

## 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](mailto: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, Ooraikul B & Basu TK (1999) Dietary rhubarb (*Rheum rhaponticum*) stalk fibre stimulates cholesterol 7 $\alpha$ -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<sup>(1,2–4)</sup>'. 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](mailto:nelsononline@btinternet.com)

**The Convention Centre Dublin, Ireland,  
15 – 18 October 2019**

**13th European Nutrition Conference –  
'Malnutrition in an Obese World:  
European Perspectives'**

**Symposium 3B: Omega-3 fatty acids: from  
lab to clinic**

Omega-3 Index in 2018/19  
**C. von Schacky** 381–387

PUFA and their derivatives in  
neurotransmission and synapses: a new  
hallmark of synaptopathies  
**M. Di Miceli, C. Bosch-Bouju &  
S. Layé** 388–403

n-3 PUFA and inflammation: from  
membrane to nucleus and from bench  
to bedside  
**P. C. Calder** 404–416

Are marine n-3 fatty acids protective  
towards insulin-resistance? From cell  
to human  
**J. Delarue** 417–427

Marine n-3 fatty acids and CVD: new  
insights from recent follow-up studies and  
clinical supplementation trials  
**C. S. Bork, L. T. Mortensen,  
K. Hjelmgaard & E. B. Schmidt** 428–434

**Symposium 3B: Sarcopenic obesity:  
Metabolism & mechanisms**

Inflammation and metabolism: the role of  
adiposity in sarcopenic obesity  
**G. M. Lynch, C. H. Murphy,  
E. D. M. Castro & H. M. Roche** 435–447

Linking epidemiology and molecular  
mechanisms in sarcopenic obesity  
in populations  
**I. El Bizri & J. A. Batsis** 448–456

**Symposium 4a: Does biofortification of crops  
work as a way of improving micronutrient  
status in poor populations?**

Selenium deficiency risks in sub-Saharan  
African food systems and their geospatial  
linkages  
**I. S. Ligowe, F. P. Phiri, E. L. Ander,  
E. H. Bailey, A. D. C. Chilimba, D. Gashu,  
E. J. M. Joy, R. M. Lark, V. Kabambe,  
A. A. Kalimpira, D. B. Kumssa,  
P. C. Nalivata, S. D. Young &  
M. R. Broadley** 457–467

**Postgraduate Competition**

Microbiota-independent immunological  
effects of non-digestible oligosaccharides in  
the context of inflammatory bowel diseases  
**S. Del Fabbro, P. C. Calder &  
C. E. Childs** 468–478

The role of fruit and vegetables in the  
diets of children in Europe: current state  
of knowledge on dietary recommendations,  
intakes and contribution to energy and  
nutrient intakes  
**R. McCarthy, L. Kehoe, A. Flynn &  
J. Walton** 479–486

Potential of food intake biomarkers  
in nutrition research  
**A. E. McNamara & L. Brennan** 487–497

Low and reduced carbohydrate diets:  
challenges and opportunities for type 2  
diabetes management and prevention  
**C. Churuangsuk, M. E. J. Lean &  
E. Combet** 498–513

Understanding the interplay between  
food structure, intestinal bacterial  
fermentation and appetite control  
**A. Dagbasi, A. M. Lett, K. Murphy &  
G. Frost** 514–530

Assessing diet in European populations  
using national dietary surveys  
**H. L. Rippin, J. Hutchinson, J. Jewell,  
J. J. Breda & J. E. Cade** 531–541

The effect of quantity and quality of  
dietary fat intake on subcutaneous white  
adipose tissue inflammatory responses  
**R. Dewhurst-Trigg, C.J. Hulston &  
O. Markey** 542–556