

## **Submission Checklist – Human Nutrition & Metabolism**

**Make sure that all relevant items as indicated on this checklist are present upon submission of your paper to the journal.**

**Before you start please read the Guide for Authors at:**

<https://www.elsevier.com/journals/human-nutrition-and-metabolism/2666-1497/guide-for-authors>

Note that this journal uses double-blind review so the manuscript itself should not include any author authors' names or affiliations.

### **Requirements – Cover Letter**

- Name, affiliation, address, e-mail address, telephone number of the corresponding author.
- Full names, academic degrees (Masters level and above), and affiliations of all authors.
- Disclosure of any prior publications or submissions by the authors with any overlapping content with this manuscript
- A statement that the work has not been published previously and is not under consideration elsewhere
- A statement that the paper and its submission to the journal is approved by all authors, and tacitly or explicitly by the responsible institution(s) where the work was carried out
- Optional: recommendation of 3 experts on the topic of your paper as potential reviewers (need to be people outside of your own institution and country), including their affiliation and institutional e-mail addresses.

### **Requirements - Submission**

- A statement of authorship is required for each author as per **CRedit guidelines** [<https://casrai.org/credit/>]. Each author is required to declare his or her individual contribution to the paper (all authors must have materially participated in the research and/or article preparation).
- Disclosure of any potential Conflicts of Interests (CoI), financial or personal, real or perceived, with other people or organizations, which could inappropriately influence (bias) the author's work, through the submission of a CoI Declaration Form during the submission process. If there are no CoI to report, then this also needs to be explicitly indicated on the form.
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- If the study involved human subjects the work needs to have been carried out in accordance with The Code of Ethics of the World Medical Association (Declaration of Helsinki) [<https://www.wma.net/policies-post/wma-declaration-of-helsinki-ethical-principles-for-medical-research-involving-human-subjects>].
- If the study involved animal experiments the work needs to have been carried out in accordance with the appropriate Guidelines, such as the EU Directive 2010/63/EU for animal experiments

[\[http://ec.europa.eu/environment/chemicals/lab\\_animals/legislation\\_en.htm\]](http://ec.europa.eu/environment/chemicals/lab_animals/legislation_en.htm). All animal studies must have been approved by the appropriate animal ethics committee.

- In case of a Randomized Controlled Trial a completed Consolidated Standards of Reporting Trials **CONSORT 2010 checklist** needs to be uploaded together with the submission [<http://www.consort-statement.org>],
- For a meta-analysis a completed **PRISMA Statement** needs to be uploaded together with the submission [<http://www.prisma-statement.org/>].

### **Requirements - Manuscript**

- Provide relevant keywords for your paper (this is important in order to make your paper recoverable through search engines).
- The Materials & Methods section contains sufficient details to allow the study to be reproduced by others, and includes details on any statistical analysis performed.
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- For Clinical Trials the registry site and identifier number needs to be given at the end of the abstract, if subject recruitment began after 1 July 2008. If the study began before 1 July 2008, the initial subject recruitment date should be reported in the Materials & Methods section of the paper.
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- Figures and tables need to be cited in the order they appear in the text.
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