Statement, a guideline to help authors report a systematic review and meta-analysis <http://prisma-statement.org> (see *British Medical Journal* (2009) **339**, b2535). A systematic review or meta-analysis of randomised trials and other evaluation studies should follow the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines (<http://prisma-statement.org>).

**Plagiarism:** Text taken directly or closely paraphrased from earlier published work that has not been acknowledged or referenced will be considered plagiarism. Submitted manuscripts in which such text is identified will be withdrawn from the editorial process.

Authors are invited to nominate up to four potential referees who may then be asked by the Editorial Board to help review the work.

Typescripts should be prepared with 1.5 line spacing and wide margins (2 cm), the preferred font being Times New Roman size 12. At the ends of lines words should not be hyphenated unless hyphens are to be printed. Line numbering and page numbering is required.

Spelling should generally be that of the *Concise Oxford Dictionary* (1995), 9th ed. Oxford: Clarendon Press. Papers should normally be divided into the following parts:

(a) **Title page:** authors' names should be given without titles or degrees and one forename may be given in full. The name and address of the institution where the work was performed should be given, as well as the main address for each author.

The name and address of the author to whom correspondence should be sent should be clearly stated, together with telephone and fax numbers and email address. Other authors should be linked to their address using superscript Arabic numerals.

Any necessary descriptive material about the authors, e.g. Beit Memorial Fellow, should appear at the end of the paper in the Acknowledgments.

If the paper is one of a series of papers that have a common main title followed by a subtitle specific to the individual paper, numbering should not be used to indicate the sequence of papers. The format should be 'common title: specific subtitle', with a short common title, e.g. Partitioning of limiting protein and energy in the growing pig: testing quantitative rules against experimental data.

The title page should also contain a shortened version of the paper's title, not exceeding forty-five letters and spaces in length, suitable for use as a running title in the published paper.

Authors are asked to supply three or four key words or phrases (each containing up to three words) on the title page of the typescript.

(b) **Abstract:** each paper must open with an abstract of **not more than 250 words**. The abstract should be a single paragraph of continuous text outlining the aims of the work, the experimental approach taken, the principal results and the conclusions and their relevance to nutritional science.

(c) **Introduction:** it is not necessary to introduce a paper with a full account of the relevant literature, but the introduction should indicate briefly the nature of the question asked and the reasons for asking it. It should be **no longer than two pages**.

(d) **Experimental methods:** methods should appear after the introduction.

The notice of contributors is drawn to the guidelines in the World Medical Association (2000) Declaration of Helsinki: ethical principles for medical research involving human subjects, with notes of clarification of 2002 and 2004 (<http://www.wma.net/en/30publications/10policies/b3/>), the *Guidelines on the Practice of Ethics Committees Involved in Medical Research Involving Human Subjects* (3rd ed., 1996; London: The Royal College of Physicians) and the Guidelines for the ethical conduct of medical research involving children, revised in 2000 by the Royal College of Paediatrics and Child Health: Ethics Advisory Committee (*Arch Dis Child* (2000) **82**, 177–182). A paper describing any experimental work on human subjects must include the following statement in the materials/methods section: "This study was conducted according to the guidelines laid down in the Declaration of Helsinki and all procedures involving human subjects/patients were approved by the [insert name of the ethics committee; a specific ethics number may be inserted if you wish]. Written [or Verbal] informed consent was obtained from all subjects/patients. [Where verbal consent was obtained this must be followed by a statement such as: Verbal consent was witnessed and formally recorded]."

Experiments involving the use of vertebrate animals. The Editors will not accept papers reporting work carried out using inhumane procedures. When reporting on experiments involving the use of vertebrate animals, authors must state whether institutional and national guidelines for the care and use of animals were followed and that all experimental procedures involving animals were approved by the [insert name of the ethics committee or other approving body; the authors could insert a specific ethics/approval number following this if they wish]. Please state whether institutional and national guidelines for the care and use of animals were followed and that all experimental procedures involving animals were approved by the [insert name of the ethics committee or other approving body; a specific ethics/approval number can be inserted if you wish].

(e) **Results:** these should be given as concisely as possible, using figures or tables as appropriate.

(f) **Discussion:** while it is generally desirable that the presentation of the results and the discussion of their significance should be presented separately, there may be occasions when combining these sections may be beneficial. Authors may also find that additional or alternative sections such as 'conclusions' may be useful. The discussion should be **no longer than five pages**.

(g) **Acknowledgments:** these should be given in a single paragraph after the discussion and should include information on source of funding, declaration of any conflicts of interest and a brief statement of the contribution(s) of each author, as specified above.

(h) **References:** these should be given in the text using the Vancouver system. They should be numbered consecutively in the order in which they first appear in the text using superscript Arabic numerals in parentheses, e.g. 'The conceptual difficulty of this approach has recently been highlighted<sup>(1,2-4)</sup>'. If a reference is cited more than once the same number should be used each time. References cited only in tables and figure legends and not in the text should be numbered in sequence from the last number used in the text and in the order of mention of the individual tables and figures in the text. At the end of the paper, on a page(s) separate from the text, references should be listed in numerical order. When an article has more than three authors only the names of the first three authors should be given followed by 'et al.' The issue number should be omitted if there is continuous pagination

throughout a volume. Names and initials of authors of unpublished work should be given in the text as 'unpublished results' and not included in the References. Titles of journals should appear in their abbreviated form using the NCBI LinkOut page <http://www.ncbi.nlm.nih.gov/projects/linkout/journals/jourlists.fcgi?typeid=1&type=journals&operation=Show> References to books and monographs should include the town of publication and the number of the edition to which reference is made. Thus:

1. Setchell KD, Faughnan MS, Avades T *et al.* (2003) Comparing the pharmacokinetics of daidzein and genistein with the use of <sup>13</sup>C-labeled tracers in premenopausal women. *Am J Clin Nutr* **77**, 411–419.
2. Barker DJ, Winter PD, Osmond C *et al.* (1989) Weight in infancy and death from ischaemic heart disease. *Lancet* **ii**, 577–580.
3. Forchielli ML & Walker WA (2005) The role of gut-associated lymphoid tissues and mucosal defence. *Br J Nutr* **93**, Suppl. 1, S41–S48.
4. Bradbury J, Thomason JM, Jepson NJA *et al.* (2003) A nutrition education intervention to increase the fruit and vegetable intake of denture wearers. *Proc Nutr Soc* **62**, 86A.
5. Frühbeck G, Gómez-Ambrosi J, Muruzabal FJ *et al.* (2001) The adipocyte: a model for integration of endocrine and metabolic signaling in energy metabolism regulation. *Am J Physiol Endocrinol Metab* **280**, E827–E847.
6. Han KK, Soares JM Jr, Haidar MA *et al.* (2002) Benefits of soy isoflavone therapeutic regimen on menopausal symptoms. *Obst Gynecol* **99**, 389–394.
7. Uhl M, Kassie F, Rabot S *et al.* (2004) Effect of common Brassica vegetables (Brussels sprouts and red cabbage) on the development of preneoplastic lesions induced by 2-amino-3-methylimidazo[4,5-f]quinoline (IQ) in liver and colon of Fischer 344 rats. *J Chromatogr* **802B**, 225–230.
8. Hall WL, Vafeiadou K, Hallund J *et al.* (2005) Soy isoflavone enriched foods and inflammatory biomarkers of cardiovascular risk in postmenopausal women: interactions with genotype and equol production. *Am J Clin Nutr* (In the Press).
9. Skurk T, Herder C, Kraft I *et al.* (2004) Production and release of macrophage migration inhibitory factor from human adipocytes. *Endocrinology* (Epublication ahead of print version).
10. Skurk T, Herder C, Kraft I *et al.* (2005) Production and release of macrophage migration inhibitory factor from human adipocytes. *Endocrinology* **146**, 1006–1011; Epublication 2 December 2004.
11. Bradbury J (2002) Dietary intervention in edentulous patients. PhD Thesis, University of Newcastle.
12. Ailhaud G & Hauner H (2004) Development of white adipose tissue. In *Handbook of Obesity. Etiology and Pathophysiology*, 2nd ed., pp. 481–514 [GA Bray and C Bouchard, editors]. New York: Marcel Dekker.
13. Bruinsma J (editor) (2003) *World Agriculture towards 2015/2030: An FAO Perspective*. London: Earthscan Publications.
14. Griinari JM & Bauman DE (1999) Biosynthesis of conjugated linoleic acid and its incorporation into meat and milk in ruminants. In *Advances in Conjugated Linoleic Acid Research*, vol. 1, pp. 180–200 [MP Yurawecz, MM Mossoba, JKG Kramer, MW Pariza and GJ Nelson, editors]. Champaign, IL: AOCS Press.
15. Henderson L, Gregory J, Irving K *et al.* (2004) *National Diet and Nutrition Survey: Adults Aged 19 to 64 Years*. vol. 2: *Energy, Protein, Fat and Carbohydrate Intake*. London: The Stationery Office.
16. International Agency for Research on Cancer (2004) *Cruciferous Vegetables, Isothiocyanates and Indoles*. *IARC Handbooks of Cancer Prevention* no. 9 [H Vainio and F Bianchini, editors]. Lyon, France: IARC Press.
17. Linder MC (1996) Copper. In *Present Knowledge in Nutrition*, 7th ed., pp. 307–319 [EE Zeigler and LJ Filer Jr, editors]. Washington, DC: ILSI Press.
18. World Health Organization (2003) *Diet, Nutrition and the Prevention of Chronic Diseases. Joint WHO/FAO Expert Consultation*. *WHO Technical Report Series* no. 916. Geneva: WHO.
19. Keiding L (1997) *Astma, Allergi og Anden Overfølsomhed i Danmark – Og Udviklingen 1987–1991 (Asthma, Allergy and Other Hypersensitivities in Denmark, 1987–1991)*. Copenhagen, Denmark: Dansk Institut for Klinisk Epidemiologi.

References to material available on websites should include the full Internet address, and the date of the version cited. Thus:

20. Department of Health (1997) Committee on Toxicity of Chemicals in Food Consumer Products and the Environment. Statement on vitamin B<sub>6</sub> (pyridoxine) toxicity. <http://www.open.gov.uk/doh/hef/B6.htm>
21. Kramer MS & Kakuma R (2002) *The Optimal Duration of Exclusive Breastfeeding: A Systematic Review*. Rome: WHO; available at [http://www.who.int/nut/documents/optimal\\_duration\\_of\\_exc\\_bfeeding\\_review\\_eng.pdf](http://www.who.int/nut/documents/optimal_duration_of_exc_bfeeding_review_eng.pdf)
22. Hooper L, Thompson RL, Harrison RA *et al.* (2004) Omega 3 fatty acids for prevention and treatment of cardiovascular disease. *Cochrane Database of Systematic Reviews*, issue 4, CD003177. <http://www.mrw.interscience.wiley.com/cochrane/clsysrev/articles/CD003177/frame.html>
23. Nationmaster (2005) HIV AIDS – Adult prevalence rate. [http://www.nationmaster.com/graph-T/hea\\_hiv\\_aid\\_adu\\_pre\\_rat](http://www.nationmaster.com/graph-T/hea_hiv_aid_adu_pre_rat) (accessed June 2005).

(j) *Supplementary data*: Additional data (e.g. data files, large tables) relevant to the paper can be submitted for publication online only, where they are made available via a link from the abstract and the paper. The paper should stand alone without these data. Supplementary data should be supplied as a PDF for the review process and must be cited in a relevant place in the text of the paper.

**Mathematical modelling of nutritional processes.** Papers in which mathematical modelling of nutritional processes forms the principal element will be considered for publication provided: (a) they are based on sound biological and mathematical principles; (b) they advance nutritional concepts or identify new avenues likely to lead to such advances; (c) assumptions used in their construction are fully described and supported by appropriate argument; (d) they are described in such a way that the nutritional purpose is clearly apparent; (e) the contribution of the model to the design of future experimentation is clearly defined.

**Units.** Results should be presented in metric units according to the International System of Units (see Quantities, Units and Symbols in Physical Chemistry, 3rd ed. (2007) Cambridge: RSC Publishing), and Metric Units, Conversion Factors and Nomenclature in Nutritional and Food Sciences (1972) London: The Royal Society – as reproduced in *Proceedings of the Nutrition Society* (1972) **31**, 239–247). SI units should be used throughout the paper. The author will be asked to convert any values that are given in any other form. The only exception is where there is a unique way of expressing a particular variable that is in widespread use. Energy values must be given in Joules (MJ or kJ) using the conversion factor 1 kcal = 4.184 kJ. If required by the author, the value in kcal can be given afterwards in parentheses. Temperature is given in degrees Celsius (°C). Vitamins should be given as mg or µg, not as IU.

For substances of known molecular mass (Da) or relative molecular mass, e.g. glucose, urea, Ca, Na, Fe, K, P, values should be expressed as mol/l; for substances of indeterminate molecular mass (Da) or relative molecular mass, e.g. phospholipids, proteins, and for trace elements, e.g. Cu, Zn, then g/l should be used.

Time. The 24 h clock should be used, e.g. 15.00 hours.

Units are: year, month, week, d, h, min, s, kg, g, mg, µg, litre, ml, µl, fl. To avoid misunderstandings, the word litre should be used in full, except in terms like g/l. Radioactivity should be given in becquerels (Bq or GBq) not in Ci. 1 MBq = 27.03 µCi (1Bq = 1 disintegration/s).

**Statistical treatment of results.** Data from individual replicates should not be given for large experiments, but may be given for small studies. The methods of statistical analysis used should be described, and references to statistical analysis packages included in the text, thus: Statistical Analysis Systems statistical software package version 6.11 (SAS Institute, Cary, NC, USA). Information such as analysis of variance tables should be given in the paper only if they are relevant to the discussion. A statement of the number of replicates, their average value and some appropriate measure of variability is usually sufficient.

Comparisons between means can be made by using either confidence intervals (CI) or significance tests. The most appropriate of such measures is usually the standard error of a difference between means (SED), or the standard errors of the means (SE or SEM) when these vary between means. The standard deviation (SD) is more useful only when there is specific interest in the variability of individual values. The degrees of freedom (df) associated with SED, SEM or SD should also be stated. The number of decimal places quoted should be sufficient but not excessive. Note that pH is an exponential number, as are the log(10) values often quoted for microbial numbers. Statistics should be carried out on the scalar rather than the exponential values.

If comparisons between means are made using CI, the format for presentation is, e.g. 'difference between means 0.73 (95 % CI 0.314, 1.36) g'. If significance tests are used, a statement that the difference between the means for two groups of values is (or is not) statistically significant should include the level of significance attained, preferably as an explicit *P* value (e.g. *P*=0.016 or *P*=0.32) rather than as a range (e.g. *P*<0.05 or *P*>0.05). It should be stated whether the significance levels quoted are one-sided or two-sided. Where a multiple comparison procedure is used, a description or explicit reference should be given. Where appropriate, a superscript notation may be used in tables to denote levels of significance; similar superscripts should denote lack of a significant difference.

Where the method of analysis is unusual, or if the experimental design is at all complex, further details (e.g. experimental plan, raw data, confirmation of assumptions, analysis of variance tables, etc.) should be included.

**Figures.** Figures should not be incorporated into the article file and should be supplied as separate electronic files. Figure legends should be grouped in a section at the end of the text. Each figure should be clearly marked with its number and separate panels within figures should be clearly marked (a), (b), (c) etc. so that they are easily identifiable when the article and figure files are merged for review.

In curves presenting experimental results the determined points should be clearly shown, the symbols used being, in order of preference, ○, ●, △, ▲, □, ■, ×, +. Curves and symbols should not extend beyond the experimental points. Scale-marks on the axes should be on the inner side of each axis and should extend beyond the last experimental point. Ensure that lines and symbols used in graphs and shading used in histograms are large enough to be easily identified when the figure is reduced to fit the printed page.

Figures and diagrams can be prepared using most applications but please do not use the following: cdx, chm, jnb or PDF. All figures should be numbered and legends should be provided. Each figure, with its legend, should be comprehensible without reference to the text and should include definitions of abbreviations. Latin names for unusual species should be included unless they have already been specified in the text. Each figure will be positioned near the point in the text at which it is first introduced unless instructed otherwise.

Note that authors will be charged 350 GBP for the publication of colour figures. Authors from countries entitled to free journal access through HINARI will be exempt from these charges.

Refer to a recent copy of the journal for examples of figures.

**Image integrity.** Images submitted with a manuscript should be minimally processed (e.g. the addition of labelling). Authors should retain their original data, as Editors may request them for comparison during manuscript review. If such data are unavailable the manuscript may be withdrawn from the review process.

Some image processing is acceptable (and may be unavoidable), but the final image must accurately represent the original data. Authors should provide sufficient detail of image-gathering procedures and process manipulation in the Methods sections to enable the accuracy of image presentation to be assessed. Grouping or cropping of images must be identified in the legend and indicated by clear demarcation. Adjustment of brightness, contrast or colour balance is acceptable if applied to the whole image and to controls and if data do not disappear as the result of the manipulation.

**Plates.** The *British Journal of Nutrition* will now also consider the inclusion of illustrations and photomicrographs. The size of photomicrographs may have to be altered in printing; in order to avoid mistakes the magnification should be shown by scale on the photograph itself. The scale with the appropriate unit together with any lettering should be drawn by the author, preferably using appropriate software.

**Tables.** Tables should carry headings describing their content and should be comprehensible without reference to the text. Tables should not be subdivided by ruled lines. The dimensions of the values, e.g. mg/kg, should be given at the top of each column. Separate columns should be used for measures of variance (SD, SE etc.), the  $\pm$  sign should not be used. The number of decimal places used should be standardized; for whole numbers 1.0, 2.0 etc. should be used. Shortened forms of the words weight (wt) height (ht) and experiment (Expt) may be used to save space in tables, but only Expt (when referring to a specified experiment, e.g. Expt 1) is acceptable in the heading.

Footnotes are given in the following order: (1) abbreviations, (2) superscript letters, (3) symbols. Abbreviations are given in the format: RS, resistant starch. Abbreviations appear in the footnote in the order that they appear in the table (reading from left to right across the table, then down each column). Abbreviations in tables must be defined in footnotes. Symbols for footnotes should be used in the sequence: \*†‡§||¶, then \*\* etc. (omit \* or †, or both, from the sequence if they are used to indicate levels of significance).

For indicating statistical significance, superscript letters or symbols may be used. Superscript letters are useful where comparisons are within a row or column and the level of significance is uniform, e.g. <sup>a,b,c</sup>Mean values within a column with unlike superscript letters were significantly different ( $P < 0.05$ ). Symbols are useful for indicating significant differences between rows or columns, especially where different levels of significance are found, e.g. 'Mean values were significantly different from those of the control group: \* $P < 0.05$ , \*\* $P < 0.01$ , \*\*\* $P < 0.001$ '. The symbols used for  $P$  values in the tables must be consistent.

Tables should be placed at the end of the text. Each table will be positioned near the point in the text at which it is first introduced unless instructed otherwise.

Please refer to a recent copy of the journal for examples of tables.

**Chemical formulas.** These should be written as far as possible on a single horizontal line. With inorganic substances, formulas may be used from first mention. With salts, it must be stated whether or not the anhydrous material is used, e.g. anhydrous  $\text{CuSO}_4$ , or which of the different crystalline forms is meant, e.g.  $\text{CuSO}_4 \cdot 5\text{H}_2\text{O}$ ,  $\text{CuSO}_4 \cdot \text{H}_2\text{O}$ .

**Descriptions of solutions, compositions and concentrations.** Solutions of common acids, bases and salts should be defined in terms of molarity (M), e.g. 0.1 M- $\text{NaH}_2\text{PO}_4$ . Compositions expressed as mass per unit mass (w/w) should have values expressed as ng,  $\mu\text{g}$ , mg or g per kg; similarly for concentrations expressed as mass per unit volume (w/v), the denominator being the litre. If concentrations or compositions are expressed as a percentage, the basis for the composition should be specified (e.g. % (w/w) or % (w/v) etc.). The common measurements used in nutritional studies, e.g. digestibility, biological value and net protein utilization, should be expressed as decimals rather than as percentages, so that amounts of available nutrients can be obtained from analytical results by direct multiplication. See *Metric Units, Conversion Factors and Nomenclature in Nutritional and Food Sciences*. London: The Royal Society, 1972 (para. 8).

**Cell lines.** The Journal expects authors to deposit cell lines (including microbial strains) used in any study to be published in publicly accessible culture collections, for example, the European Collection of Cell Cultures (ECACC) or the American Type Culture Collection (ATCC) and to refer to the collection and line or strain numbers in the text (e.g. ATCC 53103). Since the authenticity of subcultures of culture collection specimens that are distributed by individuals cannot be ensured, authors should indicate laboratory line or strain designations and donor sources as well as original culture collection identification numbers.

**Gene nomenclature and symbols.** The use of symbols and nomenclature recommended by the HUGO Gene Nomenclature Committee (<http://www.genenames.org/>) is encouraged. Information on human genes is also available from Entrez Gene (<http://www.ncbi.nlm.nih.gov/sites/entrez?db=gene>), on mouse genes from the Mouse Genome Database (<http://www.informatics.jax.org/>) and on rat genes from the Rat Genome Database (<http://rgd.mcw.edu/>).

**Nomenclature of vitamins.** Most of the names for vitamins and related compounds that are accepted by the Editors are those recommended by the IUNS Committee on Nomenclature. See *Nutrition Abstracts and Reviews* (1978) **48A**, 831–835.

<i>Acceptable name</i>	<i>Other names*</i>
<i>Vitamin A</i>	
Retinol	Vitamin A <sub>1</sub>
Retinaldehyde, retinal	Retinene
Retinoic acid (all- <i>trans</i> or 13- <i>cis</i> )	Vitamin A <sub>1</sub> acid
3-Dehydroretinol	Vitamin A <sub>2</sub>
<i>Vitamin D</i>	
Ergocalciferol, ercalciol	Vitamin D <sub>2</sub> calciferol
Cholecalciferol, calciol	Vitamin D <sub>3</sub>
<i>Vitamin E</i>	
$\alpha$ -, $\beta$ - and $\gamma$ -tocopherols plus tocotrienols	
<i>Vitamin K</i>	
Phylloquinone	Vitamin K <sub>1</sub>
Menaquinone-n (MK-n) <sup>†</sup>	Vitamin K <sub>2</sub>
Menadione	Vitamin K <sub>3</sub>

	menaquinone, menaphthone
<i>Vitamin B<sub>1</sub></i> Thiamin	Aneurin(e), thiamine
<i>Vitamin B<sub>2</sub></i> Riboflavin	Vitamin G, riboflavine, lactoflavin
<i>Niacin</i> Nicotinamide Nicotinic acid	Vitamin PP
<i>Folic Acid</i> Pteroyl(mono)glutamic acid	Folacin, vitamin B <sub>c</sub> or M
<i>Vitamin B<sub>6</sub></i> Pyridoxine Pyridoxal Pyridoxamine	Pyridoxol
<i>Vitamin B<sub>12</sub></i> Cyanocobalamin Hydroxocobalamin Aquocobalamin Methylcobalamin Adenosylcobalamin	Vitamin B <sub>12a</sub> or B <sub>12b</sub>
<i>Inositol</i> Myo-inositol	Meso-inositol
<i>Choline</i> <i>Pantothenic acid</i> <i>Biotin</i>	Vitamin H
<i>Vitamin C</i> Ascorbic acid Dehydroascorbic acid	

\*Including some names that are still in use elsewhere, but are not used by the *British Journal of Nutrition*.

†Details of the nomenclature for these and other naturally-occurring quinones should follow the Tentative Rules of the IUPAC-IUB Commission on Biochemical Nomenclature (see *European Journal of Biochemistry* (1975) **53**, 15–18)

*Generic descriptors.* The terms **vitamin A**, **vitamin C** and **vitamin D** may still be used where appropriate, for example in phrases such as 'vitamin A deficiency', 'vitamin D activity'.

**Vitamin E.** The term **vitamin E** should be used as the descriptor for all tocol and tocotrienol derivatives exhibiting qualitatively the biological activity of  $\alpha$ -tocopherol. The term **tocopherols** should be used as the generic descriptor for all methyl tocols. Thus, the term **tocopherol** is not synonymous with the term **vitamin E**.

**Vitamin K.** The term **vitamin K** should be used as the generic descriptor for 2-methyl-1,4-naphthoquinone (menaphthone) and all derivatives exhibiting qualitatively the biological activity of phyloquinone (phytylmenaquinone).

**Niacin.** The term **niacin** should be used as the generic descriptor for pyridine 3-carboxylic acid and derivatives exhibiting qualitatively the biological activity of nicotinamide.

**Vitamin B<sub>6</sub>.** The term **vitamin B<sub>6</sub>** should be used as the generic descriptor for all 2-methylpyridine derivatives exhibiting qualitatively the biological activity of pyridoxine.

**Folate.** Due to the wide range of C-substituted, unsubstituted, oxidized, reduced and mono- or polyglutamyl side-chain derivatives of pteroylmonoglutamic acid that exist in nature, it is not possible to provide a complete list. Authors are encouraged to use either the generic name or the correct scientific name(s) of the derivative(s), as appropriate for each circumstance.

**Vitamin B<sub>12</sub>.** The term **vitamin B<sub>12</sub>** should be used as the generic descriptor for all corrinoids exhibiting qualitatively the biological activity of cyanocobalamin. The term **corrinoids** should be used as the generic descriptor for all compounds containing the corrin nucleus and thus chemically related to cyanocobalamin. The term **corrinoid** is not synonymous with the term **vitamin B<sub>12</sub>**.

**Vitamin C.** The terms **ascorbic acid** and **dehydroascorbic acid** will normally be taken as referring to the naturally-occurring L-forms. If the subject matter includes other optical isomers, authors are encouraged to include the L- or D- prefixes, as appropriate. The same is true for all those vitamins which can exist in both natural and alternative isomeric forms.

*Amounts of vitamins and summation.* Weight units are acceptable for the amounts of vitamins in foods and diets. For concentrations in biological tissues, SI units should be used; however, the authors may, if they wish, also include other units, such as weights or international units, in parentheses.

See *Metric Units, Conversion Factors and Nomenclature in Nutritional and Food Sciences* (1972) paras 8 and 14–20. London: The Royal Society.

**Nomenclature of fatty acids and lipids.** In the description of results obtained for the analysis of fatty acids by conventional GLC, the shorthand designation proposed by Farquhar JW, Insull W, Rosen P, Stoffel W & Ahrens EH (*Nutrition Reviews* (1959), **17**, Suppl.) for individual fatty acids should be used in the text, tables and figures. Thus, 18 : 1 should be used to represent a fatty acid with eighteen carbon atoms and one double bond; if the position and configuration of the double bond is unknown. The shorthand designation should also be used in the abstract. If the positions and configurations of the double bonds are known, and these are

important to the discussion, then a fatty acid such as linoleic acid may be referred to as *cis*-9,*cis*-12-18 : 2 (positions of double bonds related to the carboxyl carbon atom 1). However, to illustrate the metabolic relationship between different unsaturated fatty acid families, it is sometimes more helpful to number the double bonds in relation to the terminal methyl carbon atom, *n*. The preferred nomenclature is then: 18 : 3*n*-3 and 18 : 3*n*-6 for  $\alpha$ -linolenic and  $\gamma$ -linolenic acids respectively; 18 : 2*n*-6 and 20 : 4*n*-6 for linoleic and arachidonic acids respectively and 18 : 1*n*-9 for oleic acid. Positional isomers such as  $\alpha$ - and  $\gamma$ -linolenic acid should always be clearly distinguished. It is assumed that the double bonds are methylene-interrupted and are of the *cis*-configuration (see Holman RT in *Progress in the Chemistry of Fats and Other Lipids* (1966) vol. 9, part 1, p. 3. Oxford: Pergamon Press). Groups of fatty acids that have a common chain length but vary in their double bond content or double bond position should be referred to, for example, as C<sub>20</sub> fatty acids or C<sub>20</sub> PUFA. The modern nomenclature for glycerol esters should be used, i.e. triacylglycerol, diacylglycerol, monoacylglycerol *not* triglyceride, diglyceride, monoglyceride. The form of fatty acids used in diets should be clearly stated, i.e. whether ethyl esters, natural or refined fats or oils. The composition of the fatty acids in the dietary fat and tissue fats should be stated clearly, expressed as mol/100 mol or g/100 g total fatty acids.

**Nomenclature of micro-organisms.** The correct name of the organism, conforming with international rules of nomenclature, should be used: if desired, synonyms may be added in parentheses when the name is first mentioned. Names of bacteria should conform to the current Bacteriological Code and the opinions issued by the International Committee on Systematic Bacteriology. Names of algae and fungi must conform to the current International Code of Botanical Nomenclature. Names of protozoa should conform to the current International Code of Zoological Nomenclature.

**Nomenclature of plants.** For plant species where a common name is used that may not be universally intelligible, the Latin name in italics should follow the first mention of the common name. The cultivar should be given where appropriate.

**Other nomenclature, symbols and abbreviations.** Authors should consult recent issues of the *British Journal of Nutrition* for guidance. The IUPAC rules on chemical nomenclature should be followed, and the recommendations of the Nomenclature Committee of IUBMB and the IUPAC-IUBMB Joint Commission on Biochemical Nomenclature and Nomenclature Commission of IUBMB in *Biochemical Nomenclature and Related Documents* (1992), 2nd ed., London: Portland Press (<http://www.chem.qmul.ac.uk/iupac/bibliog/white.html>). The symbols and abbreviations, other than units, are essentially those listed in *British Standard 5775* (1979–1982), *Specifications for Quantities, Units and Symbols*, parts 0–13. Day should be abbreviated to d, for example 7 d, except for ‘each day’, ‘7th day’ and ‘day 1’.

Elements and simple chemicals (e.g. Fe and CO<sub>2</sub>) can be referred to by their chemical symbol (with the exception of arsenic and iodine, which should be written in full) or formula from the first mention in the text; the title, text and table headings, and figure legends can be taken as exceptions. Well-known abbreviations for chemical substances may be used without explanation, thus: RNA for ribonucleic acid and DNA for deoxyribonucleic acid. Other substances that are mentioned frequently (five or more times) may also be abbreviated, the abbreviation being placed in parentheses at the first mention, thus: lipoprotein lipase (LPL), after that, LPL, and an alphabetical list of abbreviations used should be included. Only accepted abbreviations may be used in the title and text headings. If an author’s initials are mentioned in the text, they should be distinguished from other abbreviations by the use of stops, e.g. ‘one of us (P. J. H.)...’. For UK counties the official names given in the *Concise Oxford Dictionary* (1995) should be used and for states of the USA two-letter abbreviations should be used, e.g. MA (not Mass.) and IL (not Ill.). Terms such as ‘bioavailability’ or ‘available’ may be used providing that the use of the term is adequately defined.

Spectrophotometric terms and symbols are those proposed in *IUPAC Manual of Symbols and Terminology for Physicochemical Quantities and Units* (1979) London: Butterworths. The attention of authors is particularly drawn to the following symbols: m (milli, 10<sup>3</sup>),  $\mu$  (micro, 10<sup>6</sup>), n (nano, 10<sup>9</sup>) and p (pico, 10<sup>12</sup>). Note also that ml (millilitre) should be used instead of cc,  $\mu$ m (micrometre) instead of  $\mu$  (micron) and  $\mu$ g (microgram) instead of  $\gamma$ .

Numbers. Numerals should be used with units, for example, 10 g, 7 d, 4 years (except when beginning a sentence, thus: ‘Four years ago...’); otherwise, words (except when 100 or more), thus: one man, ten ewes, ninety-nine flasks, three times (but with decimal, 2.5 times), 100 patients, 120 cows, 136 samples.

**Abbreviations.** The following abbreviations are accepted without definition by the *British Journal of Nutrition*:

ADP (GDP)	adenosine (guanosine) 5'-disphosphate
AIDS	acquired immune deficiency syndrome
AMP (GMP)	adenosine (guanosine) 5'-monophosphate
ANCOVA	analysis of covariance
ANOVA	analysis of variance
apo	apolipoprotein
ATP (GTP)	adenosine (guanosine) 5'-triphosphate
AUC	area under the curve
BMI	body mass index
BMR	basal metabolic rate
bp	base pair
BSE	bovine spongiform encephalopathy
CHD	coronary heart disease
CI	confidence interval
CJD	Creutzfeldt-Jacob disease
CoA and acyl-CoA	co-enzyme A and its acyl derivatives
CV	coefficient of variation

CVD	cardiovascular disease
Df	degrees of freedom
DHA	docosahexaenoic acid
DM	dry matter
DNA	deoxyribonucleic acid
dpm	disintegrations per minute
EDTA	ethylenediaminetetra-acetic acid
ELISA	enzyme-linked immunosorbent assay
EPA	eicosapentaenoic acid
Expt	experiment (for specified experiment, e.g. Expt 1)
FAD	flavin-adenine dinucleotide
FAO	Food and Agriculture Organization (except when used as an author)
FFQ	food-frequency questionnaire
FMN	flavin mononucleotide
GC	gas chromatography
GLC	gas-liquid chromatography
GLUT	glucose transporter
GM	genetically modified
Hb	haemoglobin
HDL	high-density lipoprotein
HEPES	4-(2-hydroxyethyl)-1-piperazine-ethanesulfonic acid
HIV	human immunodeficiency virus
HPLC	high-performance liquid chromatography
Ig	immunoglobulin
IHD	ischaemic heart disease
IL	interleukin
IR	infra red
kb	kilobases
$K_m$	Michaelis constant
LDL	low-density lipoprotein
MHC	major histocompatibility complex
MRI	magnetic resonance imaging
MS	mass spectrometry
MUFA	monounsaturated fatty acids
NAD <sup>+</sup> , NADH	oxidized and reduced nicotinamide-adenine dinucleotide
NADP <sup>+</sup> , NADPH	oxidized and reduced nicotinamide-adenine dinucleotide phosphate
NEFA	non-esterified fatty acids
NF- $\kappa$ B	nuclear factor kappa B
NMR	nuclear magnetic resonance
NS	not significant
NSP	non-starch polysaccharide
OR	odds ratio
PAGE	polyacrylamide gel electrophoresis
PBS	phosphate-buffered saline
PCR	polymerase chain reaction
PG	prostaglandin
PPAR	peroxisome proliferator-activated receptor
PUFA	polyunsaturated fatty acids
RDA	recommended dietary allowance
RER	respiratory exchange ratio
RIA	radioimmunoassay
RMR	resting metabolic rate
RNA, mRNA etc.	ribonucleic acid, messenger RNA etc.
rpm	revolutions per minute
RT	reverse transcriptase
SCFA	short-chain fatty acids
SDS	sodium dodecyl sulphate
SED	standard error of the difference between means
SFA	saturated fatty acids
SNP	single nucleotide polymorphism
TAG	triacylglycerol
TCA	trichloroacetic acid
TLC	thin-layer chromatography
TNF	tumour necrosis factor
UN	United Nations (except when used as an author)
UNICEF	United Nations International Children's Emergency Fund

UV	ultra violet
VLDL	very-low-density lipoprotein
V <sub>O2</sub>	O <sub>2</sub> consumption
V <sub>O2max</sub>	maximum O <sub>2</sub> consumption
WHO	World Health Organization (except when used as an author)

Use of three-letter versions of amino acids in tables: Leu, His, etc.  
CTP, UTP, GTP, ITP, as we already use ATP, AMP etc.

**Disallowed words and phrases.** The following are disallowed by the *British Journal of Nutrition*:

- deuterium or tritium (use <sup>2</sup>H and <sup>3</sup>H)
- c.a. or around (use approximately or about)
- canola (use rapeseed)
- ether (use diethyl ether)
- free fatty acids (use NEFA)
- isocalorific/calorie (use isoenergetic/energy)
- quantitate (use quantify)
- unpublished data or observations (use unpublished results)

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