

CAMBRIDGE

JOURNALS

BJN

BRITISH JOURNAL OF NUTRITION

Editor-in-Chief

G C Burdge, *University of Southampton, UK*

British Journal of Nutrition is a leading international peer-reviewed journal covering research on human and clinical nutrition, animal nutrition and basic science as applied to nutrition. The journal recognises the multi-disciplinary nature of nutritional science and includes material from all of the specialities involved in nutrition research, including molecular and cell biology, and the emerging area of nutritional genomics.

journals.cambridge.org/bjn

Submit your article online
bjn.msubmit.net

Register for free content alerts
journals.cambridge.org/bjn-alerts



**Impact Factor
3.302**

Ranked **18/76**
Nutrition and Dietics

2012 Journal Citation Reports®
Thomson Reuters

To subscribe contact
Customer Services

Cambridge:
Phone +44 (0)1223 326070
Fax +44 (0)1223 325150
journals@cambridge.org

New York:
Phone +1 (845) 353 7500
Fax +1 (845) 353 4141
subscriptions_newyork@cambridge.org



CAMBRIDGE

JOURNALS

JNS

**JOURNAL OF
NUTRITIONAL
SCIENCE**

Editor-in-Chief

G C Burdge, *University of Southampton, UK*



 **Cambridge
Open**

Journal of Nutritional Science encompasses the full spectrum of nutritional science including public health nutrition, epidemiology, dietary surveys, nutritional requirements, metabolic studies, body composition, energetics, appetite, obesity, ageing, endocrinology, immunology, neuroscience, microbiology, genetics and molecular and cell biology. The Nutrition Society fully engages with the Open Access model of publishing.

journals.cambridge.org/jns

Submit your article online
jnutsci.msubmit.net

Register for free content alerts
journals.cambridge.org/jns-alerts

 **THE
NUTRITION
SOCIETY**
Advancing Nutritional Science

 **CAMBRIDGE
UNIVERSITY PRESS**

Directions to Contributors – Concise Version

The *Proceedings of the Nutrition Society* publishes papers presented by invitation and original communications given at the symposia and meetings of the Society. The geographical scope of the journal is international. As a contributor you should note and follow the guidelines set out below. Further information on how the technical content of your paper should be presented is given in the **Directions to Contributors** on the journal's web page at <http://journals.cambridge.org/pns> or contact the Publications Office on +44 1223 347922 (telephone), or pns.edoffice@cambridge.org (email).

Authors are reminded that their papers will be read by a wide cross-section of the Society's members, many of whom were neither at the meeting nor are they specialists in the subject area. Authors should thus seek to provide an introduction and context to the subject and are encouraged to provide extensive references to allow the reader to further explore the subject, in addition to summarizing the more recent findings, conclusions and hypotheses of their own and other research groups. Authors should avoid unnecessary use of 'jargon' and acronyms and ensure that as far as possible acronyms and abbreviations are defined and explained in the text.

Papers should be accompanied by a signed statement to the effect that the author accepts the conditions laid down in the full Directions to Contributors. Contributors of Symposium papers will be asked to complete a copy of the 'Licence to Publish' (in lieu of copyright transfer) at the proof stage.

Page format. The *Proceedings of the Nutrition Society* is printed in double-column format (column width of 85 mm) with a text area of 235×177 mm.

Text. Word-processed text provided electronically is required. Text files must be compatible with Microsoft Word 2000 (either in Word format or saved as rich text (.rtf) files. The typescript should be prepared with 1.5 line spacing and margins (at least 1.5 cm) on each side and with no underlining, bold or italics (except for scientific names). Standard abbreviations (e.g. Fig. and Figs.) and SI units should be used. **This will enable papers to be handled rapidly, and with fewer typesetting errors. All relevant financial and other interests should be declared.**

Abstract. Each paper must commence with a carefully prepared, accurate, informative abstract, in one paragraph, that is complete in itself and intelligible without reference to text or figures, starting with the objective followed by the key findings and ending in clear conclusion. It should not exceed 250 words.

Key Words. Authors should supply two or three key words or phrases (each containing up to three words) for the subject index of the volume.

Tables. Tables should be reduced to the simplest form, and should not be used where text or illustrations give the same information. They should be submitted on separate sheets at the end of the article and must carry headings describing

their content that are comprehensible without reference to the text.

Illustrations. All figures should be of sufficient size and quality to allow for reduction by half or two-thirds. Half-tone photographs are acceptable where they make a real contribution to the text. Colour illustrations can be used at the discretion of the Editor. Figure captions should be typed separately at the end of the main text and numbered corresponding to the relevant figures. For illustrations, preferred software packages are Adobe Illustrator, Adobe Photoshop, Aldus Freehand, Chemdraw or CorelDraw. Preferred formats are TIFF or JPEG, if a TIFF file is not possible save as an EPS or a Windows metafile. Microsoft PowerPoint files are also acceptable.

References. References must be based on the numbered (Vancouver) system. **When an article has more than ten authors, only the names of the first three should be given followed by *et al.*; give abbreviated journal titles and conform to the following styles:**

1. Goel V, Cheema SK, Agellon LB, Oraikul B & Basu TK (1999) Dietary rhubarb (*Rheum rhaponticum*) stalk fibre stimulates cholesterol 7 α -hydroxylase gene expression and bile acid excretion in cholesterol-fed C57BL/6J mice. *Br J Nutr* **81**, 65–71.
2. Jenkins DJ, Kendall CW, Marchie A *et al.* (2003) The effect of combining plant sterols, soy protein, viscous fibres, and almonds in treating hypercholesterolemia. *Metabolism* **52**, 1478–1483.
3. Brandtzaeg P (2003) Role of local immunity and breast-feeding in mucosal homeostasis and defence against infections. In *Nutrition and Immune Function*, pp. 273–320 [PC Calder, CJ Field and HS Gill, editors]. Wallingford, Oxon: CAB International.
4. Stock M & Rothwell NJ (1982) *Obesity and Leanness: Basic Aspects*. London: John Libbey.

Citations 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^(1,2–4)'. If a reference is cited more than once the same number should be used each time.

Proofs. PDF page proofs will be accessible to authors from the typesetter's website and should be returned within 48 hours (by email or Express mail) to:

Monica Nelson
2 Leicester Road, Wanstead
London
E11 2DP
UK
email nelsononline@btinternet.com

*The Royal Society of Medicine,
London, 8-9 December 2015*

Conference on 'Roles of sleep and circadian rhythms in the origin and nutritional management of obesity and metabolic disease'

Symposium 1: Relevance of circadian rhythms and sleep to obesity and metabolic disease

Sleep, circadian rhythm and body weight: parallel developments
M. S. Westerterp-Plantenga 431

Symposium 2: Metabolic and endocrine mechanisms

Circadian regulation of lipid metabolism
J. J. Gooley 440

Nutrition in the spotlight: metabolic effects of environmental light
R. I. Versteeg, D. J. Stenvers, A. Kalsbeek, P. H. Bisschop, M. J. Serlie & S. E. la Fleur 451

Cuthbertson Medal Lecture

Is breakfast the most important meal of the day?
J. A. Betts, E. A. Chowdhury, J. T. Gonzalez, J. D. Richardson, K. Tsintzas & D. Thompson 464

Symposium 3: Importance of meal timing

Meal irregularity and cardiometabolic consequences: results from observational and intervention studies
G. K. Pot, S. Almoosawi & A. M. Stephen 475

Chrono-nutrition: a review of current evidence from observational studies on global trends in time-of-day of energy intake and its association with obesity
S. Almoosawi, S. Vingeliene, L. G. Karagounis & G. K. Pot 487

Symposium 4: Influence of lifestyle and genetics

Circadian rhythms, food timing and obesity
J. Lopez-Minguez, P. Gómez-Abellán & M. Garaulet 501

The role of sleep duration in diabetes and glucose control
A. Alnaji, G. R. Law & E. M. Scott 512