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The submitted articles should not be published and/or considered for publication elsewhere in the world in any form.

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The length of a full paper should be concise, required to describe and interpret the work clearly. The main paper should include a set of key words (3-6) ; an Abstract (200-300 words), followed by (1) Introduction, (2) Materials and Methods, (3) Results, (4) Discussion, (5) Acknowledgments (6) References. Tables and figures must be at the end of manuscript.

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Short Communications are limited to a maximum of 1500-2500 words. The items of manuscript preparation listed above apply to Short Communications with the following differences: (1) Abstracts are limited to 100-200 words; (2) instead of a separate Materials and Methods section, experimental procedures may be incorporated into Figure Legends and Table footnotes; (3) Results and Discussion should be combined into a single section.

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Style of manuscript:

Text formatting:

Font: Arial

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Line spacing: 1.5

The journal's language is English:

Manuscript should be written in clear, concise and grammatically correct English. Indent new paragraphs. The manuscript should be presented in the following order:

Title page:

This should contain:

- Title for the article along with the running title
- Name(s) of author(s), their academic qualifications and current affiliations
- Number of table(s) and figure(s) in the manuscript
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The title represents the subject matter of the manuscript. The title should be brief and comprehensive.

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Original research articles must include a structured abstract that contains no more than 300 words, is written in complete sentences, and should detail the problems, experimental approach, major findings and conclusion in one paragraph and should appear on the second page. Avoid abbreviation, diagram and references in the abstract.

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Clearly state the purpose of the article. Summarize the rationale and background for the study or observation, giving only strictly pertinent references. Do not include methods, data, results, or conclusions from the work being reported.

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Present your results in a logical sequence in the text, tables, and figures. Do not present specifics of data more than once and do not duplicate data from tables or figures in the text; emphasize or summarize only important observations. Do not present data from individual subjects except for very compelling reasons. Report losses to observation (such as dropouts from a clinical trial). Use boldface for the first mention of each table or figure.

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Any assumptions on which conclusions are based must be stated clearly. The main conclusions should be conveyed in a final paragraph with a clear statement of how the study advances knowledge and understanding in the field.

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This information must also be inserted into your manuscript under the acknowledgements section with the headings below. If you have no declaration to make please insert the following statements into your manuscript:

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Conflict of interest: None declared

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At the end of the article, a list of references should be included. The authors are responsible for the accuracy and completeness of the references and their citations in the text.

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References should be arranged alphabetically by authors' names. If more than 6 authors then first 6 may be listed followed by '*et al.*' Use journal names as abbreviated.

Reference to a journal publication:

a. Journal article with DOI:

Hamer, M., Steptoe, A., 2009. Prospective study of physical fitness, adiposity, and inflammatory markers in healthy middle-aged men and women. *Am. J. Clin. Nutr.*, 89(1): 85-89. doi:10.3945/ajcn.2008.26779

b. Standard journal article:

Jeffery, R.W., Wing, R.R., Sherwood, N.E., Tate, D.F., 2003. Physical activity and weight loss: does prescribing higher physical activity goals improve outcome? *Am. J. Clin. Nutr.*, 78(1): 684-9.

c. Corporate author:

Royal Society for the Prevention of Cruelty to Animals, 2004. Care for your kitten. 3rd ed. Harper Collins, London.

Reference to a book and monographs:

a. Personal authors:

Shils, M., Shike, M., Olson, J., Ross, A.C., 1998. Modern nutrition in health and disease. 9th ed. Lippincott Williams & Wilkins, Baltimore.

b. Committee report or corporate author:

Food and Nutrition Board, Institute of Medicine, 2000. Dietary reference intakes for vitamin C, vitamin E, selenium and carotenoids. National Academy Press, Washington, DC.

c. Chapter in book:

Young, V.R., Tharakan, J.F., 2004. Nutritional essentiality of amino acids and amino acid requirements in healthy adults. 2nd. ed. In: Cynober LA, ed. Metabolic and therapeutic aspects of amino acids in clinical nutrition. FL: CRC Press, Boca Raton, 439-70.

Internet references:

a. Website:

National Center for Health Statistics. National Health and Nutrition Examination Survey. Version current 1 October 2003. Internet: <http://www.cdc.gov/nchs/nhanes.htm> (accessed 13 October 2003).

b. Online journal article:

Sinha, A., Madden, J., Ross-Degnan, D., Soumerai, S., Platt, R., 2003. Reduced risk of neonatal respiratory infections among breastfed girls but not boys. *Pediatrics* [serial online],112:e303. Internet: <http://pediatrics.aappublications.org/cgi/content/full/112/4/e303> (accessed 14 October 2003).

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