



THE NUTRITION SOCIETY OF SRI LANKA

The Journal of Nutrition and Food Sciences



The Journal of Nutrition and Food Sciences (J Nut Food Sci) is the official peer-reviewed publication of The Nutrition Society of Sri Lanka. The aims of The J Nut Food Sci are to provide a platform to publish research on nutrition and food science and to stimulate research across diverse areas of nutrition, food science and technology.

Journal Scope:

The journal considers manuscripts for publication that focus on applied food and nutrition research which includes original manuscripts, review articles, short communications/case reports and case series across the nutritional and food sciences. Journal will initially be published twice a year online. The NSSL **expects to index the journal in reputed indexes and publish in time online.**

There is no article processing charge. The J Nut Food Sci will be published in English (American).

Article Categories:

- Full length original research
- Systematic reviews/Mini Reviews/Meta analyses
- Short communication/Case reports/Case series

The journal **welcomes manuscripts on the following main areas.**

- Nutritional biochemistry and metabolism
- Nutrigenomics
- Dietetics
- Community nutrition
- Sociology of nutrition
- Nutritional epidemiology
- Nutrition education
- Nutrition and disease management
- Functional foods, nutraceuticals and phytochemicals in nutrition and health

- Sports nutrition
- Body composition
- Food chemistry & composition analysis
- Food quality safety
- Food microbiology
- Food processing, preservation and packaging
- Food & nutrition security

Manuscript Preparation Guidelines:

1). Original Manuscripts:

Research papers arising from quantitative or qualitative studies should contain the following.

- **Title page** - Title, names and affiliations of the authors, contact details of the corresponding author, word count, declaration of conflict of interest, funding and acknowledgment.
- **Abstract** - The structured abstract should not carry more than 300 words (Background and objectives, materials and methods, results and conclusions).
- **Keywords** - 3-5 keywords arranged alphabetically. The terminology should be listed, according to the principle in MeSH (www.nlm.nih.gov/mesh/MBrowser.html). The first letter of the keyword should be written capitalized and the remaining letters lowercased and be placed according to the alphabetical order. The delimiter is written with a semicolon (;).
- **Text** - maximum 3000 words except the abstract, tables, figures and references.
- **Number of references** - Maximum 30
- **Introduction** - Concise description of the current literature related to the research, relevance and purpose of the research supported by suitable references. Extensive literature reviews need to be avoided.

- **Materials and Methods** - Describe the study setting/ places where study was carried out, design, population, selection of study sample (eligibility, inclusion/exclusion criteria) of the subjects/research participants, sampling plan, sample size, study period, chemicals and materials used. Explain adequately the data collection methods, tools and/or procedures to allow other researchers to reproduce with relevant references. Indicate statistical methods sufficiently.
- **Results** - Present the results in a logical sequence in the text, tables and illustrations/figures. When data are presented either in a tabular or graphical form, emphasize or summarize in the text only important observations. In the text, the repetition of the results which are presented in tables and figures needs to be avoided.
- **Discussion** - Emphasize the new and important aspects of the study and the conclusions that follow from them as a summary. Do not repeat, in detail, data or other material given in the Introduction or Results sections. Include the implications of the findings, including those for future research. Discuss the limitations of the research. Relate the observations to those of other relevant studies.
- **Conclusions** - It needs to be focused and concise linking the goals of the study. Avoid unqualified statements which are not completely supported by your data. When appropriate, recommendations may be included.

2). **Review/ Meta analyses – (3000-5000 words)**

Systematic review/ Meta analyses manuscripts should include the following: 1. an unstructured abstract of 300 words (without headings); 2. an introduction; 3. the methods, which describe the search strategy and selection criteria; 4. the body, which develops the subject in a logical order using appropriate subheadings and presents a balanced and critical review of the literature and, where relevant, balanced recommendations; 5. a statement about relevance to practice.

Number of references: Less than 50

3). Short Reports (Short Communications) / Case Reports/Case Report Series (Less than 1000 words)

Short reports include preliminary data that suggest the requirement of a research, quality improvement activities and their evaluation, evaluations of a program or service, brief surveys or additional data from work already published. Short reports should include the same subheadings as research articles.

Case reports/ Case report series should illustrate useful new approaches to the nutritional assessment and management of an individual or situation or identify unexpected findings or offer new insight into human nutrition, dietetic practice, food science and technology. The acceptable case report has the following headings: 1. Introduction, which provides a summary of the background literature; 2. Presentation of case (present the current nutritional problem of interest, clinical relevance in patient management, innovation of a functional food/nutraceuticals); 3. Activities undertaken (e.g. a new therapeutic plan related methodology, process of the innovation); 4. Outcomes (summarize evaluation of the activity or patient outcomes); 5. Discussion, which describes new learning and applications to nutrition, dietetics, food science and technology 6. Relevance to current practice.

Number of references for both short reports and the case reports – maximum 15

Manuscript submission and peer review

All manuscripts must be submitted to < nssljournal@gmail.com >

The J Nut Food Sci is freely available on the web. The **manuscript checklist and copyright transfer form should be submitted along with the manuscript.** The copyright transfer form should include the names and signatures of all authors. The checklist and copyright transfer forms are available for download at the website.

All submitted manuscripts will undergo double-blind peer review by the independent reviewers before acceptance for publication. The corresponding author will be notified of the decision on acceptance, rejection or request for the revision of the manuscripts. After reviewing the revised version, the final manuscript will be sent for proof reading.

Authorship and Author Responsibilities

The JNut Food Sci adheres to the definition of authorships described by the International Committee of Medical Journal Editors (ICMJE). All authors should meet the following criteria: (a) substantial contribution to conception and design, data acquisition, analysis and/or interpretation, (b) significant participation in drafting the article or revising it critically for important intellectual content, (c) final approval of the version to be published, (d) agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

Manuscript content and accuracy are the responsibility of the author(s). Manuscripts in the Full-length original research category must be original contributions.

Conflict of Interests

A conflict of interest exists when an author (or the author's institution or employer), a reviewer, or an editor has financial or personal relationships that may inappropriately influence his or her actions. All submitted manuscripts should include a full disclosure of financial relationships (e.g., employment, consultancies, honoraria, research grants) and personal relationships (e.g., academic, intellectual, political, religious) that could be viewed as potential conflicts of interest. Some conflicts are unavoidable and a conflict of interest is not an admission of an offence; however, failure to declare a real or perceived conflict may lead to refusal of a submitted manuscript. If there are no conflicts of interest this must be stated: "The authors declare that they have no competing interests." Conflicts of interest should be identified on the Authors' Page/Title page.

Acknowledgements

Authors may wish to acknowledge, with their permission, persons who have made a substantial contribution to the work through technical help or advice or an institution, granting body which have facilitated the research project. Acknowledgments and sources of financial support should be identified on the Authors' Page/Title page.

Plagiarism

The journal does not tolerate plagiarism and authors are strongly advised to check for plagiarism using anti-plagiarism software such as Crosscheck, Turn it in and iThenticate before submission.

Publication ethics

The authors are advised to be compliant with basic research ethics and general publication ethics. **Research papers derived from quantitative or qualitative studies involving humans/animals must have received ERC/IRB approval and the reference number of the proposal and the name of the ERC/IRB need to be submitted.**

The article should not have been submitted to any other journal for consideration. A manuscript is considered for publication in J Nut Food Sci with the understanding that it has not been published in total previously in a print or electronic form of journal. This statement should be included in the cover letter. **Abstracts that have been presented at a scientific meeting do not prevent a manuscript from consideration for publication.** Submission of an article for publication implies that all named authors have agreed on its submission.

Manuscript Preparation

The manuscript should be typed double-spaced using standard 12-point Times New Roman type, left margin justified in Microsoft Word. Do not submit manuscripts with track changes or text files in pdf format. Number each page of the manuscript consecutively (right bottom corner) and include continuous line numbering in the left margin. Manuscripts that do not comply with these specific guidelines will be returned to authors for revision before being sent out for review.

Authors' Page/Title Page - All manuscripts must include a separate authors' page that lists 1. the title of the manuscript (no more than 15 words); 2. Surname with initials, highest academic degree(s), department and institutional affiliation for all authors in the order in which they should appear in the published article; 3. the name and contact information (address, telephone and e-mail address) of the corresponding author (responsible for correspondence about the manuscript during the publication process); 4. a short title/running title (eight words or fewer); 5. three to five keywords or short phrases that will assist indexers in cross-indexing the article; 6. the source(s) of financial support;

7. acknowledgements; 8. conflicts of interest; 9. Word count in the article body (except the abstract, figures, tables and references)

Title - The title should be specific and informative, conveying the findings of the research or review **within 15 words**. The manuscript title should appear on the title page, abstract, first page of the manuscript text, and all correspondence.

Abstract - The abstract should not exceed 300 words. Manuscript submitted to the Original Research/Short Report/Case Report category should contain a structured abstract that includes the key headings: Background and objectives, methods, results and conclusions. Manuscripts submitted to the Systematic reviews/Mini Reviews/Meta analyses category should contain unstructured abstracts. The abstract should emphasize new and important aspects of the study or observations and relevance to practice.

Text - The text should be prepared in accordance with the requirements of the manuscript category to which it is being submitted for publication, as described above.

Footnotes - Footnotes should be avoided and the information included parenthetically in the text.

References - Authors are responsible for the accuracy of all references cited in the manuscript. Incomplete references will be returned to authors for completion. The Journal follows the uniform requirements style for references of American Psychology Association 6th version (file:///C:/Users/dell/Downloads/Reference%20Style_APA.pdf). The full references are listed at the end of the manuscript.

Personal communications may not be cited as references. Permission must be obtained from the person quoted. Articles accepted for publication but not yet published can be designated in the list of references with the notation "Forthcoming" at the end of the reference. If the date of future publication is known, this should be included. Information from manuscripts submitted but not yet accepted should be cited in the text as "unpublished data." However, inclusion of unpublished data as references is discouraged.

Tables and Figures - A table is a list of numbers or words. A figure is the graphical representation of data. The terms are not interchangeable. Tables and figures should be numbered in order of their appearance in the text. It is recommended that no more than 3 tables and 3 figures be included in an original research manuscript and articles of systematic reviews and metaanalysis; fewer or none for other manuscript categories. Set up each table or figure on a separate page of the document at the end of the file. Number

tables and figures separately in the order in which they are cited in the text using Arabic numerals. Supply a brief title for each table or figure. Tables need to follow the standard format (without inside borders) giving each column a short or abbreviated heading. Place explanatory matter in footnotes, not in the heading. Ensure all tables and figures are cited in sequential order within the text and should stand alone.

Supplementary material - Additional tables, figures or other material (e.g. questionnaires) can be included as supplementary material and identified in the text (e.g. Supplementary file). This material is published unedited along with the article as a supplementary material.

Numbers, Abbreviations, and Units of Measure - Use standard abbreviations, including statistical notations. Length, height, weight, volume, temperature, and clinical chemistry should be reported in metric units, according to the International System of Units.

The table below shows the house-style of this journal.

Items	Abbreviation /Unit
Abbreviations (if used) should be written in full at the first instance, with the abbreviation in parenthesis. If abbreviations are defined, ensure they are used accordingly within the manuscript.	Ischemic heart disease (IHD) Recommended nutrient intake (RNI) The Nutrition Society of Sri Lanka (NSSL)
Numbering below 10 should be spelt out for descriptions	five samples / four sets / three parts / sixth day
Exception will be made for these values	9 years old / 2 kg / 7 ml / Table 1 / Question 2-5 / Question 5 / 5 d
Range of numbers should be hyphenated, with no spacing, rather than written out	Instead of: "between the ages of 6 and 12 years old" Use: "6-12 years old", 2-6 mmol/L 110-130 respondents, 7-9 h
Units and Abbreviations: Hours (h) Minutes (min) Second (s)	2 h 25 min 16 s

Day (d)	4-9 d														
Week (wk)	5 wk														
Kilogram (kg)	33 kg														
Gram (g)	57 g														
Microgram (µg)	14 µg														
Meter (m)	7 m														
Centimeter (cm)	27 cm														
Kilocalorie (kcal)	2023 kcal														
Use common symbols instead of spelling it out Instead of	<table border="1"> <tr> <td>Instead of :</td> <td>Use:</td> </tr> <tr> <td>6 degrees Celsius</td> <td>6°C</td> </tr> <tr> <td>three percent of respondents</td> <td>3% of respondents</td> </tr> <tr> <td>less than</td> <td><</td> </tr> <tr> <td>less than or equal to</td> <td>≤</td> </tr> <tr> <td>more than</td> <td>></td> </tr> <tr> <td>more than or equal to</td> <td>≥</td> </tr> </table>	Instead of :	Use:	6 degrees Celsius	6°C	three percent of respondents	3% of respondents	less than	<	less than or equal to	≤	more than	>	more than or equal to	≥
Instead of :	Use:														
6 degrees Celsius	6°C														
three percent of respondents	3% of respondents														
less than	<														
less than or equal to	≤														
more than	>														
more than or equal to	≥														
Use comma as a thousand separator and full stop to indicate decimal point	2,800 / 15,486.24 / 1,720.26 (note: there should be no decimal point for kcal)														
Standardize decimal points throughout the manuscript. If using two decimal points, keep it consistent	23.17% / 18.00%														
Statistical notations and 'et al.' should be italicized	$n=721, M=38.5, SD=2.8, t=2.51, p=0.032$ Jayewardene <i>et al.</i> (2018), ... (Jayewardene <i>et al.</i> , 2018)														
Footnote symbols (for figures and tables): †, ‡, §, ¶, †† should be used (in that order)	†BMI-for-age z-score: Overweight and obese (z-score >+1SD), ‡Adjusted for age and protein intake														
Superscript a, b, c should be used to denote group differences in statistical test such as ANOVA	a, b, c Different alphabets denote significant difference between groups														
*, **, *** should be reserved for p values	* $p<0.05$, ** $p<0.01$, *** $p<0.001$														

Cover letter: A cover letter addressed to the Editorial Board of the journal by the corresponding author is a requirement. The cover letter should include a statement that a manuscript has not been published in its entirety previously in print or electronic form and is not under consideration by another publication or electronic medium. It may also include information about the list of where and when the study has been presented in part elsewhere, if applicable and disclaimers, if any.

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