



Instructions for Authors

Submission Procedures

Prospective articles may reach *CDN* in 2 different ways. Authors starting their review process with *CDN* can begin manuscript submission at <http://submit.cdn.nutrition.org>. Authors open to publishing in additional journals published by the American Society for Nutrition may transfer their article and manuscript reviews, to the *CDN* site. All manuscript submitters must enter the information requested on each of the screens. Sections are shown below.

Submission progress:


→ Submission Guide

- Manuscript Basics
- Cover Letter and Response to Reviews
- Questions
- Funding Information
- Editor/Reviewer Suggestions and Exclusions
- Author List
- File Uploading
- Submission Proofing

If you experience serious problems, you can contact *CDN* staff at cdnsubmit@nutrition.org.

Cover letter

Users must verify standard questions about the article while submitting the manuscript. Cover letters are therefore optional.

Manuscript file format

We will review any legible document on the first version of a manuscript, regardless of the file type. However, Word (.doc or .docx) files are the preferred format for manuscript text source files, and are required for revised manuscripts.

Fonts. Standard fonts, including Times, Times New Roman, Courier, Helvetica, Arial, and the Symbol font for special characters, are recommended in order to avoid potential problems with font substitution or embedding problems. All other fonts, if not embedded, may be replaced, resulting in data loss or realignment.

Layout: Papers must be completely double spaced. Number the lines continuously (not per page) beginning with the abstract and ending before the references, tables, and figures. Number pages consecutively in the upper right-hand corner of each page, beginning with the title page.

Manuscript Preparation

Organizing your manuscript

Manuscripts will include some or all of the sections listed below. Although some articles will not include each of these sections, please order the sections as listed below.

1. Title Page
2. Abstract
3. Introduction
4. Methods
5. Results
6. Discussion
7. Acknowledgments and statement of authors' contributions to manuscript
8. References
9. Tables
10. Figure legends
11. Figures
12. Supplemental data for publication



1. Title page

The title page must include:

- a. A title
- b. the names of all authors (first name, middle initial, last name) in order, as well as their departmental and institutional addresses.
- c. Identify a corresponding author and provide a mailing address, telephone number, and email address.
- d. Footnotes to the title disclosing:
 - (i) links to supporting data deposited in repositories such as Dryad or figshare, as well as the DOI for the data deposit;
 - (ii) a list of abbreviations and their definitions for all abbreviations used in the text if there are 3 or more;
 - (iii) all sources of financial support;
 - (iv) *Conflict of Interest and Funding Disclosure*—
List any existing financial arrangements between an author and a company whose product figures prominently in the submitted manuscript or between the author and any company or organization sponsoring the research reported in the submitted manuscript. If an author has no conflicts of interest, list the author's name, followed by "no conflicts of interest." For detailed guidelines on possible conflicts of interest, see the ASN Journals Conflict of Interest Guidelines (5).

2. Abstract

Research articles must include a structured abstract that contains no more than 300 words, is written in complete sentences, includes information pertinent to any clinical trial registry in which a trial is registered, and uses the following headings:

Background.
Objective
Methods
Results
Conclusions

Brief Communications, Research Methodology/Study Design, Food & Nutrition Policy, and most review articles should include an unstructured abstract (no more than 300 words) that states the purpose of the article and emphasizes the major concepts and conclusions.

Below the abstract, provide and identify 5–10 **keywords** or short phrases, including the subject group, that will help to increase the discoverability of your manuscript; do not use adjectives. Terms that are fundamental to your manuscript but are not included in your manuscript title or abstract are especially important to

include in order to increase discoverability by indexing services.

Please note that during manuscript submission, you will be asked to supply keywords to assist the editors in locating suitable reviewers for your manuscript. Keywords for reviewer searches should include the terms most fundamental to your manuscript, and may differ from your list of keywords for publication.

3. Introduction

Clearly describe the background and specific objectives of the article. Give enough context for the article with a brief review of key literature to allow readers outside the field to understand the significance of the article.

4. Methods

Documentation of methods and materials used should be sufficient to permit replication of the research. Describe clearly the experimental design including the control and experimental groups. State the source of specialized materials, diets, chemicals, and instruments and other equipment, with model or catalog numbers, where appropriate. Specify kits, analyzers, and commercial laboratories used. Cite references for methods whenever possible and briefly explain any modifications made.

5. Results

Report the results of the study without repeating the methodology, Introduction, or content in the Discussion section. Do not duplicate data from tables or figures in the text.

6. Discussion

In the Discussion, explain the importance of the findings, putting them into the context of the existing literature. Clearly state the overall conclusions.

7. Acknowledgments

Technical assistance and advice may be acknowledged in a section at the end of the text. Include only named individuals in this section. Authors are responsible for obtaining written permission from everyone providing a personal communication or acknowledged by name in the manuscript and for providing to the Editor a copy of the permission, if requested.

Statement of authors' contributions to manuscript. Authors must indicate their contribution(s) to the manuscript in the Acknowledgments section. Use the relevant descriptors listed below unless the author performed a function that clearly is not covered by one of these. All manuscripts,

including reviews, must indicate who is responsible for design, writing, and final content and must include a statement affirming that all authors have read and approved the manuscript. The initials of all authors must be included.

1. designed research (project conception, development of overall research plan, and study oversight).
2. conducted research (hands-on conduct of the experiments and data collection).
3. provided essential reagents, or provided essential materials (applies to authors who contributed by providing animals, constructs, databases, etc., necessary for the research).
4. analyzed data or performed statistical analysis.
5. wrote paper (only authors who made a major contribution).
6. had primary responsibility for final content.
7. other (use only if categories above are not applicable; describe briefly).
8. All authors have read and approved the final manuscript. For single-authored research papers and reviews, please state: The sole author had responsibility for all parts of the manuscript.

Please do not include "obtained funding." The initials of authors who received grants may be included in the footnote on the title page regarding Support.

An example is:

A. X., R. F. G., and P. G. Y. designed research; R. F. G. and Q. C. conducted research; P. T. analyzed data; and A. X., P. G. Y. and Q. C. wrote the paper. P. G. Y. had primary responsibility for final content. All authors read and approved the final manuscript.

8. References

Consecutively **number references**, including web citations, in the order in which they are first mentioned in the text. Identify references in the text, tables, and legends for figures by Arabic numbers in parentheses.

Only published papers and accepted papers that are "in press" may be **included in the References section**. "In press" papers must be submitted as supplemental files in PDF format at the time of manuscript submission. Personal communications from others and unpublished data of the authors, including submitted manuscripts, should appear parenthetically in the text. Include the full name and affiliation of the person providing a personal communication.

CDN reference format is consistent with the International Committee of Medical Journal Editors (ICMJE) recommended format for bibliographic citations with the following exception: list the names of all authors, unless there are more than ten, in which case list the first

ten plus "et al." (6). Abbreviate journal names according to the National Library of Medicine (NLM) journal abbreviations list (7). If you are using software such as EndNote or Reference Manager that inserts this additional material, it will be automatically deleted during production of accepted manuscripts.

Authors may add to a reference, the **DOI** ("digital object identifier" number unique to the publication) for articles in press. It should be included immediately after the citation in the References. An example is:

Kimokoti RW, Judd SE, Shikany JM, Newby PK. Metabolically healthy obesity is not associated with food intake in White or Black Men. *J Nutr* 2015 Sep 30 (Epub ahead of print; DOI: *doi:10.3945/jn.115.221283*).

Examples of citations to sources on the internet and to books can be found in the References in *CDN* Instructions for Authors. Monographs can be cited in the following format:

Gibson RS, Ferguson EL. An interactive 24-hour recall for assessing the adequacy of iron and zinc intakes in developing countries. HarvestPlus Technical Monograph 8: Washington, DC and Cali, Colombia: International Food Policy Research Institute and International Center for Tropical Agriculture. 2008.

There is no **limit** on the number of citations allowed; cite recent literature comprehensively. Begin the list of references on a new page. Note that, in order for the peer review system to correctly extract and add links to your references, there should be no line numbers on the row with the "References" heading or throughout the References section.

9. Tables

Cite tables sequentially in the text with the first citation of each table in **bold font**. Each table should have a title that clearly but concisely describes the treatments and experimental animals or participants. Information concerning methods or explanatory material can be included in footnotes to the table, but repetition of methodology should be minimized.

Clearly indicate units of measure after the variable in rows, above the first value in each column, or centered over all columns to which the unit applies. Data appearing under a single heading should not appear in multiple cells.



OR (95% CI)	
1.22	(0.61, 2.44)
0.79	(0.54, 1.1)
0.45	(0.22, 0.92)



OR (95% CI)
1.22(0.61, 2.44)
0.79(0.54, 1.1)
0.45(0.22, 0.92)

Show statistics of variability (e.g., SD, pooled SEM) and the significance of differences among the data.



Age	(SD)
54.9	(13.1)
54.6	(14.2)



Age ± SD
54.9 ± 13.1
54.6 ± 14.2

Hide internal horizontal and vertical rules before submitting your tables.

For more illustrations and tips, visit the Table Checklist (8).

10. Figure Legends

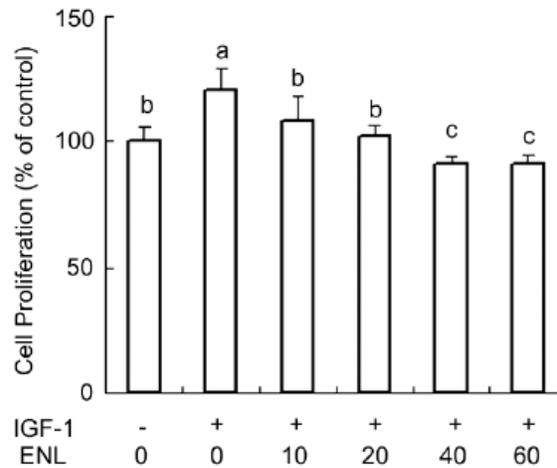
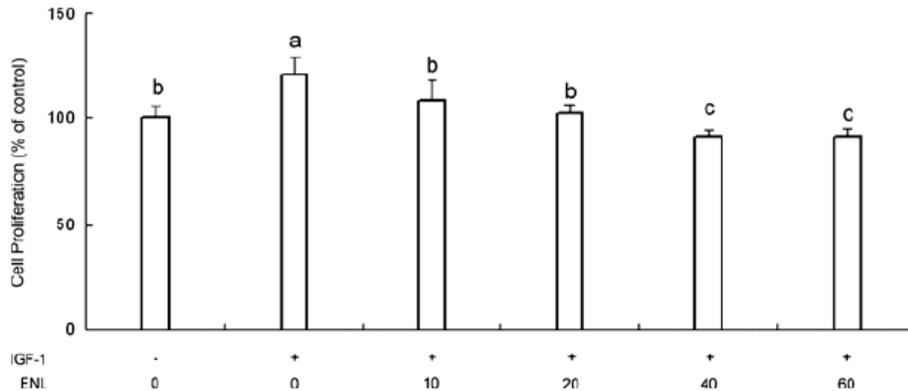
To help us with copyediting, compile figure titles and legends on one or more pages in the manuscript's .doc file rather than on the figure itself. However, include figure keys on figures, within the bounds of the graphs or on X-axes, not in legends. Figure titles should concisely describe the species or participants and treatments but are not required to call out panels.

Note that figures are frequently republished without the full manuscript text. Therefore, each legend should contain enough detail, including an explanation of the results of statistical tests shown to ensure that the figure is interpretable without reference to the text. For figures with 2 or more panels, describe each panel in the legend, beginning with the panel letter. Minimize repetition of methodology, but specific assay conditions can be given.

11. Figures

Cite figures sequentially in the text with the first citation of each figure in **bold font**. Beginning with revised submissions and to assist our production team, submit each figure in a separate file. Most file types can be used except Excel files. Submit all panels of a multi-panel figure on a single page, aligning the panels horizontally and/or vertically with one another.

Minimize white space within and between panels.

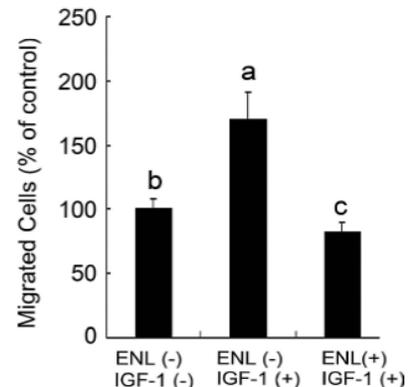
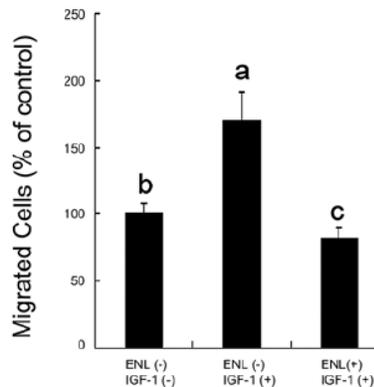


Label each panel, A, B, C, D, etc., without the word, “figure,” or the figure number, in the upper-left corner of the panel.

Label axes clearly with variables and where appropriate, units of measure. Show significant differences using symbols or letters. Remove outer boxes from figures and figure panels.

Size all text on figures proportionately and large enough to be legible after reduction to 1 column width of <8.5 cm or, in rare cases, 2 column widths. Preferred text size is 7 points.

- 1 column: 18p0 / 3 inches / 7.6 cm
- 1.5 column: 27p0 / 4.5 inches / 11.5 cm
- Maximum width (to span 2 columns): 34p0 / 5.7 inches / 14.4 cm
- Maximum height: 53p0 / 8.8 inches / 22.4 cm



For more illustrations and tips, visit the Figure Quality Checklist (9). For video on preparing digital images for publication, visit the Preparing Digital Images for Publication series (10).

Carousel images. Authors are invited to submit interesting images for use in the *CDN* image carousel on the journal's homepage. Images can be figures included in a submitted manuscript, images that are representative of research reported in a submitted manuscript, or images that illustrate an aspect of nutrition research in general. Images should be at least 675 pixels by 350 pixels, and can be uploaded during manuscript submission as supplemental files. Images selected for the carousel will include a link to the published manuscript.

12. Supplemental Data

Unusually lengthy descriptions of experimental procedures, extensive data, extra figures, etc. that are not essential to understanding the manuscript may be published as attachments and linked to published articles. For example, if several primers were used, they should be listed in a supplemental table.

Please note that supplemental data for publication will not be copyedited, so should be prepared in the journal style and presented as you wish readers to see it.

Name and label each unit of supplemental material as appropriate (e.g., Supplemental Table 1, Supplemental Table 2, Supplemental Figure 1, Supplemental References, etc.). Call out all supplemental material parenthetically in the manuscript text using the same title as you use on the supplemental data. If citations in the supplemental material

do not appear elsewhere in the manuscript, prepare a Supplemental References section [beginning with (1), (2), etc.] and include it at the end of supplemental materials.

Supplemental files for peer review only, such as articles published/in press elsewhere, reports or technical briefs related to manuscript submission, questionnaires, permissions, videos, may be uploaded. Label each file clearly enough for staff, editors, and reviewers to determine whether it is meant for publication or for peer review only.

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