

Checklist

The corresponding author must consult a recent issue of *Clinical Nutrition Research* for manuscript format and refer to the Instructions for authors to ensure that the submission meets all requirements.

General Submission Requirements

- This work has not been submitted elsewhere for publication.
- All authors who have significantly contributed to this work are included.
- All authors have read and understand the requirements and policies for the journal as specified in the Instructions for authors and on the *Clinical Nutrition Research* website.
- Authors have disclosed any conflict of interest related to this article.
- Research has been approved by appropriate human subjects research review boards, which are named in the text of the manuscript.
- All persons who have made substantial contributions to this work but did not fulfill the authorship criteria are named in the Acknowledgments.

General Manuscript Requirement

- Text should be written in standard font (Times New Roman) with font size 11.
- The work is submitted in high quality American English.
- All pages are double-spaced, and numbered (start with the title page).

Detailed Manuscript Requirements

Title page

- Title states a major finding of the research.
- Lists all authors and their institutions/affiliations.
- Provides corresponding author's complete contact information.
- Running head meets the word count (no more than 50 characters including spaces)
- Provides all author's ORCIDs.

Abstract and Keywords

- For original articles, provide a structured abstract; for review articles, case reports, and research notes, provide a single paragraph of comprehensive abstract in 250 words or less.
- The use of abbreviations is minimized.
- Lists two to five keywords/phrases and includes the model for the study. Uses the medical terminology from Index Medicus (MeSH).

Introduction

- States the hypothesis for the research and supporting objectives to test the hypothesis.
- Describes how this study advances human nutrition.
- Concise synopsis of relevant literature.

Methods and materials, Results and Discussion

- Methods and materials contains statement providing approval from the Institutional Review Committee for the subjects.
- The terms sex (biological) and gender (psychosocial and cultural) has been correctly used in the description of participants.
- If the manuscript contains clinical trial results, provides the clinical trial registration number.

- If the manuscript contains clinical trial results, a data sharing statement according to the International Committee of Medical Journal Editors (ICMJE) guidelines must be provided.
- All information as detailed in the Instructions for authors is included.
- All units of measure are expressed in International System of Units (SI units).
- Writing is clear and concise.

Acknowledgments

- Technical or editorial assistance are acknowledged. Author's contributions or individual titles are not included.
- Financial support for this research is clearly indicated.
- Includes a conflict of interest statement, if applicable.

Author Contribution

- Describe what each author has done in the study.

References

- All references are cited and listed in the order of citation in the text, consecutively with Arabic numerals.
- The authors have checked the reference for accuracy and completeness.

Tables and Figures

- Number consecutively with Arabic numerals.
- Provide legends for figures and present adequate footnotes for tables.
- Minimize horizontal lines and no vertical lines in tables.
- The tables and figures can be understood without referring to the text.
- All requirements for tables and figures have been met, as indicated in the Instructions for authors.

Potential Reviewers

- Names and complete contact information of 3 or more experts are provided.
- The experts provided do not have any potential conflicts of interest with any of the authors

Corresponding Author Requirements

- The corresponding author meets the guidelines as described in the Instructions for authors.
- The corresponding author will correspond with and provide all necessary materials to the Editorial and Publishing Offices and certify that all requirements are met throughout the process.
- The corresponding author will maintain correspondence with all authors and ensure that all authors are familiar with the requirements and policies for *Clinical Nutrition Research*.

Title of Work: _____

I have read the Instructions for authors and revised my work to meet all criteria listed. I certify that all of the above criteria have been met and accept complete responsibility for the submission, by signing below.

Printed Name of Corresponding Author _____

Signature of Corresponding Author _____

Date (MM/DD/YEAR) _____