

### **Pre-Submission Information**

*Current Research in Nutrition and Food Science* is a fully open-access journal, which means that all published articles are freely available to the public without subscription fees. This model supports wider dissemination and ensures that your research reaches a broad audience, enhancing the impact and visibility of your work.

### **Fit with Journal Aims and Scope**

Before submitting your manuscript, it is crucial to ensure that it aligns with the aims and scope of our journal. We publish original research, reviews, short communications, and case reports that contribute to the fields of nutrition and food science. Manuscripts that fall outside our scope may be returned without review.

### **Compliance with Ethical and Publication Standards**

We are committed to maintaining the highest standards of publication ethics, and we expect authors to adhere to these standards throughout the submission process. *Current Research in Nutrition and Food Science* is a member of the [Committee on Publication Ethics \(COPE\)](#), and we follow COPE's guidelines to ensure ethical practices in publishing, including issues of authorship, conflicts of interest, and the ethical handling of research data.

Authors must also ensure that their work complies with the guidelines set by the following organizations:

- [COPE](#) (Committee on Publication Ethics)
- [ICMJE](#) (International Committee of Medical Journal Editors): Provides guidelines on manuscript preparation, authorship criteria, and the peer review process.
- [WAME](#) (World Association of Medical Editors): Focuses on improving editorial standards and promoting transparency in the peer review process.

## Instructions to Authors

Authors are encouraged to review these guidelines carefully and ensure that their manuscripts meet the required standards before submission. Failure to comply with these guidelines may result in delays or rejection of the manuscript.

For more details on the [aims and scope](#) of the journal, please refer to our Aims and Scope page.

### **Ethics in publishing**

Current Research in Nutrition and Food Science's Publication Ethics and Publication Malpractice Statement is based, in large part, on the guidelines and standards developed by the Committee on Publication Ethics (COPE). Please see: [www.foodandnutritionjournal.org/submission/publication-ethics-and-malpractice-statement/](http://www.foodandnutritionjournal.org/submission/publication-ethics-and-malpractice-statement/)

### **Duplicate, Concurrent, and Multiple Submissions Policy**

Current Research in Nutrition and Food Science adheres to the ethical guidelines set by the Committee on Publication Ethics (COPE), of which we are a member. Authors are required to submit original, unpublished work and must not submit the same manuscript to more than one journal concurrently.

- **Multiple and Duplicate Publication:** Manuscripts that have already been published or are under consideration elsewhere are considered duplicate submissions, which violate ethical standards. Any duplicate content submitted without proper disclosure or attribution will be rejected or retracted, depending on when it is identified.
- **Concurrent Submission:** Authors are strictly prohibited from submitting the same manuscript to multiple journals concurrently. Such practices waste editorial and peer review resources and can lead to ethical conflicts should multiple journals accept the same work. Authors are expected to ensure exclusivity in their submission to Current Research in Nutrition and Food Science until an editorial decision has been made.
- **Transparency and Responsibility:** Authors should clearly disclose any substantial overlap with previous publications (such as conference abstracts

## Instructions to Authors

or proceedings) in their cover letter and reference these appropriately within the manuscript.

For further guidance on concurrent submissions, please refer to the COPE guidelines [here](#).

Failure to adhere to these guidelines may result in rejection, retraction, or additional sanctions. We encourage authors to uphold these ethical standards to maintain the integrity of academic publishing.

### ORCID

Each author must provide their ORCID iD at the time of submission to ensure proper attribution and to facilitate the management of author identities. ORCID iDs are unique identifiers that distinguish authors and contribute to the accuracy of academic record-keeping.

**Register for an ORCID iD:** If you do not already have an ORCID iD, please register to [Create Your ORCID iD](#).

**ORCID Registration Guide:** For assistance with registering your ORCID iD, please refer to the comprehensive [ORCID registration guide](#).

### Cover Letter Submission

A cover letter must accompany each manuscript submission to *Current Research in Nutrition and Food Science*. The cover letter should highlight why the manuscript is a suitable fit for the journal and specify the type of article being submitted.

Your Cover Letter Should Include the Following Details:

#### a. Key Details of the Submission:

- **Type of Article:** Specify the category of the manuscript, such as Original Research, Review, Short Communication, or Case Study.

## Instructions to Authors

- **Novelty/Contribution:** Provide a brief summary of the manuscript's unique or significant aspects, such as innovative findings, unique methodology, or implications for the field.
- **Research Area:** Indicate how the work aligns with the journal's scope, particularly focusing on the specific research field or topic.

### b. Manuscript Specifications:

- **Word Count:** Include the total number of words, excluding tables, figures, and references.
- **Number of References:** Provide the total count of citations included in the manuscript.
- **Number of Tables and Figures:** Specify the number of tables and figures incorporated into the manuscript.

## Overview of Submission Process

- a. **Manuscript Submission:** All manuscripts must be submitted online through our submission portal. Please ensure that your manuscript is prepared

according to our manuscript preparation guidelines before submission. Ensure the checklist mentioned below is covered. The following points must be adhered to during the submission process:

- **File Format:** Manuscripts should be submitted in Microsoft Word (.doc or .docx) format. This format allows for easy editing and formatting according to the journal's requirements.
- **Copyright Form:** Along with your manuscript, you must submit a fully completed and signed copyright form. You can download the copyright form from [this link](#).

## Instructions to Authors

- **Licensing and Copyright Policy:**

As an open-access journal, *Current Research in Nutrition and Food Science* adheres to the Creative Commons Attribution 4.0

International License (CC BY 4.0). This license permits unrestricted use, distribution, and reproduction of articles, provided the original work is properly cited. The policy ensures that all published content is freely accessible to readers while allowing authors to retain copyright and benefit from widespread dissemination of their research. View our [Copyright and Licensing Policy](#) for further information.

- **Supplementary Materials:** If you have any supplementary materials, such as datasets, high-resolution images, or additional tables, please ensure they are included in your submission. These files should be clearly labeled and referenced in the manuscript.

If you encounter any issues with the online submission portal, you can submit your manuscript and the completed copyright form directly via email to [info@foodandnutritionjournal.org](mailto:info@foodandnutritionjournal.org). Please include "Manuscript Submission" in the subject line of your email to ensure prompt processing.

**b. Initial Screening:** Once submitted, your manuscript will undergo an initial screening process. This step involves checking whether the manuscript adheres to the journal's guidelines, including ethical considerations and originality, using plagiarism detection tools. Manuscripts that do not meet these criteria may be desk-rejected at this stage.

**c. Peer Review:** Manuscripts that pass the initial screening are then sent out for peer review. The review process is double-blind, ensuring the confidentiality of both authors and reviewers. The reviewers evaluate the manuscript's methodology, data interpretation, novelty, and overall contribution to the field. Typically, this process takes 4-6 weeks, but it may vary depending on reviewer availability and the complexity of the subject matter.

## Instructions to Authors

**Editorial Decision:** After the peer review process, the editorial team will review the peer reviewer's comments and decide regarding your manuscript. You will be notified of this decision via email. Possible outcomes include:

- Acceptance (as it is)
- Request revisions (minor or major)
- Rejection

If revisions are required, you will receive detailed feedback and a deadline for resubmission.

## Adherence to the Journals Policies

### Plagiarism Policy

By submitting manuscripts to Current Research in Nutrition and Food Science, authors attest that their work is original and free from plagiarism. Authors must ensure that all content derived from other sources is appropriately cited and referenced. The journal takes plagiarism seriously and employs stringent measures to detect and address it. As a member of Crossref, we utilize the iThenticate plagiarism detection tool for each submitted article. For more details, please review the Journal's Plagiarism [Policy here](#).

### Correction and Retraction Policy

#### Corrections:

Corrections are issued when the accuracy of published information is significantly compromised. These corrections are published in a subsequent issue of the journal under the sections "Corrections" and "Addenda."

### **Retractions:**

Retractions occur when the fundamental conclusions of a paper are seriously undermined. This policy ensures that the integrity of the scientific record is maintained by addressing significant issues that impact the reliability of the research.

### **Withdrawal Policy**

Authors wishing to withdraw a manuscript must submit a formal request to the editorial office, including a signed manuscript withdrawal form and a letter outlining the reasons for the withdrawal.

- **Withdrawal within 10 Days of Submission:** Manuscripts can be withdrawn without incurring a withdrawal fee if the request is made within 10 days of submission.
- **Withdrawal after Review and Acceptance:** A withdrawal fee is applicable if the manuscript is withdrawn after the review process or acceptance. The fee is:
  1. For India: ₹2500
  2. For Other Countries: \$ 120

### **Authorship Policy**

**Before publishing:** Requests to add or remove an author, or to rearrange the author names, must be sent to the Editor from the corresponding author of the accepted manuscript and must include:

- Reason why the name should be added or removed.
- Emailed confirmation from all authors that they agree with the addition, removal or rearrangement.
- A corrigendum will be issued if the author names are added, deleted, or rearranged in an article published online in coming issue.

A declaration of contributions from individual co-authors in the preparation of the article should be submitted.

### Manuscript Types

We accept the following types of manuscripts for publication in our journal:

- **Research Article:** A Research Article presents original findings based on empirical data. These manuscripts should provide a comprehensive analysis of the research question, including a clear statement of the hypothesis, detailed methodology, results, and a discussion of the findings in the context of existing literature. Research Articles typically include the following sections: Abstract, Introduction, Materials and Methods, Results, Discussion, Conclusion, and References. A Research article should be between 6000 words, 50 references, 6 tables & figures combined.
- **Review Article:** A Review Article offers a critical and comprehensive analysis of the existing literature on a specific topic. These articles should summarize the current state of knowledge, identify gaps, and suggest future research directions. Review Articles do not present new data but rather synthesize findings from multiple studies. They are typically structured into an Abstract, Introduction, Main Text (divided into sub-sections), and Conclusion. A Review article should be between 8000 words, 100 references, 8 tables & figures combined.
- **Short Communications:** Short Communications are brief reports of original research that make an important and novel contribution to the field but do not warrant a full-length article. These manuscripts are concise, with a clear focus on the main findings and their implications. A Short communication should be between 3000 words, 25 references, 3 tables & figures combined) They should include an

## Instructions to Authors

Abstract, Introduction, Methodology, Results, Discussion, and References.

- **Case Study:** A Case Study provides a detailed description of a single or a small series of cases, usually of an unusual or novel nature, that adds to the existing knowledge base in the field. These reports are valuable for highlighting unique instances, rare conditions, or unexpected outcomes that may have broader implications. Case Studies should include an Abstract, Introduction, Case Presentation, Discussion, and Conclusion, with a word limit of 1,500 to 2,500 words.

## Manuscript Preparation

### General Formatting

- **Text:** Manuscripts should be prepared in Microsoft Word (.doc or .docx). Use a standard font like Times New Roman, 12 pt.
- **Margins:** Set all margins to 1 inch (2.5 cm).
- **Line Spacing:** Use 1.5 line spacing throughout the manuscript, including references and figure legends.
- **Page Numbers:** Number all pages consecutively.

### 1. Article Title

The title of your manuscript plays a crucial role in conveying the essence of your work to potential readers. Please adhere to the following guidelines to ensure your title is both informative and engaging:

## Instructions to Authors

- a) Conciseness and Clarity:** Titles should be concise yet informative, clearly reflecting the content of the article. Avoid unnecessary words and ensure the title is straightforward.
- b) Avoid Abbreviations and Formulae:** Refrain from using abbreviations, acronyms, or formulae in the title unless they are widely recognized and established within the scientific community (e.g., DNA, RNA). This helps to avoid confusion and ensures the title is accessible to a broad audience.
- c) Author Names:** Provide the full given name(s) and family name(s) of each author. Ensure that the order of authors listed in the manuscript matches the order in the submission system. Double-check all names for accurate spelling to prevent any discrepancies in publication.
- d) Affiliations and Correspondence:**
- List the affiliation addresses below the author names, referring to where the research was conducted. Each affiliation should include a full postal address.
  - Clearly indicate the corresponding author, who will manage all communications regarding the manuscript during the review process, publication, and post-publication. Provide the corresponding author's email address.
- e) Avoid Common Pitfalls in Titles:**
- **Question-based Titles:** Titles that pose a question without offering an answer may be perceived as lacking substance. Ensure your title suggests a resolution or a clear direction.

## Instructions to Authors

- **Unambitious Titles:** Avoid starting your title with vague phrases such as "Towards," "A description of," "A characterization of," or "Preliminary study on." These can make the work seem tentative or incomplete.
- **Vague Titles:** Titles that begin with "Role of," "Link between," or "Effect of" should clearly specify what role, link, or effect is being studied to avoid ambiguity.
- **Misplaced Terms:** Ensure that taxonomic affiliations are used appropriately. For example, including a species name is essential, but adding higher taxonomic classifications (e.g., genus, family) without necessity can clutter the title.

## 2. Abstract

Your abstract is a critical element of your manuscript, providing a concise and factual summary of your research. It should clearly outline the purpose of your study, the key results, and the major conclusions drawn. To ensure your abstract is effective and accessible, please adhere to the following guidelines:

- **Self-Contained Summary:** Your abstract must be capable of standing alone, as it is often presented independently from the main article. It should provide enough context and detail to be fully understood on its own.
- **Avoid References:** Refrain from including references in the abstract. If it is necessary to cite previous work, include the author(s) and year(s) without detailed citations.
- **Limit Abbreviations:** Avoid the use of non-standard or uncommon abbreviations. If an abbreviation is essential, ensure it is clearly defined the first time it appears in the abstract.

## 3. Graphical Abstract

To enhance the visibility and impact of your research, we encourage the submission of a graphical abstract. This visual representation should succinctly

## Instructions to Authors

summarize the content of your article in a way that is visually appealing and easily digestible. A well-designed graphical abstract can attract a wider audience and make your work more accessible.

### Guidelines for Graphical Abstracts:

- **Separate Submission:** Please submit your graphical abstract as a separate file through the online submission system.
- **Image Specifications:** Ensure that the image meets the minimum resolution requirements: 531 x 1328 pixels (height x width) or proportionally larger. It should be clearly readable when displayed at a size of 5 x 13 cm on a standard screen resolution of 96 dpi.
- **Preferred File Formats:** We accept graphical abstracts in TIFF, EPS, PDF, or Microsoft Office formats.
- **Explore Examples:** We recommend reviewing example graphical abstracts to understand how they can effectively complement your article and exploring the benefits of including one in your submission.

## 4. Keywords

For indexing and search purposes, please provide 4 to 8 keywords that accurately represent the content of your manuscript. Keywords should be concise, written in English, and preferably consist of single words. Avoid using phrases that include conjunctions like "and" or prepositions like "of." Keywords should be arranged alphabetically with first letter of each word should be capital and each keyword should be separated by “ , ” (Comma) or “ ; ” (semicolon)

## 5. Introduction

The introduction to your manuscript should be concise and free of subheadings, directly following the keywords section as the next paragraph.

## Instructions to Authors

It is essential to clearly articulate the objectives of your study, providing readers with a solid understanding of the research's purpose. While it is important to offer sufficient background information to place your work in context, avoid the temptation to delve into an extensive literature review or a summary of your findings.

Your introduction should guide the reader toward the significance of your study, demonstrating how it addresses a specific gap or builds upon existing research. By connecting relevant published literature to the aims of your investigation, you should clearly state the rationale behind your research, setting the stage for the work presented in the subsequent sections.

### 6. Materials and Methods

This section should continue seamlessly from the introduction on the same page, providing a detailed account of the materials and methods used in your research. It is crucial to describe your approach in a manner that allows other researchers to replicate your work.

**a. Materials:** Clearly list all the significant materials used in your study, including specific details about their sources. This information is essential for transparency and reproducibility.

**b. Methods:**

- **Overview of Methods:** Provide a brief description of the primary methods employed in your research, citing relevant references for established techniques. If your study involves new or significantly modified methods, describe these in enough detail to ensure others can accurately reproduce your procedures.
- **Statistical Methods:** Explicitly state the statistical methods you used in your analysis. Current Research in Nutrition and Food Science places a high value on research that includes appropriate statistical testing at a recognized level of significance, ensuring the reliability and validity of the results.

**c. Guidelines for Descriptions:**

## Instructions to Authors

- **Published Methods:** If your research utilizes a method that has already been published, provide a concise summary and cite the original source.
- **Direct Quotations:** When directly quoting a previously published method, use quotation marks and include a proper citation to acknowledge the original author.
- **Modifications:** If you have made any alterations to existing methods, be sure to describe these modifications clearly, highlighting how they differ from the original procedures.

### d. Theory and Calculation:

- **Theory:** This section should build on the background provided in your introduction, laying the theoretical groundwork necessary for understanding your study. It should help to contextualize your methods within the broader framework of your research question.
- **Calculation:** The calculation section should translate theoretical principles into practical applications, demonstrating how your theoretical understanding has been applied to achieve the results presented in your study.

## 7. Results

The results section is a crucial part of your manuscript, where you present your findings in a clear and concise manner. This section should immediately follow the materials and methods on the same page, ensuring a seamless flow of information.

### a. Clarity and Organization:

- Present your results in a straightforward and organized manner. This section may be divided by subheadings to enhance readability and to structure your findings effectively.

## Instructions to Authors

- Avoid using footnotes; instead, integrate any additional explanations directly into the main text for clarity.

### **b. Presentation of Data:**

- All findings should be presented either in tabular or graphical form. Each table and figure must include a descriptive title or caption, along with a legend, to ensure they are fully self-explanatory without requiring reference to the main text.
- It is essential that all data are statistically analyzed, with the level of significance clearly stated. This ensures that the results are robust and that readers can assess the validity of the findings.
- For data that are not statistically significant, a brief mention in the text is sufficient, and no accompanying tables or figures are necessary.

### **c. Guidance on Supporting Materials:**

- Refer to the relevant sections in this guide on supplying tables, artwork, supplementary material, and sharing research data. Following these guidelines will help you present your results in a manner that is both accessible and visually appealing.

By adhering to these guidelines, you will ensure that your results section effectively communicates the key findings of your study, providing a solid foundation for the discussion and conclusions that follow.

## **8. Discussion**

The discussion section is where you interpret the results of your study, explaining how they contribute to the current understanding of the research problem. This section should immediately follow the results and focus on the implications of your findings.

## Instructions to Authors

- **Interpretation and Insight:** The discussion should provide a thoughtful interpretation of the results, emphasizing their significance and how they enhance our understanding of the issue at hand. Rather than merely restating the results, this section should delve into what the findings mean in a broader context.
- **Exploration of Possibilities:** Highlight the new possibilities and questions that your results raise, suggesting areas that warrant further exploration. Speculating on future research directions and proposing hypotheses that could be tested in subsequent studies is encouraged, if these ideas are grounded in your findings.
- **Contextualizing Findings:** Discuss your key findings in the context of prior research, placing the novelty of your discovery in the appropriate scientific framework. However, avoid an extensive review of the literature; focus on how your study builds upon or diverges from existing knowledge.
- **Addressing Limitations:** Acknowledge any limitations or potential shortcomings in your study, discussing how these might affect the interpretation of the results. This transparency is crucial for providing a balanced view of your research.
- **Advancing the Field:** Consider how your findings integrate into the current understanding of the problem and how they might advance prevailing views. Speculate on the future direction of research in this area and propose theories that could be further tested to deepen the understanding of the subject.
- **Additional Guidance:** For further information on structuring your discussion, please refer to the descriptions provided under the "Article Types" page in the "For Authors" section on the journal's website.

By following these guidelines, your discussion will effectively interpret the significance of your findings and position them within the broader scientific context.

### 9. Conclusion

The conclusion section is where you summarize the key takeaways from your study, highlighting the principal conclusions drawn from your research. This section serves to distill the essence of your findings and their implications, providing a clear and concise summary for the reader.

- **Presentation of Main Conclusions:** Clearly articulate the main conclusions of your study, emphasizing the most significant findings and their relevance. This is your opportunity to succinctly convey the impact of your research and its contribution to the field.
- **Structure Options:** You have the option to present the conclusion as a standalone section or to integrate it within the discussion or combined "Results and Discussion" section. Choose the format that best suits the structure and flow of your manuscript.
- **Summarize Key Points:** Focus on summarizing the core insights and implications of your research. Avoid introducing new data or detailed discussions in this section. Instead, aim to reinforce the main messages and the significance of your findings.
- **Implications and Future Directions:** Briefly mention any broader implications of your results and suggest potential avenues for future research. This helps to provide context for the significance of your study and encourages ongoing exploration in the field.
- By following these guidelines, your conclusion will effectively encapsulate the essence of your research, providing readers with a clear understanding of your study's main outcomes and their significance.

### 10. Acknowledgement

In the acknowledgements section, you should recognize individuals and entities that provided significant assistance during your research. This includes anyone who contributed to language editing, writing, proofreading, or other forms of support. The acknowledgements should be presented as a separate section, positioned immediately before the reference list in your manuscript. Please refrain from including acknowledgements on the title page, as a footnote, or elsewhere in the article. This section should also acknowledge any research teams or organizations that contributed to the completion of your work, ensuring that all support is duly recognized in a dedicated and appropriate manner.

### 11. Funding Sources

In this section, you should disclose all financial support received for your research, including specific funding sources and grant numbers if applicable. Clearly state any organizations or institutions that provided financial backing for the conduct of the research, the preparation of the manuscript, or the publication of the article. For example, list the funding sources as follows:

"Funding: This work was supported by the National Institutes of Health [grant numbers xxxx, yyyy]; the Bill & Melinda Gates Foundation, Seattle, WA [grant number zzzz]; and the United States Institute of Peace [grant number aaaa]."

If the funding sources had an active role in the study—such as in the study design, data collection, analysis, interpretation, writing, or decision to submit the article—this involvement should be clearly disclosed. Conversely, if the funding sources did not participate in these aspects, this should also be stated.

If there were no funding sources for the research, include the following statement:

*"The author(s) received no financial support for the research, authorship, and/or publication of this article."*

## Instructions to Authors

Alternatively, if no specific grant was received but there was no funding from any public, commercial, or non-profit sector agencies, use this statement:

*"This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors."*

By providing this information, you ensure transparency regarding the financial support of your research and adhere to standard practices for disclosing funding sources.

### 12. Conflict of Interest

All authors are required to disclose any potential conflicts of interest that could influence their research or its presentation. This includes any financial, personal, or other relationships with individuals or organizations that might be perceived as affecting the objectivity of the work. Such disclosures ensure transparency and help maintain the integrity of the research process.

If no conflicts of interest are present, the following statement should be included:

*"The author(s) do not have any conflict of interest."*

To comply with submission requirements, authors must upload a Word document containing this declaration during the "attach/upload files" step of the submission process. The document should be saved in .doc or .docx format. This ensures that all potential conflicts are clearly documented and available for review.

### 13. Data Availability Statement

In this section, provide a comprehensive account of the datasets associated with your research. Clearly indicate that all datasets produced or examined during the study are included in the manuscript or are otherwise accessible as part of the publication process. This transparency allows readers and reviewers to verify and build upon your research findings.

## Instructions to Authors

If your manuscript does not contain any data or if the study did not involve the generation or examination of datasets, simply state *“This statement does not apply to this article”* in this section.

Including a Data Availability Statement ensures that your research adheres to best practices for open science and supports the reproducibility and transparency of scientific research.

### 14. Ethics Statement

For studies involving experiments on humans or animals, it is essential to provide an Ethics Statement to ensure compliance with ethical standards. This section should explicitly mention the name of the authorizing body or ethics committee that approved the study. This information confirms that the research adhered to ethical guidelines and that the welfare of participants or animals was safeguarded throughout the study.

If your research did not involve human or animal subjects, you may state that *“This research did not involve human participants, animal subjects, or any material that requires ethical approval”*. However, for any research involving such subjects, detailing the authorizing body helps to validate the ethical integrity of your research process.

### 15. Informed Consent Statement

For research involving experiments on human subjects, your manuscript must include an Informed Consent Statement. This statement should confirm that informed consent was obtained from all participants prior to their involvement in the study. Additionally, it should state that the consent process adhered to the ethical standards and regulations applicable in the country where the research was conducted. Ensuring the privacy rights of human subjects must be a priority, and all personal data must be handled with the utmost confidentiality.

## Instructions to Authors

If your research does not involve data from individual human subjects, please state *“This study did not involve human participants, and therefore, informed consent was not required.”* in this section of the Declarations. This ensures clarity regarding the scope of consent and privacy considerations related to your study.

### 16. Clinical Trial Registration

For studies involving patients or clinical participants, your manuscript must include a Patient Consent Statement. This statement should confirm that written consent was obtained from all patients prior to their participation in the study. The consent process must comply with the ethical standards and regulations applicable in the research's country of origin, ensuring that participants were fully informed about the nature of the study and their rights. You may use the following format to mention the statement *“This trial is registered at [Name of Registry] with the registration number [Registration Number].”*

If your study does not involve direct patient interaction or data, state *“This research does not involve any clinical trials.”* in this section. This ensures transparency regarding the consent process related to patient participation in your research.

### 17. Author Contributions

In the Author Contributions section, clearly outline the specific roles and contributions of each author involved in the research. This statement should detail how each author contributed to various aspects of the study, such as conception and design, data collection and analysis, manuscript writing, and overall project management. This transparency ensures that each author's contribution is appropriately acknowledged and provides clarity on the collaborative effort involved in the research.

## Instructions to Authors

For example, you might include statements like:

- **John Doe:** Conceptualization, Methodology, Writing – Original Draft.
- **Sara Miller:** Data Collection, Analysis, Writing – Review & Editing.
- **Alen Kane:** Visualization, Supervision, Project Administration.
- **Linda Taylor:** Funding Acquisition, Resources, Supervision.

\*In case of a single author if the statement is not provided please use this- *“The sole author was responsible for the conceptualization, methodology, data collection, analysis, writing, and final approval of the manuscript.”*

If applicable, include specific tasks or roles, such as funding acquisition or supervision, to provide a comprehensive view of each author's involvement.

## 18. References

For citing references, please adhere to the AMA (American Medical Association) reference style. References must be numbered consecutively in the order they are first mentioned in the text, rather than listed alphabetically. Each reference should be cited in the text using superscript numbers only, corresponding to the numbered reference list at the end of the manuscript.

In AMA (American Medical Association) style, "et al." is used when citing a source with more than six authors. The citation should list the first three authors followed by "et al."

If there are six or fewer authors, you should list all authors' names.

### In-Text Example

Understanding the role of functional foods in health promotion is a key area of research in nutrition.<sup>1,2</sup> Whole grains have been shown to reduce the risk of cardiovascular diseases.<sup>3</sup> Researchers like Brown and Smith,<sup>4</sup> emphasize the importance of dietary fiber, while others suggest focusing on phytochemicals.<sup>5</sup>

Recent findings have indicated that fermented foods improve gut microbiota composition<sup>6</sup>; however, more longitudinal studies are needed.<sup>7-9</sup> Studies by

## Instructions to Authors

Jackson et al.,<sup>10</sup> have also identified potential benefits of probiotics<sup>11</sup>; these include improved digestion and enhanced immunity.

The effect of omega-3 fatty acids on reducing inflammation has been well-documented.<sup>12-15</sup> Some studies,<sup>16</sup> have even linked omega-3 intake with improved mental health outcomes, such as reduced symptoms of depression. Another investigation<sup>17</sup> suggests that incorporating omega-3-rich foods into daily diets could provide holistic health benefits.

### Key Points:

- Place superscript numbers immediately after the relevant fact, idea, or quotation. Example: This ingredient is known to enhance shelf life.<sup>1</sup>
- Position superscripts outside periods and commas. Example: High temperatures can accelerate spoilage,<sup>2,3-5,7</sup> but proper storage can mitigate this.
- Insert superscripts inside colons and semicolons. Example: Some researchers store samples in climate-controlled units<sup>8</sup>; others use chemical preservatives.<sup>9</sup>
- For multiple references, use hyphens for a continuous range and commas (without spaces) for separate references. Example: Several studies confirm this finding.<sup>1,4</sup>
- Use a hyphen (not an en dash or em dash) to indicate a range of references, like 4-8.

### Reference Example:

#### Article Text Citation (Superscript):

Recent studies have shown the impact of dietary fiber on gut health.<sup>1</sup>

### Reference (AMA Format):

1. Johnson JT, Smith LR, Taylor RP, Walker AG, Bennett CF, Green MJ, et al. Dietary fiber intake and its association with gut microbiota diversity in adults: A systematic review. *J Nutr Sci.* 2023;12(4):345-356. doi:10.1234/jns.2023.012345

In this example:

- "et al." is used after the first 6 authors as per AMA style guidelines when there are more than 6 authors.
- The journal name is italicized, and proper punctuation is maintained.
- A DOI is included for electronic access, as recommended in AMA style.

When formatting your references, use the style demonstrated in the example below:

Journal Article (Print):

**Godhia M. L., Naik N. Altered Lipid Responses to Dietary Interventions in Obesity. *Curr Res Nutr Food Sci Jour.* 2015; 3(1): 01-11. DOI: <https://dx.doi.org/10.12944/CRNFSJ.1.1.01>**

Ensure that all references are accurate and complete, including the correct author names, journal titles, volume and issue numbers, page ranges, and DOI (if available). Properly formatted references help maintain the integrity and reliability of your research work.

## Instructions to Authors



Reference style for different sources:

Citation Type	Format
Journal article (print)	Author(s). Title. Journal. Year; Volume(Issue):Page number(s).
Journal article (online)1. With URL2. With DOI3. Published ahead of print	Author(s). Title. Journal. Year; Volume(Issue):Page number(s). URL. Published date. Updated date. Accessed date. Author(s). Title. Journal. Year; Volume(Issue):Page number(s). DOI. Author(s). Title [published online ahead of print date]. Journal. Year; Volume(Issue):Page number(s). DOI.
Book chapter (print)	Chapter author(s). Chapter title. In: Book author(s) or editor(s). Book title. Volume number and title. Edition number (do not indicate 1st edition). Place of publication: Publisher; Year:Page number(s).
Book chapter (online)	Chapter author(s). Chapter title. In: Book author(s) or editor(s). Book title. Volume number and title. Edition number (do not indicate 1st edition). Place of publication: Publisher; Year:Page number(s). URL. Accessed date.
Book (print)	Book author(s) or editor(s). Book title. Volume number and title. Edition number (do not indicate 1 st edition). Place of publication: Publisher; Year.
Book (print)	Book author(s) or editor(s). Book title. Volume number and title. Edition number (do not indicate 1 st edition). Place of publication: Publisher; Year.
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Website	Author(s). Title of item cited. Name of Web site. URL. Published date. Updated date. Accessed date.
Drug Information Database	Author(s). Title of entry. In: Title of database [database online]. Place of publication: Publisher; Year. URL. Updated date. Accessed date.
Government/ Organization Reports	Author(s). Title. Place of publication: Name of issuing organization; Year. Page(s)/ publication/ series numbers.
Conference Presentations	Author(s). Title. Poster/Paper presented at: Meeting name; Date(s); Location.
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### 19. Appendix

The Appendix section serves as a repository for supplementary material that supports the content of your manuscript but is not essential to the main text. This section may include additional data, detailed descriptions of complex procedures, extensive tables, or figures that provide further insights into your research. The appendix is particularly useful for including information that would otherwise interrupt the flow of the main article, allowing readers to access detailed content without cluttering the core narrative.

Each item included in the appendix should be clearly labeled (e.g., Appendix A, Appendix B) and referenced appropriately in the main text where relevant. Ensure that all materials in the appendix are well-organized and presented in a way that is easy for readers to navigate.

When preparing your appendix, consider whether the information provided is necessary for understanding your research and whether it contributes meaningfully to the overall study. The appendix should enhance the reader's comprehension of your work without overwhelming them with extraneous details.

### 20. Abbreviations and Nomenclature

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When writing your manuscript, it is essential to ensure that any abbreviations not widely recognized or standard in the field are clearly defined to maintain clarity and professionalism. Introduce these abbreviations by providing their full form in a footnote on the first page of your article. If an abbreviation is necessary within the abstract, define it at its first mention in the abstract and include it in the footnote as well. We advise you to review the use of abbreviations throughout your manuscript before submission to ensure consistency and enhance readability.

In addition to abbreviations, proper biological nomenclature is crucial. The names of plants, animals, and bacteria should be italicized and presented in the correct format, adhering to standard nomenclature rules. Gene symbols should also be italicized, using the approved nomenclature where available. The use of abbreviations should be minimized, with non-standard abbreviations being avoided unless they appear at least four times in the manuscript. When used, they must be defined at their first occurrence in the main text, and it is recommended to provide a list of non-standard abbreviations at the end of the manuscript, just before the acknowledgments. Additionally, equations should be inserted in an editable format using the equation editor, ensuring they are presented clearly and professionally.

### **21. Tables**

When preparing tables for your manuscript, it is essential to adhere to specific formatting guidelines to ensure clarity and consistency throughout your document. All tables should be constructed using the MS Word table format, as this allows for easy editing and standardization during the production process. Tables should be numbered consecutively using numerals and must include a brief, descriptive title that clearly conveys the content of the table.

Each table should be accompanied by units of measurement, which must be abbreviated and placed beneath the column headings. These column headings, or captions, should be in boldface to distinguish them clearly from the table data. Additionally, every table must include a legend to explain the contents, ensuring

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that readers can fully understand the information presented without needing to refer to the text.

Tables should be concise, ensuring that they do not extend beyond one A4-sized page. If a table is too large, consider splitting it into multiple tables or summarizing the data differently. Tables must be submitted as editable text, not as images, to facilitate easy formatting and editing during the production process.

When placing tables within your manuscript, position them near the relevant text or on separate pages at the end of the document. Each table should be cited in the manuscript text and numbered consecutively according to its appearance. The caption for each table must be placed immediately before the table and should be concise, typically consisting of a single paragraph.

Please include any necessary table notes below the body of the table. Avoid using vertical rules and shading within table cells, as these can complicate the formatting process. Tables should be used sparingly, ensuring that they complement the text and do not duplicate information already presented elsewhere in the article.

If your tables are extensive and cannot fit within a single page, consider publishing them as supplementary material, as large tables cannot be included in the final PDF for formatting reasons. Tables that do not comply with these guidelines may cause delays during the production process, as they will require reformatting to meet the journal's standards.

Example for table

Heading 1	Heading 2	Heading 3	Heading 4
Subheading 1		Subheading 2	
Data	Data	Data	Data
Data	Data	Data	Data
Data	Data	Data	Data
Data	Data	Data	Data
Data	Data	Data	Data

Table 1: Brief title for the table

### Guidance for Creating Tables in MS Word

For detailed instructions on preparing tables in Microsoft Word, please use the following guide. This resource provides step-by-step instructions to ensure your tables are well-formatted and comply with our publication standards:

- **Creating Tables in MS Word:** [Microsoft Guide on Tables](#)

By following this guide, you can ensure that your tables are clear, properly structured, and formatted according to our requirements.

## 22. Figure and Images

All figures, tables, and images included in your manuscript will be published under a Creative Commons CC-BY license. Authors are responsible for obtaining permission for any use of copyrighted material from external sources, including re-published, adapted, modified, or partial figures and images sourced from the internet.

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Figures and scanned images must be of high quality and should be strategically placed within the article to enhance comprehension. Images should have a minimum resolution of 300 DPI and should be submitted in PSD, TIFF, JPEG, or PNG format. Text within the images should be clear, legible, and appropriately sized to ensure readability.

### Numbering and Labeling

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All figures should be numbered consecutively using Arabic numerals and must include a brief, descriptive title. When figures consist of multiple panels, each panel should be clearly labeled (e.g., A, B, C, D), but these labels should not overlap with the image content. These labels will be standardized during the typesetting process to match the journal's style. For graphs, each axis must have a self-explanatory label, including the appropriate units of measurement.

- **Separate Files:** Figures, images, artwork, diagrams, and other graphical media should be submitted as separate files along with the manuscript. Use a logical naming convention for your files, such as Figure\_1, Figure\_2, etc.
- **Captions:** Provide clear and concise captions for all figures, which should accompany the artwork files.
- **Embedding Text Graphics:** If using LaTeX, text graphics can be embedded within the manuscript text at the appropriate location.

### Technical Specifications

- **Vector Drawings:** Save as EPS or PDF files with fonts embedded or convert the text to graphics.
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### Avoid the Following:

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- Submitting images with insufficient resolution, such as GIF, BMP, PICT, or WPG files, which are typically optimized for screen use.
- Using images that are disproportionately large in comparison to the font size, as this can make text unreadable.
- Employing Generative AI or AI-assisted tools to create or alter images in submitted manuscripts.

### Accessibility Considerations

We encourage authors to ensure that the visual elements of their articles are accessible to individuals with visual impairments. To achieve this:

- **Contrast:** Use colors that provide sufficient contrast between text and its background to aid readability, especially for those with low visual acuity or color blindness. Avoid using red or green as the sole indicators of information.
- **Alternative Visual Cues:** Instead of relying solely on color to convey information, use additional visual aspects such as shape, labels, and size. This approach ensures that charts, graphs, and other complex visual elements are understandable to all readers.

### 23. Charts

When including charts and graphs in your manuscript, it is important to ensure they are presented in a format that is both editable and easily comprehensible. Here are some detailed guidelines to follow:

- **Format:** Charts and graphs should be created using Word or Excel. This ensures that they remain in an editable format, allowing for easy adjustments and updates as needed. Avoid submitting charts as static images (e.g., JPEG or PNG files), as these cannot be edited and may lose quality during the publication process.

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- **Color Scheme:** Bright color schemes should be avoided when preparing charts and graphs. Such colors may not translate well into grayscale, which is often used for printing and can reduce the visibility and clarity of the information. Instead of relying on color, use patterns or shading to differentiate between data sets. This approach enhances readability and ensures that your charts are accessible to readers regardless of how they are printed or viewed.
- **Patterns for Bars:** To effectively convey information in grayscale or black-and-white formats, use patterns to describe the bars in bar charts. This method improves the clarity of the chart and ensures that different data sets are distinguishable even when color is not an option.

By following these guidelines, you contribute to the effective presentation of your data, ensuring that your charts and graphs are both functional and accessible to all readers.

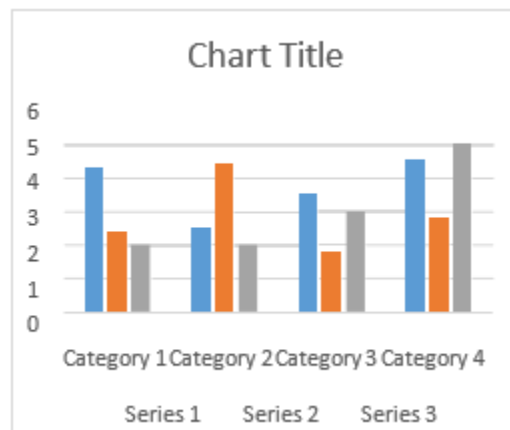


Figure 2: Legend for Figure 2

(Coloured Images are used in the Online Version of the Website)

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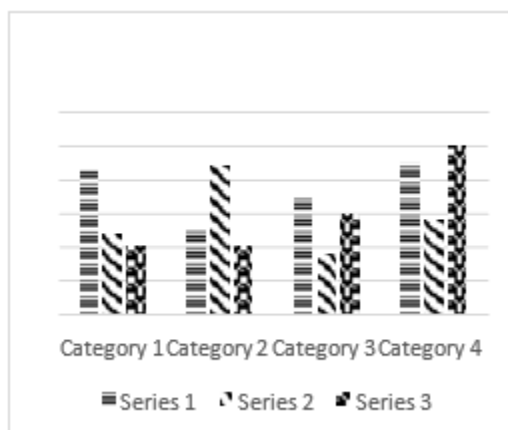


Figure 2: Legend for Figure 2

(Pattern fill makes the images easier to understand after gray scaling for hard copies)

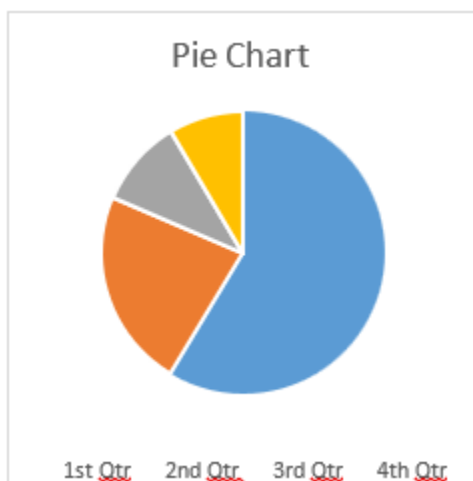
### Guidance for Preparing Charts, Pie Charts, and Graphs

To ensure your charts, pie charts, and graphs meet our publication standards, please refer to the Microsoft guides provided below. These resources offer comprehensive instructions on how to create and format visual data presentations effectively:

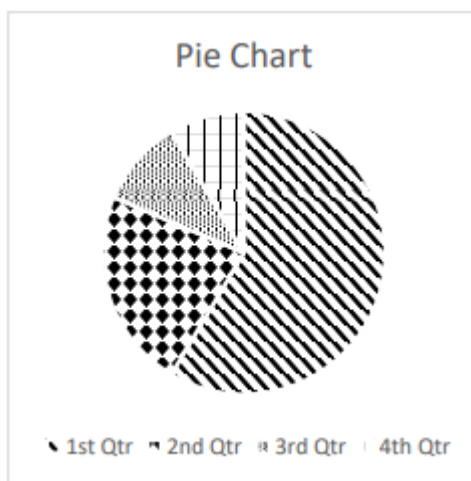
- **Creating and Formatting Charts:** [Microsoft Guide on Charts](#)
- **Designing Pie Charts and Graphs:** [Microsoft Guide on Pie Charts and Graphs](#)

These guides will help you produce clear and visually appealing data visualizations that adhere to best practices.

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Example 2: Caption for Figure 3  
(Coloured Images are used in the Online Version of the Website)



Example 2: Caption for Figure 3  
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Each image included in your manuscript must be accompanied by a caption that provides a brief yet comprehensive description of the content. The caption should consist of:

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- **Description:** A detailed explanation of the image should follow the title. This description should clarify what the image depicts and include any relevant symbols or abbreviations used within the figure. It is important to ensure that all symbols and abbreviations are clearly defined to aid in understanding.

### Formatting Guidelines

- **Labeling:** Each figure caption should be preceded by an appropriate label, such as 'Figure 1', to correspond with the sequence of figures in the manuscript.
- **Placement:** Figure captions should be placed at the end of the manuscript, after the references, and before any appendices.
- **Panel References:** For figures that include multiple panels, each panel should be referred to by bold capital letters in brackets (e.g., (A), (B), (C), (D)). Ensure that these panel labels are not embedded within the figure but are included in the figure legend.

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