

## **Image Submission Guidelines for *The Journal of Nutrition* Cover Illustrations**

1. **Format of submitted art:** We can accept cover images in the following file formats: **EPS, TIFF, PDF, or JPEG**. Files must conform to the following minimum resolution specifications: Line art: 1000 dpi; Combination Halftones: 600 dpi (grayscale or color images and type); Halftones: 300 dpi (grayscale or color with no type or lettering). When saving as a JPEG file use maximum quality/minimum compression.

Microsoft PowerPoint (PPT) and Word (DOC) files can be acceptable *if properly prepared and submitted in their native format*. When creating print quality files in MS Office applications follow these general guidelines:

- a. Do not use pattern or textured fills in graphics. Instead, use solid fills or percentage screens that will be effectively converted to vector images during file conversion.
  - b. Artwork placed with any MS Office application should be of acceptable minimum resolution for print production: 300 dpi for halftones, 600 dpi for combinations and 1000 dpi for line art.
  - c. Authors should only use Times, Times Roman, Courier, Helvetica and/or Arial fonts, this will increase our chances of properly opening and retaining formatting.
  - d. When inserting pictures/images into files, be sure to select "insert" and not "insert link", which will not properly embed the hi-res image into the MS Office file.
  - e. Do not reduce or enlarge the images after placement within the MS Office file otherwise image quality will be affected.
  - f. A separate file should be submitted for each figure; do not submit figures as one combined file.
2. **Image Size: Images should be 20.0 cm wide by 14.5 cm high** (47 picas x 34.5 picas high).
  3. **Resolution:** files must conform to the following minimum resolution specifications: Line art:1000 dpi; Combination Halftones: 600 dpi (grayscale or color images and type); Halftones: 300 dpi (grayscale or color with no type or lettering)
  4. **Color Space:** All digital art, including black and white figures, submitted must be bitmap (Monochrome), grayscale, RGB or CMYK. Color files should be supplied in RGB color whenever possible and should have an ICC profile applied.
  5. **Submission:** Cover figure files may be submitted to the Editorial Office by e-mail to [acr6@psu.edu](mailto:acr6@psu.edu). Send large files on CD-ROM or Zip disk to the address given below, utilizing a traceable shipping method. For hard copies, send two glossy prints with the top indicated. Submissions should include a manuscript number, author name, phone, and e-mail and a completed Permission/Description form. Illustrations will not be returned unless requested.

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