

Instructions to Authors - CLINICAL NUTRITION

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DESCRIPTION

CLINICAL NUTRITION, an official journal of ESPEN, The European Society for Clinical Nutrition and Metabolism, is an international journal providing scientific information on nutritional and metabolic care and their relationship between nutrition, metabolism and disease both in the basic science and clinical research, in order to improve knowledge and daily practice in clinical nutrition. Each issue combines original articles, reviews, and other types of publications that will provide an invaluable reference for any specialist concerned with these fields of interest.

Nutrition and nutritional care have gained wide clinical and scientific interest during the past decades. The increasing knowledge of metabolic disturbances and nutritional assessment in chronic and acute diseases has stimulated rapid advances in design, development, and clinical application of nutritional care and its support for both in- and outpatient treatment. The aims of ESPEN are to encourage the rapid diffusion of knowledge and its application in the field of clinical nutrition and metabolism.

Being a journal of ESPEN with members having various interest fields, either focused on basic research or clinical disciplines, the journal reflects the scientific nature of this multidisciplinary background and encourages the coordination of investigation and research from these disciplines. The journal publishes guidelines, consensus statements, review papers, original articles, short communications, and letters to the editor on those factors in acute and chronic diseases, that have metabolic and nutritional implications. It also publishes scientific works related to the development of new techniques and their application in the field of clinical nutrition.

The **Clinical Nutrition ESPEN** Journal is an electronic-only official publication of the European Society for CLINICAL NUTRITION and Metabolism (ESPEN). Each issue is published bimonthly, focusing on articles that highlight the relationship between nutrition and disease in the setting of basic science and clinical practice. Clinical Nutrition ESPEN is available to all members of ESPEN and to all subscribers of Clinical Nutrition. Should the Editor-in-Chief feel that a paper that has been submitted to Clinical Nutrition is more suitable for publication in Clinical Nutrition ESPEN, the author will be advised by the Editorial Office and will then have the choice of whether to proceed with publishing their paper in Clinical Nutrition ESPEN or to withdraw their paper.

BEFORE YOU START

Ethics in publishing

For information on Ethics in publishing and Ethical guidelines for journal publication see [Publishing Ethics for Editors](#) and [Policies and Ethics](#).

To verify originality, your manuscript may be checked by the originality detection service CrossCheck [Plagiarism detection](#).

Studies in humans and animals

If the work involves the use of human subjects, the author should ensure that the work described has been carried out in accordance with [The Code of Ethics of the World Medical Association](#) (Declaration of Helsinki) for experiments involving humans. The manuscript should be in line with the [Recommendations for the Conduct, Reporting, Editing and Publication of Scholarly Work in Medical Journals](#) and aim for the inclusion of representative human populations (sex, age, and ethnicity) as per those recommendations. The terms [sex \(or biological sex\) and gender](#) should be used correctly.

Authors should include a statement in the manuscript that informed consent was obtained for experimentation with human subjects. The privacy rights of human subjects must always be observed.

All animal experiments should comply with the [ARRIVE guidelines](#) and should be carried out in accordance with the U.K. Animals (Scientific Procedures) Act, 1986 and associated guidelines, [EU Directive 2010/63/EU for animal experiments](#), or the [National Institutes of Health Guide for the Care and Use of Laboratory Animals](#) (NIH Publications No. 8023, revised 1978) and the authors should clearly indicate in the manuscript that such guidelines have been followed. The sex of animals must be indicated, and where appropriate, the influence (or association) of sex on the results of the study should be discussed.

Conflict of interest

All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work in the manuscript.

Examples of potential conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. If there are no conflicts of interest then please indicate this in

the manuscript. See also <https://www.elsevier.com/conflictsofinterest>.

Declaration of generative artificial intelligence (AI) in scientific writing

The below guidance only refers to the writing process, and not to the use of AI tools to analyze and draw insights from data as part of the research process.

Where authors use generative artificial intelligence (AI) and AI-assisted technologies in the writing process, authors should only use these technologies to improve readability and language. Applying the technology should be done with human oversight and control, and authors should carefully review and edit the result, as AI can generate authoritative-sounding output that can be incorrect, incomplete, or biased. AI and AI-assisted technologies should not be listed as an author or co-author, or be cited as an author. Authorship implies responsibilities and tasks that can only be attributed to and performed by humans, as outlined in Elsevier's [AI policy for authors](#).

Authors should disclose in their manuscript the use of AI and AI-assisted technologies in the writing process by following the instructions below. A statement will appear in the published work. Please note that authors are ultimately responsible and accountable for the contents of the work.

Submission declaration and verification

Submission of an article implies that the work described has not been published previously (except in the form of an abstract, a published lecture, or academic thesis, see '[Multiple, redundant or concurrent publication](#)' for more information), is not under consideration for publication elsewhere, that publication is approved by all authors, approved tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright holder. To verify originality, your article may be checked by the originality detection service [Crossref Similarity Check](#).

Preprints

Please note that [preprints](#) can be shared anywhere at any time, in line with Elsevier's [sharing policy](#). Sharing your preprints (e.g. on a preprint server) will not count as prior publication (see '[Multiple, redundant or concurrent publication](#)' for more information).

Author contributions

For transparency, we will request an author statement in the manuscript file outlining their individual contributions to the paper using the relevant CRediT (Contributor Roles Taxonomy) roles: Conceptualization; Data curation; Formal analysis; Funding acquisition; Investigation; Methodology; Project administration; Resources; Software; Supervision; Validation; Visualization; Writing - original draft; Writing - review & editing. Authorship statements should be formatted with the names of authors first and CRediT role(s) following. [More details and an example](#).

Changes to authorship

Authors are expected to carefully consider the list and order of authors **before** submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion, or rearrangement of author names in the authorship list should be made only **before** the manuscript has been accepted and only if approved by the journal Editor. To request such a change, the Editor must receive the following from the **corresponding author**: (a) the reason for the change in the author list and (b) written confirmation (i.e., e-mail, letter) from all authors that they agree with the addition, removal, or rearrangement. In the case of the addition or removal of authors, this includes confirmation from the author being added or removed.

Only in exceptional circumstances will the Editor consider the addition, deletion or rearrangement of authors **after** the manuscript has been accepted. While the Editor considers the request, publication of the manuscript will be suspended. If the manuscript has already been published in an online issue, any requests approved by the Editor will result in a corrigendum.

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Upon acceptance of an article, authors will be asked to complete a 'Journal Publishing Agreement' (see [more information](#) on this). An e-mail will be sent to the corresponding

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Language

Editing services

Please write your text in good English (American or British usage is accepted, but not a mixture of these). Authors who feel their English language manuscript may require

editing to eliminate possible grammatical or spelling errors and to conform to correct scientific English may wish to use the [English Language Editing service](#) available from Elsevier's Author Services.

Use of inclusive language

Inclusive language acknowledges diversity, conveys respect to all people, is sensitive to differences, and promotes equal opportunities. Articles should make no assumptions about the beliefs or commitments of any reader, contain nothing that might imply that one individual is superior to another on the grounds of race, sex, culture, or any other characteristic, and use inclusive language throughout. Authors should ensure that writing is free from bias, stereotypes, slang, references to dominant culture, and/or cultural assumptions. We advise seeking gender neutrality by using plural nouns ("clinicians, patients/clients") as default/wherever possible to avoid using "he, she," or "he/she." We recommend avoiding the use of descriptors that refer to personal attributes such as age, gender, race, ethnicity, culture, sexual orientation, disability, or health condition unless they are relevant and valid. When coding terminology is used, we recommend avoiding offensive or exclusionary terms such as "master", "slave", "blacklist" and "whitelist". We suggest using alternatives that are more appropriate and (self-) explanatory such as "primary", "secondary", "blocklist" and "allowlist". These guidelines are meant as a point of reference to help identify appropriate language but are by no means exhaustive or definitive. It is preferred to use the term "older adults", not "elderly".

Check [this](#) not to make common mistakes.

SUBMISSION

Prepare your submission

- It is not allowed to include trademarks in the title and abstract.
- It is not allowed to include the name of a country or region in the title and/or abstract. The article should report on generally applicable information and results.
- It is not allowed to use undefined abbreviations in the title and/or abstract.

[Choose an article type](#). Prepare your submission by following the specific requirements detailed by article type in the [Submission Templates](#) guidelines. Subsequently, our online submission system will guide you stepwise through the process of entering your article details and uploading your files. The system converts your article files to a single PDF file used in the peer-review process. Editable files (e.g., Word, LaTeX) are required to typeset your article for final publication. All correspondence, including notification of the Editor's decision and requests for revision, is sent by email.

Submit your article: Please submit your article via [Editorial Manager Portal](#).

Peer review

This journal operates a single-blind review process. All contributions will be initially assessed by the editor for suitability for the journal. Papers deemed suitable are typically sent to a minimum of two independent expert reviewers to assess the scientific quality of the paper. The Editor-in-Chief is responsible for the final decision regarding acceptance or rejection of articles. The Editor-in-Chief's decision is final. Editors are not involved in decisions about papers that they have written themselves or have been written by family members or colleagues or which relate to products or services in which the editor has an interest. Any such submission is subject to all of the journal's usual procedures, with peer review handled independently of the relevant editor and their research groups. [More information on types of peer review](#).

CHOOSE AN ARTICLE TYPE

Full Length Article

Full Length Articles are original research and/or clinical studies. Please note, that papers which only present data specific to a particular geographical area or country which are not novel or surprising from a worldwide perspective, are unlikely to be published. See further instructions for submission in the [Full Length Article Submission Template](#).

Narrative Review Article

Narrative Review Articles are publications that describe and discuss the state of the science of a specific topic or theme from a theoretical and contextual point of view. See further instructions for submission in the [Narrative Review Article Submission Template](#).

Randomized Control Trials

CLINICAL NUTRITION has adopted the proposal from the International Committee of Medical Journal Editors (ICMJE) which requires, as a condition of consideration for publication of clinical trials, registration in a public trials registry. Clinical trials are defined as "biomedical or health-related studies in human beings that follow a defined protocol." In addition to intervention studies, this definition encompasses observational, prevention, quality of life, diagnostic, and screening trials (www.clinicaltrials.gov).

Any clinical trial must be registered in one of the five ICMJE-approved public trials registries (i.e., www.clinicaltrials.gov, www.isrctn.org, www.umin.ac.jp, www.trialregister.nl). Please report the study ID number and the website where the clinical trial is registered at the end of the abstract.

See further instructions for submission in the [Randomized Control Trials Submission Template](#).

Meta-analyses

Meta-analyses (or systemic reviews) are considered original work because they are conducted using rigorous methodological approaches. All Meta-analyses submitted for publication in Clinical Nutrition ESPEN should also include a completed uploaded PRISMA Statement. Downloadable forms are located on the PRISMA [website](#). We have adopted the definitions of systematic review and meta-analysis used by the Cochrane

Collaboration. A systematic review is a review of a clearly formulated question that uses systematic and explicit methods to identify, select, and critically appraise relevant research, and to collect and analyze data from the studies that are included in the review. Statistical methods (meta-analysis) may or may not be used to analyze and summarize the results of the included studies. Meta-analysis refers to the use of statistical techniques in a systematic review to integrate the results of included studies. See further instructions for submission in the [Meta-analyses Submission Template](#).

Letter to the Editor

Letter to the Editor contains comments on previously published articles (not longer than 6 months old) in CLINICAL NUTRITION. When a letter refers to an article recently published in CLINICAL NUTRITION, the opportunity for a reply will be given to the author(s) of the original article. Such a reply will be published along with the letter. The reply also needs to be submitted as a “Letter to the Editor”. See further instructions for submission in the [Letter to the Editor Submission Template](#).

Editorial

An Editorial is submitted by a member(s) of the Editorial Board and handled by the Editor-in-Chief. See further instructions for submission in the [Editorial Submission Template](#). Is by invitation from the Editor-in-Chief.

Short Communication

Short Communications are about original research and /or clinical studies that do not require a full paper but are completed studies. However, the editorial board prefers a Full Length Article. These papers may detail a smaller number of observations or may include a smaller number of patients. They may also add a small amount of new information that is still considered important. Please note - CLINICAL NUTRITION does not accept case studies and we suggest submitting case studies to CLINICAL NUTRITION ESPEN. See further instructions for submission in the [Short Communication Submission Template](#).

Opinion Paper

An Opinion Paper reports original and personal views on a given subject. Authors should outline and craft selected arguments by bringing original and groundbreaking ideas and imaginative research solutions. The proposed structure of an opinion paper is

- introduction to the topic;

- presentation of innovative and original hypotheses;
- discussion of published data;
- analysis of the impact of the proposed hypotheses and of the target audience.

Opinion papers should be based on published data, should not expand on opinions by others, and should be written in a logical, professionally sound, and convincing way.

See further instructions for submission in the [Opinion Paper Submission Template](#).

ESPEN Guidelines

ESPEN Guidelines are submitted in collaboration with the Editorial Office (espenjournals@espen.org) and handled by the Editor-in-Chief and the Associate Editor, responsible for ESPEN Guidelines. See further instructions for submission in the [ESPEN Guidelines Submission Template](#).

ESPEN Endorsed Recommendation

ESPEN Endorsed Recommendations are submitted in collaboration with the Editorial Office (espenjournals@espen.org) and handled by the Editor-in-Chief. See further instructions for submission in the [ESPEN Endorsed Recommendation Template](#).

SUBMISSION TEMPLATES

Template: Full Length Article Submission

SUMMARY				
Submission Files	Manuscript elements (mandatory order)	NEW	REVISION	Remark
Cover Letter		optional	optional	
Response to reviewers			required	
Manuscript		required	required	Format: double-spaced, continuous line number
	Title Page	required	required	
	Abstract	required	required	Structure: Background&Aims - Methods - Results - Conclusion
	Key Words	required	required	Max 6
	Abbreviations	optional	optional	Must be defined throughout the manuscript text
	Introduction	required	required	1.5 page
	Material & Methods	required	required	
	Results	required	required	
	Discussion	required	required	Add titles to paragraphs, max 4 pages, 1200 words
	Conclusion	required	required	
	Acknowledgement	optional	optional	
	Funding statement	required	required	
	Conflict of Interest	required	required	
	Author Contribution	required	required	
	References	required	required	
	Figure legends	optional	optional	Mandatory when Figures are submitted
	Imbedded figures and Tables	optional	optional	For peer review only
Figure		optional	optional	

Table		optional	optional	
Manuscript (including marked changes)			required	
Graphical Abstract		optional	optional	
Supporting Files		optional	optional	

Template: Narrative Review Article Submission

SUMMARY				
Submission Files	Manuscript elements (mandatory order)	NEW	REVISION	Remark
Cover Letter		optional	optional	
Response to reviewers			required	
Manuscript		required	required	Format: double-spaced, continuous line number
	Title Page	required	required	
	Abstract	required	required	
	Key Words	required	required	Max 6
	Abbreviations	optional	optional	Must be defined throughout the manuscript text
	Introduction	required	required	
	Body Text	required	required	Add titles to paragraphs
	Conclusion	required	required	
	Acknowledgement	optional	optional	
	Funding statement	required	required	
	Conflict of Interest	required	required	
	Author Contribution	required	required	
	References	required	required	
	Figure legends	optional	optional	Mandatory when Figures are submitted
	Imbedded figures and Tables (for review only)	optional	optional	
Figure		optional	optional	
Table		optional	optional	
Manuscript (including marked changes)			required	
Graphical abstract		optional	optional	

Supporting Files		optional	optional	
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Template: Randomized Control Trials Submission

SUMMARY				
Submission Files	Manuscript elements (mandatory order)	NEW	REVISION	Remark
Cover Letter		optional	optional	
Response to reviewers			required	
Manuscript		required	required	Format: double-spaced, continuous line number
	Title Page	required	required	
	Abstract	required	required	Structure: Background&Aims - Methods - Results - Conclusion
	Registration number of Clinical Trial	required	required	
	Key Words	required	required	Max 6
	Abbreviations	optional	optional	Must be defined throughout the manuscript text
	Introduction	required	required	1.5 page
	Material & Methods	required	required	
	Results	required	required	
	Discussion	required	required	Add titles to paragraphs, max 4 pages, 1200 words
	Conclusion	required	required	
	Acknowledgement	optional	optional	
	Funding statement	required	required	
	Conflict of Interest	required	required	
	Author Contribution	required	required	
	References	required	required	
	Figure legends	optional	optional	Mandatory when Figures are submitted
	Imbedded figures and Tables (for review only)	optional	optional	

Figure (flow diagram)		required	required	
Figure		optional	optional	
Table		optional	optional	
CONSORT Agreement Checklist		required	required	
Manuscript (including marked changes)			required	
Graphical Abstract		optional	optional	
Supporting Files		optional	optional	

Template: Meta-analyses Submission

SUMMARY				
Submission Files	Manuscript elements (mandatory order)	NEW	REVISION	Remark
Cover Letter		optional	optional	
Response to reviewers		Not applicable	required	
Manuscript		required	required	Format: double-spaced, continuous line number
	Title Page	required	required	
	Abstract	required	required	Structure: Background&Aims - Methods - Results - Conclusion
	Key Words	required	required	Max 6
	Abbreviations	optional	optional	Must be defined throughout the manuscript text
	Introduction	required	required	1.5 page
	Material & Methods	required	required	
	Results	required	required	
	Discussion	required	required	Add titles to paragraphs, max 4 pages, 1200 words
	Conclusion	required	required	
	Acknowledgement	optional	optional	
	Funding statement	required	required	
	Conflict of Interest	required	required	
	Author Contribution	required	required	
	References	required	required	
	Figure legends	optional	optional	Mandatory when Figures are submitted
	Imbedded figures and Tables (for review only)	optional	optional	
Figure (flow diagram)		required	required	
Figure		optional	optional	
Table		optional	optional	

PRISM checklist		required	required	
Manuscript (including marked changes)		Not applicable	required	
Graphical abstract		optional	optional	
Supporting Files		optional	optional	

Template: Letter to the Editor Submission

SUMMARY				
Submission Files	Manuscript elements (mandatory order)	NEW	REVISION	Remark
Cover Letter		required	required	
Response to reviewers		Not applicable	required	
Manuscript		required	required	Format: double-spaced, continuous line number
	Title Page	required	required	
	Key Words	required	required	Max 6
	Abbreviations	optional	optional	Must be defined throughout the manuscript text
	Body Text	required	required	Add titles to paragraphs. Max 450 words
	Conclusion	required	required	
	Acknowledgement	optional	optional	
	Funding statement	required	required	
	Conflict of Interest	required	required	
	Author Contribution	required	required	
	References	required	required	Max 5
	Figure legends	optional	optional	Mandatory when Figures are submitted
	Imbedded figures and Tables (for review only)	optional	optional	
Figure		optional	optional	
Table		optional	optional	
Manuscript (including marked changes)		Not applicable	required	
Supporting Files		optional	optional	

Template: Editorial Submission

SUMMARY				
Submission Files	Manuscript elements (mandatory order)	NEW	REVISION	Remark
Cover Letter		required	required	
Response to reviewers		Not applicable	required	
Manuscript		required	required	Format: double-spaced, continuous line number
	Title Page	required	required	
	Key Words	required	required	Max 6
	Abbreviations	optional	optional	Must be defined throughout the manuscript text
	Body Text	required	required	Add titles to paragraphs
	Conclusion	required	required	
	Acknowledgement	optional	optional	
	Funding statement	required	required	
	Conflict of Interest	required	required	
	Author Contribution	required	required	
	References	required	required	
	Figure legends	optional	optional	Mandatory when Figures are submitted
	Imbedded figures and Tables (for review only)	optional	optional	
Figure		optional	optional	
Table		optional	optional	
Manuscript (including marked changes)		Not applicable	required	
Supporting Files		optional	optional	

Template: Short Communication Submission

SUMMARY				
Submission Files	Manuscript elements (mandatory order)	NEW	REVISION	Remark
Cover Letter		optional	optional	
Response to reviewers		Not applicable	required	
Manuscript		required	required	Format: double-spaced, continuous line number Introduction + Material & Methods + Results + Discussion: Max 1500 words
	Title Page	required	required	
	Abstract	required	required	Structure: Background&Aims - Methods - Results - Conclusion
	Key Words	required	required	Max 6
	Abbreviations	optional	optional	Must be defined throughout the manuscript text
	Introduction	required	required	
	Material & Methods	required	required	
	Results	required	required	
	Discussion	required	required	
	Conclusion	required	required	
	Acknowledgement	optional	optional	
	Funding statement	required	required	
	Conflict of Interest	required	required	
	Author Contribution	required	required	
	References	required	required	Max. 10
	Figure legends	optional	optional	Mandatory when Figures are submitted
	Imbedded figures and Tables (for review only)	optional	optional	
Figure		optional	optional	

Table		optional	optional	
Manuscript (including marked changes)		Not applicable	required	
Graphical Abstract		optional	optional	
Supporting Files		optional	optional	

Template: Opinion Paper Submission

SUMMARY				
Submission Files	Manuscript elements (mandatory order)	NEW	REVISION	Remark
Cover Letter		optional	optional	
Response to reviewers		Not applicable	required	
Manuscript		required	required	Format: double-spaced, continuous line number
	Title Page	required	required	
	Key Words	required	required	Max 6
	Abbreviations	optional	optional	Must be defined throughout the manuscript text
	Body Text	required	required	Add titles to paragraphs
	Conclusion	required	required	
	Acknowledgement	optional	optional	
	Funding statement	required	required	
	Conflict of Interest	required	required	
	Author Contribution	required	required	
	References	required	required	
	Figure legends	optional	optional	Mandatory when Figures are submitted
	Imbedded figures and Tables (for review only)	optional	optional	
Figure		optional	optional	
Table		optional	optional	
Manuscript (including marked changes)		Not applicable	required	
Graphical Abstract		optional	optional	
Supporting Files		optional	optional	

Template: ESPEN Guidelines Submission

SUMMARY				
Submission Files	Manuscript elements (mandatory order)	NEW	REVISION	Remark
Cover Letter		required	required	
Response to reviewers		Not applicable	required	
Manuscript		required	required	Format: double-spaced, continuous line number
	Title Page	required	required	
	Key Words	required	required	Max 6
	Abbreviations	optional	optional	Must be defined throughout the manuscript text
	Body Text	required	required	Add titles to paragraphs
	Conclusion	required	required	
	Acknowledgement	optional	optional	
	Funding statement	required	required	
	Conflict of Interest	required	required	
	Author Contribution	required	required	
	References	required	required	
	Figure legends	optional	optional	Mandatory when Figures are submitted
	Imbedded figures and Tables (for review only)	optional	optional	
Figure		optional	optional	
Table		optional	optional	
Manuscript (including marked changes)		Not applicable	required	
Supporting Files		optional	optional	

Template: ESPEN Endorsed Recommendation

SUMMARY				
Submission Files	Manuscript elements (mandatory order)	NEW	REVISION	Remark
Cover Letter		required	required	
Response to reviewers		Not applicable	required	
Manuscript		required	required	Format: double-spaced, continuous line number
	Title Page	required	required	
	Key Words	required	required	Max 6
	Abbreviations	optional	optional	Must be defined throughout the manuscript text
	Body Text	required	required	Add titles to paragraphs
	Conclusion	required	required	
	Acknowledgement	optional	optional	
	Funding statement	required	required	
	Conflict of Interest	required	required	
	Author Contribution	required	required	
	References	required	required	
	Figure legends	optional	optional	Mandatory when Figures are submitted
	Imbedded figures and Tables (for review only)	optional	optional	
Figure		optional	optional	
Table		optional	optional	
Manuscript (including marked changes)		Not applicable	required	
Supporting Files		optional	optional	

DESCRIPTION OF SUBMISSION TEMPLATE FILE TYPES

File type: Cover letter

In general the cover letter should explain to the editor why your work is perfect for CLINICAL NUTRITION, and why it will be of interest to the journal's readership.

Mandatory for the following article types:

- *Letter to the Editor*: We will only consider “Letter to the Editor” in response to previously (no longer than 6 months ago) published articles in CLINICAL NUTRITION ESPEN and provide the reference details of this article. In case it is a reply to a previous “Letter to the Editor”, provide the manuscript code of the original “Letter to the Editor”
- *Editorial, ESPEN Guidelines, and ESPEN Endorsed Recommendation* are submitted in collaboration with the Editorial Office (espenjournals@espen.org). Therefore, refer to this collaboration in the cover letter.

File type: Response to reviewers

A response to reviewers specifies how the authors addressed each comment the reviewers made. The response to reviewers is usually organized by presenting reviewers’ comments one by one, followed by the authors’ responses. Authors should distinguish their responses from the reviewers’ comments by using phrases such as “author response” and/or a different font color or bold/italics. Then, each response should clearly explain the change made and where that change can be found in the revised manuscript (i.e., page number, paragraph, and/or line). If the authors did not make a suggested change, they should provide a rationale for their decision.

File type: Manuscript

General format remarks

There are no strict formatting requirements but all manuscripts must be

1. Highly recommended: first check recent publications in the journal for the structure and content of the manuscript.
2. Do not use brand names, country names, or undefined abbreviations in the title, abstract, or text, except when defining the methods.
3. 'spell-checked' and 'grammar checked'.

4. Manuscripts should be double-spaced (including references, tables, and figure legends).
5. **Manuscripts should have continuous line numbering.**
6. The number of Figures and Tables should be in balance with the length of the manuscript, and carefully prepared to avoid duplication of data in the text. Embedded Figures (for peer review only) and Tables in the text are optional.
 - a. Please ensure when the figures and the tables are included in the manuscript file, that they are placed next to the relevant text in the manuscript, rather than at the bottom or the top of the file. The corresponding caption should be placed directly below the figure or table.
 - b. **REMARK: High-quality Figures should be submitted as separate files when the manuscript is submitted as a revision.**
7. Regardless of the file format of the original submission, at revision you must provide us with an editable file of the entire article.
 - a. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article.
 - b. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the [Guide to Publishing with Elsevier](#)).

THE ORDER OF THE FOLLOWING MANUSCRIPT ELEMENTS IS MANDATORY.

Title page

- Title. Concise and informative. Titles are often used in information retrieval systems. **Do not include country, geographic region, or brand names.** Avoid undefined abbreviations and formulae where possible.
- Author names and affiliations. Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled.
 - You can add your name between parentheses in your own script behind the English transliteration.
 - Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-case superscript letter immediately after the author's name and in front of the appropriate address.
 - Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author.
- Corresponding author. Clearly indicate who will handle correspondence at all stages of refereeing and publication, as well as post-publication. This responsibility includes answering any future queries about Methodology and Materials. **Ensure that the e-mail address is given and that contact details**

are kept up to date by the corresponding author.

- Present/permanent address. If an author has moved since the work described in the article was done or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes.

Abstract

- Do not include country, geographic region, brand names or undefined abbreviation(s)
- A concise and factual abstract is required and should be structured according to Background & Aims - Methods - Results - Conclusions.
- The abstract should state briefly the purpose of the research, the principal results, and major conclusions.
- An abstract is often presented separately from the article, so it must be able to stand alone.
 - For this reason, References should be avoided, but if essential, then cite the author(s) and year(s). Also, non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself.
- Registration number of Clinical Trial (for Randomized Controlled Trials only).

CLINICAL NUTRITION has adopted the proposal from the International Committee of Medical Journal Editors (ICMJE) which requires, as a condition of consideration for publication of clinical trials, registration in a public trials registry.(www.clinicaltrials.gov). Any clinical trial must be registered in one of the five ICMJE-approved public trials registries (i.e.,www.clinicaltrials.gov, www.isrctn.org, www.umin.ac.jp, www.trialregister.nl). Please report the study ID number and the website where the clinical trial is registered at the end of the abstract of the article. CLINICAL NUTRITION requires prospective registration of all trials. If the study is not registered, authors must do so before the submitted paper will be considered for peer review. If the study began before the 1st of July 2008, the initial recruitment date should be reported in the appropriate place in the Materials Methods section. CLINICAL NUTRITION requires prospective registration of all trials. Purely observational studies (those in which the assignment of the medical intervention is not at the discretion of the investigator) will not require registration.

Keywords

Provide a maximum of 6 keywords, using American spelling and avoiding general and plural terms and multiple concepts (avoid, for example, 'and', 'of'). Be sparing with

abbreviations: only abbreviations firmly established in the field may be eligible. These keywords will be used for indexing purposes.

Abbreviations (optional)

Standard abbreviations may be used without definition, while non-standardized abbreviations should be explained in the text (as well as Tables and Figures) and should be listed. Ensure consistency and definitions (when first cited) of abbreviations throughout the article.

Introduction

State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results.

Materials & Methods

The Materials and Methods section of the report gives a detailed account of the procedure that was followed in completing the experiment(s) discussed in the report. Such an account is very important, not only so that the reader has a clear understanding of the experiment, but a well-written Materials and Methods section also serves as a set of instructions for anyone desiring to replicate the study in the future. Considering the importance of "reproducible results" in science, it is quite obvious why this is so vital.

Results

The results section summarizes the data that was collected and the statistical analyses that were performed. It is strongly advised to include all observations in a [figure](#) and to use [95% Confidence Intervals](#) to show the variation of the data in figures and tables. The goal of this section is to report the results without any type of subjective interpretation. The number of Figures and Tables should be in balance with the length of the manuscript, and carefully prepared to avoid duplication of data in the text. Important, ancillary information, that is relevant to the parent article but cannot (and does not) appear in the print (or online) version of the journal can be referred to (clearly labeled as Supporting Information) in the result section, but needs to be submitted as separate "Supporting Information" files.

Discussion

The purpose of the discussion is to interpret and describe the significance of your

findings in light of what was already known about the research problem being investigated, and to explain any new understanding or fresh insights about the problem after you've taken the findings into consideration. We recommend adding titles(subheaders) to paragraphs/sections to enhance the readability.

Conclusion

A conclusion is where you summarize the paper's findings and generalize their importance, discuss ambiguous data, and recommend further research. An effective conclusion should provide closure for a paper, leaving the reader feeling satisfied that the concepts have been fully explained.

Acknowledgement section:

- Acknowledgements (optional).

List here those individuals who provided help during the research (e.g., providing language help, writing assistance or proofreading the article, etc.).

- Funding statement (mandatory).

List funding sources in this standard way to facilitate compliance with the funder's requirements:

- 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 Institutes of Peace [grant number aaaa].
- It is not necessary to include detailed descriptions of the program or type of grants and awards. When funding is from a block grant or other resources available to a university, college, or other research institution, submit the name of the institute or organization that provided the funding.
- If no funding has been provided for the research, please include the following sentence: "This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors."

- Conflict of interest (mandatory).

All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. If there are no conflicts of interest then please indicate this in this statement.

- Author contributions (mandatory).

For transparency, we request the authors to submit an author statement file outlining their individual contributions to the paper using the relevant CRediT roles: Conceptualization; Data curation; Formal analysis; Funding acquisition; Investigation; Methodology; Project administration; Resources; Software; Supervision; Validation; Visualization; Roles/Writing - original draft; Writing - review & editing. Authorship statements should be formatted with the names of authors first and CRediT role(s) following. [More details and an example.](#)

- Declaration of Generative AI and AI-assisted technologies in the writing process

Authors must disclose the use of generative AI and AI-assisted technologies in the writing process by adding a statement at the end of their manuscript (in the acknowledgement section) in the core manuscript file. Statement: During the preparation of this work the author(s) used [NAME TOOL / SERVICE] in order to [REASON]. After using this tool/service, the author(s) reviewed and edited the content as needed and take(s) full responsibility for the content of the publication. This declaration does not apply to the use of basic tools for checking grammar, spelling, references etc. If there is nothing to disclose, there is no need to add a statement.

References

References have to be cited in the text by Arabic numerals and numbered in the order in which they are cited. The reference section should be typed double-spaced at the end of the text, following the sample format given below. Abbreviate journal titles according to the List of Journals Indexed in Index Medicus (available from the Superintendent of Documents, US Government Printing Office, Washington, D.C. 20402, USA, DHEW Publication No. (NIH) 91-267; ISSN 0093-3821. Provide all authors' names. Provide article titles and inclusive pages. 'Unpublished data' and 'personal communications' do not qualify as References and should be placed in parentheses in the text. The accuracy of reference data is the responsibility of the author. **Refer to the Vancouver style of citation with your reference manager program**

or use the suggestions mentioned in the [ADDITIONAL INFORMATION](#) section.

Figure legends/captions

Ensure that each illustration has a caption. A caption should comprise a brief title (**not** on the figure itself) and a description of the illustration. Keep text in the illustrations

themselves to a minimum but explain all symbols and abbreviations used.

File type: Figure (flow diagram)

All Randomized controlled Trials submitted should include a Consolidated Standards of Reporting Trials (CONSORT) 2010 Flow diagram. Please refer to the CONSORT statement website at <http://www.consort-statement.org> for more information. An example flow diagram can also be downloaded from here. You will be asked to upload this flow diagram at the time of submission and this is a file mandatory for submission. All Meta-analyses submitted should include a completed uploaded PRISMA Flow Diagram. An example flow diagram can be downloaded from <http://www.prisma-statement.org/>. You will be asked to upload this flow diagram at the time of submission and this file is mandatory for submission.

File type: Figure

- *New submissions*: If illustrations/figures are submitted they can be embedded in the manuscript file only.
- *Revised submissions*: If illustrations are submitted, they need to be of high quality and submitted as a separate file. No figure captions are allowed in the Figure file. The figure captions need to be submitted on a separate sheet at the end of the manuscript file.

For detailed information about artwork/illustrations see [ADDITIONAL INFORMATION](#)

File type: Table

Please submit tables as editable text and not as images. Tables can be placed either next to the relevant text in the manuscript file or submitted in separate Files. Number tables consecutively in accordance with their appearance in the text and place any table notes below the table body. Be sparing in the use of tables and ensure that the data presented in them do not duplicate results described elsewhere in the article. Please avoid using vertical rules and shading in table cells.

File type: CONSORT Agreement Checklist

All Randomized controlled Trials submitted for publication in CLINICAL NUTRITION should include a completed Consolidated Standards of Reporting Trials (CONSORT) 2010 checklist. Please refer to the CONSORT statement [website](#) for more information. The checklist can also be downloaded from here. You will be asked to upload this completed checklist at the time of submission and this file is mandatory for submission. In addition, please consider the editorial decision tree concerning cluster randomized

controlled trials before submitting: [link](#)

File type: PRISM checklist

All Meta-analyses submitted for publication in CLINICAL NUTRITION and CLINICAL NUTRITION ESPEN should also include a completed uploaded PRISMA Checklist. Downloadable forms are located at <http://www.prisma-statement.org/>.

File type: Manuscript (including marked changes)

For revised submissions mandatory. You will be asked to upload a revised manuscript file with the changes marked. Which is "the final version showing all **changes** from the former version".

File type: Graphical abstract

The graphical abstract is optional and should summarize the contents of the article in a concise, pictorial form designed to capture the attention of a wide readership. Graphical abstracts should be submitted as a separate file in the online submission system. They will be reviewed as part of the paper. Graphical abstracts are strongly advised to help better dissemination of the findings through the web and social media. Image size: Please provide an image with a minimum of 531 × 1328 pixels (h × w) or proportionally more. The image should be readable at a size of 5 × 13 cm using a regular screen resolution of 96 dpi. Preferred file types: TIFF, EPS, PDF, or MS Office files. More information and example Graphical Abstracts [here](#).

File type: Supporting Files

Important, ancillary information, which is relevant to the parent article but cannot (and does not) appear in the print (or online) version of the journal. It may comprise additional tables, data sets, figures, movie files, audio clips, 3D structures, and other related nonessential multimedia files. The materials must be original and not previously published. All supporting information must include a legend stating what it is, as well as the format. Submitted supporting files are published exactly as they are received (Excel or PowerPoint files will appear as such online). Please submit your material together with the article and supply a concise, descriptive caption for each supplementary file. If you wish to make changes to supporting material during any stage of the process, please make sure to provide an updated file. Do not annotate any corrections on a previous version. Please switch off the 'Track Changes' option in Microsoft Office files as these will appear in the published version.

ADDITIONAL INFORMATION

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Electronic artwork

General points

- Make sure you use uniform lettering and sizing of your original artwork.
- Preferred fonts: Arial (or Helvetica), Times New Roman (or Times), Symbol, Courier.
- Number the illustrations according to their sequence in the text.
- Use a logical naming convention for your artwork files.
- Indicate per figure if it is a single, 1.5, or 2-column fitting image.
- For Word submissions only, you may still provide figures and their captions, and tables within a single file at the revision stage.
- Please note that individual figure files larger than 10 MB must be provided in separate source files.

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Regardless of the application used, when your electronic artwork is finalized, please 'save as' or convert the images to one of the following formats (note the resolution requirements for line drawings, halftones, and line/halftone combinations given below):

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- TIFF (or JPG): Color or grayscale photographs (halftones): always use a minimum of 300 dpi.
- TIFF (or JPG): Bitmapped line drawings: use a minimum of 1000 dpi.
- TIFF (or JPG): Combinations of bitmapped line/half-tone (color or grayscale): a minimum of 500 dpi is required.

Please do not:

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- Supply files that are too low in resolution.

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References

Data references

This journal encourages you to cite underlying or relevant datasets in your manuscript by citing them in your text and including a data reference in your Reference List. Data references should include the following elements: author name(s), dataset title, data repository, version (where available), year, and global persistent identifier. Add [dataset] immediately before the reference so we can properly identify it as a data reference. The [dataset] identifier will not appear in your published article.

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<http://open.mendeley.com/use-citation-style/clinical-nutrition>

When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice.

Reference style

References have to be cited in the text by Arabic numerals and numbered in the order in which they are cited. The reference section should be typed double-spaced at the end of the text, following the sample format given below. Abbreviate journal titles according to the List of Journals Indexed in Index Medicus (available from the Superintendent of Documents, US Government Printing Office, Washington, D.C. 20402, USA, DHEW Publication No. (NIH) 91-267; ISSN 0093-3821. Provide all authors' names. Provide article titles and inclusive pages. 'Unpublished data' and 'personal communications' do not qualify as References and should be placed in parentheses in the text. The accuracy of reference data is the responsibility of the author. **Refer to the Vancouver style of citation with your reference manager program**

or use the suggestions below.

Sample References

Article in a journal

Oguro M, Imahiro S, Saito S, Nakashizuka T. Mortality data for Japanese oak wilt disease and surrounding forest compositions, Mendeley Data, v1; 2015.

<http://dx.doi.org/10.17632/xwj98nb39r.1.1>.

Cummings J H, MacFarlane G T. Role of intestinal bacteria in nutrient metabolism. Clin Nutr 1997; 16: 3-11.

Book

1. McLaren D S, Meguid M M. Nutrition and its disorders, 4th ed. Edinburgh: Churchill Livingstone, 1988.

Chapter in book

1. Goodwin S C, Liu S. Radiologic techniques for enteral access. In: Rombeau J L, Rolandelli R H, Eds. Enteral and tube feeding, 3rd ed. Philadelphia: W B Saunders, 1997: 193-206.

Website

1. U.S. positions on selected issues at the third negotiating session of the Framework Convention on Tobacco Control. Washington, D.C.: Committee on Government Reform, 2002. (Accessed March 4, 2002, at http://www.house.gov/reform/min/inves_tobacco/index_accord.htm.)

Online journal article

Tenesa A, Noble C, Satsangi J, et al. Association of DLG 5 and inflammatory bowel disease across human populations. Eur Journal Hum Genet 2006: published online Jan 4. DOI:10.1038/sj.ejhg.5201516

Research data

This journal encourages and enables you to share data that supports your research publication where appropriate, and enables you to interlink the data with your published articles. Research data refers to the results of observations or experimentation that validate research findings. To facilitate reproducibility and data reuse, this journal also encourages you to share your software, code, models, algorithms, protocols, methods, and other useful materials related to the project.

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AFTER ACCEPTANCE

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