



## Text

Include a statement in Methods concerning the **ethical treatment** of animals or participants. Specify the committee and institution that granted approval.

Specify all **assay kits and automatic analyzers** used in Methods. Describe or reference all methods, even if conducted elsewhere.

Cite a JN or AJCN diet reference that describes the **diets** (detail any modifications) or give the complete compositions, including vitamin and mineral mixtures, using JN units and nomenclature. ([http://jn.nutrition.org/misc/Ref\\_13.pdf](http://jn.nutrition.org/misc/Ref_13.pdf)). State the product and give the proximate compositions of commercial (nonpurified) diets. Do not use the term 'chow'.

Shorten **Methods** by citing references and briefly explaining modifications but all experiments conducted should be described in Methods, not in Results or Figure Legends.

In **Results**, include only brief introductory sentences to give context; do not present methods or material more appropriate for the introduction or discussion. All results should be presented in this section, not in the Discussion.

Avoid phrases such as "Figure X shows..." or "Y is shown in Table Z", etc. **Call out tables and figures** (by number and panel letter) individually in parentheses where appropriate in the text.

**Delete** values from the text that are presented in tables or figures (or vice versa).

## Statistics

Use appropriate analysis for the design and state all tests used in Methods.

In Methods, state the alpha used and the statistics presented in the text [e.g. "Values in the text are means  $\pm$  SEM.", "Values are medians (95% CI)."]. Use the mean  $\pm$  error term format rather than the mean (error term) format throughout the paper.

Clearly present **results of statistical analyses** in figures and tables.

When 3 or more means are compared to one another, use  $a>b>c$ , defined as: Means without a common letter differ,  $P<0.05$ . To compare 2 means, or to compare several means to a single control, label the test means with \*, defined as \*Different from control,  $P<0.05$ . Do not show "non-significant" differences.

If appropriate, present  $P$  values for main effects and interactions in the body of the table or within the bounds of the graph.

Provide the actual  $P$ -values ( $<0.10$ ) if non-significant differences or associations are presented in the text; if  $P>>0.1$ , delete statements of difference.  $P$ -values are not needed if means are stated not to differ or variable are stated not to be associated.

Include  $P$ -values for correlations; where appropriate, include the coefficient.

## Tables and Figures

Change tables and figures to standard JN format; **see examples in recent JN papers** for placement of units, use of footnotes, etc.

Change table and figure **titles** to concisely describe the treatments and species or cells studied. Refer to **figure panels** in titles, if possible.

Double space tables (unless they are very large) and figure legends. Landscape tables if necessary to improve the layout. Use indenting, not bolding, underlining, etc. to establish the table hierarchy.

Modify **footnotes and legends** to make the data understandable but do not repeat methods. Specific assay conditions can be given.

Include a statement explaining what the **data represent** in the figure legend or table footnote: e.g. Values are means  $\pm$  SEM,  $n=8$ . The  $n$  reported must be the number of independent observations used in the statistical analysis.

## Image Files

Figure panels should be the same height and/or width and should line up vertically and/or horizontally.  
Label each panel in the upper left corner, near the graph, using A, B, C, etc.  
Place **figure keys** on the figures, within the bounds of the graph or on the X-axes, not in the legends  
Titles or headings should not be on the figures per se. Variables should be on the axes, not within panels.  
Overall, figure layouts should avoid wasted white space.  
All aspects of figures (fonts, points, bolding, etc.) should be in proportion so that they will be legible when printed in 1-column (< 9 cm) width or for some complex, multi-panel figures, 2-column width.  
Arial is the preferred font. Fonts should be consistent within and among figures.  
All panels for a figure must be on a single “page” in a single image file.  
Remove unnecessary color from histograms, line drawings, etc., and use black and white hatching, shading, etc. (no 3-D depth, shadowing, or transitional shading).  
Hatching should not be overly “busy”.  
Remove background horizontal and vertical lines.  
Remove colored backgrounds of line drawings, histograms, etc.; these should be white.  
Remove outer boxes from figures or figure panels.

Mark online the number of **color figures** and the color figure numbers.  
Check that you will pay the authors’ portion (\$400) of the color figure charge.

For any figures or tables that are *adapted* or *reproduced* from a published source, include [Adapted with permission from (ref. #)] or [Reproduced with permission from (ref #)] at the end of the figure legend or in a table footnote. Obtain written permission from the copyright bearer and send a copy to the ASN office.

Include only named individuals in **Acknowledgments**. (All financial support should be in a footnote to the title).  
Include **Authors’ Contributions** to the manuscript using the descriptors listed in IFA ([http://jn.nutrition.org/misc/ifora\\_1-general.shtml#contrib](http://jn.nutrition.org/misc/ifora_1-general.shtml#contrib)).

Obtain **Personal Communications** in writing; forward permission to include the communication to the ASN office. Include the individual’s full name and institutional affiliation.

Change **literature citations** to JN format ([http://jn.nutrition.org/misc/ifora\\_4-ms-prep.shtml#LC](http://jn.nutrition.org/misc/ifora_4-ms-prep.shtml#LC)).

**Web citations** should be in Literature Cited and should not be given in the text.

**List 9 authors** before using et al.

The **DOI numbers** of cited papers can be given immediately after the literature citation.

Call out citations in the text **interlinearly in parentheses**.

## Submission of Revisions

**X** Check “Instructions for Authors” for manuscript and image source file requirements for revised papers. ([http://jn.nutrition.org/misc/ifora\\_3-online-submissions.shtml#Section3](http://jn.nutrition.org/misc/ifora_3-online-submissions.shtml#Section3)). These differ from original submission instructions.

**X** Use the yellow “highlighting” feature in Word to mark major changes in your manuscript source (doc) file. (The markings should appear in the system-generated PDF file but if they do not, ALSO upload the highlighted doc file as a supplemental file and include in your coverletter that this was done, please.). **NOTE: There should not be any highlighting in the image source files or the Online Supporting Material PDF file.**

**X** Annotated examples of a manuscript, tables, and figures are available at [http://jn.nutrition.org/misc/ifora\\_4-ms-prep.shtml](http://jn.nutrition.org/misc/ifora_4-ms-prep.shtml).

## Other