

Submission Guidelines

The *Nutritional Perspectives Authorship/Copyright Form* must be completed and submitted with the research article.

As part of the submission process, authors are required to check their submission's compliance with all the following items. Submissions may be returned to authors that do not adhere to these guidelines.

- ✓ The submission is original work and has not been published elsewhere nor submitted to another journal for publication.
- ✓ The submission adheres to AMA style formatting and bibliographic requirements.
- ✓ The submission meets the specific criteria for each of the 3 possible manuscript submissions: Original Research Article, Review Article, or Case Report.
- ✓ The submission will utilize Microsoft Word (.doc or .docx), a 12-point Times New Roman font, and single-spacing.
- ✓ If abbreviations are utilized, they should be defined at first use.

Submission Process

Select the manuscript type of the submission:

1. Original Research Article
2. Review Article
3. Case Report

Verify compliance with the submission preparation checklist.

Upload Submission

Upon submission to the journal, the title page with all identifying information of the authors will be removed by the editor-in-chief to ensure a blind review. Every effort will be made to prevent the identities of the authors and reviewers from being known to each other.

Cover Letter. Upload a cover letter to the Editors (.doc, .docx) about the alignment of the submission with the journal's aim & scope.

Manuscript. Upload a manuscript as one document (.doc, .docx) that follows the manuscript guidelines for each of the 3 different types of papers that are allowed in this journal. Documents must be single-spaced and use 12-point Times New Roman font.

Tables and Figures. Tables and figures must be in black and white only. They should be placed in the manuscript where the author(s) desire them to be located. The placement should be logical and follow the material discussed within that section and page. In addition, a separate file including each table or figure should be included with the submission. Footnotes, endnotes, or appendices are not allowed.

Manuscript Types

Original Research Article

Research articles focus on original quantitative or qualitative research that follows the scope of the journal.

Manuscripts for research articles submitted to the journal should be divided into the following sections:

- Title Page
 - The work being reported should be clear to the reader.
 - List full names and institutional addresses for all authors. Include credentials after the author names. The order of the authors should reflect the work completed on the article.
- Abstract
 - This should not exceed 350 words. Do not cite references in the abstract and minimize use of abbreviations. The abstract must include the following sections:
 - Background – context and purpose of the study
 - Methods – how the study was performed and any statistical tests used
 - Results – the main findings
 - Conclusions – a brief summary and potential implications
- Keywords
 - Four to eight keywords representing the content of the article.
- Introduction
 - This section should explain the background to the study, the aims, a summary of the existing literature, and why this study was necessary or its contribution to the field.
- Methods
 - This section should include the following:
 - The aim, design, and setting of the study.
 - The characteristics of participants or description of materials.
 - A clear description of all processes, interventions, and comparisons. Generic drug names should generally be utilized. When proprietary brands are used in research, include the name in parenthesis.
 - The type of statistical analysis used including a power calculation if appropriate.
 - Indication that either Institutional Review Board (IRB) human subjects' approval was secured or explains why it was not required.
- Results
 - Should include the findings of the study including, if appropriate, results of statistical analysis which must be included either in the text or as tables and figures.
- Discussion
 - This section should discuss the implications of the findings in the context of existing research and highlight limitations of the study.

- **Conclusions**
 - This should clearly state the main conclusions and provide an explanation of the importance and relevance of the study reported.
- **Competing interests**
 - All financial and non-financial competing interests must be declared in this section.
 - Please use the author's initials to refer to each author's competing interests in this section.
 - *If you do not have any competing interests, please state "The authors declare that they have no competing interests" in this section.*
- **Funding**
 - All sources of funding for the research reported should be declared. The role of the funding body in the design of the study and collection, analysis, and interpretation of data and in writing the manuscript should be declared.
 - *If you do not have any funding to report, please write "Not applicable" in this section.*
- **Acknowledgments**
 - Please acknowledge anyone who contributed towards the article who does not meet the criteria for authorship including anyone who provided professional writing services or materials.
 - Authors should obtain permission to acknowledge from all those mentioned in the Acknowledgements section.
 - *If you do not have anyone to acknowledge, please write "Not applicable" in this section.*
- **References**
 - AMA style is utilized in this journal and requires the use of standard abbreviations for all references, when applicable.
 - AMA Manual of Style, 11th ed., 2020

Examples of reference style for different types of journal articles:

Electronic articles within an online journal with DOI available

Doe JR, Dow BG, Does SJ, Doles PR. How to cite in AMA style. *Nutritional Perspectives*. 2020;19(6):1210-1217. doi:10.1234/MIB.0b013e33380e729

Electronic articles within an online journal without DOI available

Doe JR, Dow BG, Does SJ, Doles PR. How to cite in AMA style. *Nutritional Perspectives*. 2020;19(6):1210-1217. Accessed November 1, 2020. <https://NurtitionalPerspectives.com/NF.2020.11.2040>

EPUB ahead of print from online journals missing volume, issue, or page information with DOI available

Doe JR, Dow BG, Does SJ, Doles PR. How to cite in AMA style. *Nutritional Perspectives*. Published online November 1, 2020.
doi:10.1234/MIB.0b013e33380e729

EPUB ahead of print electronic articles from online journals without DOI available missing volume, issue, or page information

Doe JR. How to cite in AMA style. *Nutritional Perspectives*. Published online November 1, 2020. Accessed November 5, 2020.
<https://NurtitionalPerspectives.com/NF.2020.11.2040>

Print articles in journals with one author

Doe JR. How to cite in AMA style. *Nutritional Perspectives*. 2020;19(6):1210-1217.

Print articles in journals with more than one author

Doe JR, Does GH, Dose FG. How to cite in AMA style. *Nutritional Perspectives*. 2020;19(6):1210-1217.

Article with no volume or issue numbers

Doe JR, Does GH, Dose FG. How to cite in AMA style. *Nutritional Perspectives*. November 2020:120.

Article with no volume number

Doe JR, Does GH, Dose FG. How to cite in AMA style. *Nutritional Perspectives*. 2020;(6):1210-1217.

To cite other sources such as books in print, E-Books, chapters within books, and other electronic resources such as websites/web pages, online databases, software/applications, and conferences/proceedings/webinars please refer to the AMA Manual of Style, 11th ed., 2020.

Review Article

Review articles are summaries of recent insights in specific research areas within the scope of the journal. The review should provide a detailed description of previous work, current guidelines or knowledge, the most recent research findings, and implications for practice, policy, and additional research.

Manuscripts for review articles submitted to the journal should be divided into the following sections:

- Title Page
 - The work being reported should be clear to the reader.
 - List full names and institutional addresses for all authors. Include credentials after the author names. The order of the authors should reflect the work completed on the article.
- Abstract
 - This should not exceed 350 words. Do not cite references in the abstract and minimize use of abbreviations. The abstract must include the following sections:
 - Background – context and purpose of the study
 - Methods – how the study was performed and any statistical tests used
 - Results – the main findings
 - Conclusions – a brief summary and potential implications
- Keywords
 - Four to eight keywords representing the content of the article.
- Introduction
 - This section should explain the background to the study, the aims, a summary of the existing literature, and why this study was necessary or its contribution to the field.
- Methods
 - This section should include the following:
 - The aim, design, and setting of the study.
 - The characteristics of participants or description of materials.
 - A clear description of all processes, interventions, and comparisons. Generic drug names should generally be utilized. When proprietary brands are used in research, include the name in parenthesis.
 - The type of statistical analysis used, if any, including a power calculation if appropriate.
 - Example: *A review of the literature published in the last five years was performed using the following databases (CINAHL, MEDLINE, EBSCO, etc.) using the following search terms (“nutrition”, “adults”, etc.).*
- Results
 - Should include the findings of the study including, if appropriate, results of statistical analysis which must be included either in the text or as tables and figures.
- Discussion
 - This section should discuss the implications of the findings in the context of existing research and highlight limitations of the study.
- Conclusions
 - This should clearly state the main conclusions and provide an explanation of the importance and relevance of the study reported.

- Competing interests
 - All financial and non-financial competing interests must be declared in this section.
 - Please use the author's initials to refer to each author's competing interests in this section.
 - *If you do not have any competing interests, please state "The authors declare that they have no competing interests" in this section.*
- Funding
 - All sources of funding for the research reported should be declared. The role of the funding body in the design of the study and collection, analysis, and interpretation of data and in writing the manuscript should be declared.
 - *If you do not have any funding to report, please write "Not applicable" in this section.*
- Acknowledgments
 - Please acknowledge anyone who contributed towards the article who does not meet the criteria for authorship including anyone who provided professional writing services or materials.
 - Authors should obtain permission to acknowledge from all those mentioned in the Acknowledgements section.
 - *If you do not have anyone to acknowledge, please write "Not applicable" in this section.*
- References
 - AMA style is utilized in this journal and requires the use of standard abbreviations for all references, when applicable.
 - AMA Manual of Style, 11th ed., 2020

Examples of reference style for different types of journal articles:

Electronic articles within an online journal with DOI available

Doe JR, Dow BG, Does SJ, Doles PR. How to cite in AMA style. *Nutritional Perspectives*. 2020;19(6):1210-1217. doi:10.1234/MIB.0b013e33380e729

Electronic articles within an online journal without DOI available

Doe JR, Dow BG, Does SJ, Doles PR. How to cite in AMA style. *Nutritional Perspectives*. 2020;19(6):1210-1217. Accessed November 1, 2020. <https://NurtitionalPerspectives.com/NF.2020.11.2040>

EPUB ahead of print from online journals missing volume, issue, or page information with DOI available

Doe JR, Dow BG, Does SJ, Doles PR. How to cite in AMA style. *Nutritional Perspectives*. Published online November 1, 2020.
doi:10.1234/MIB.0b013e33380e729

EPUB ahead of print electronic articles from online journals without DOI available missing volume, issue, or page information

Doe JR. How to cite in AMA style. *Nutritional Perspectives*. Published online November 1, 2020. Accessed November 5, 2020.
<https://NurtitionalPerspectives.com/NF.2020.11.2040>

Print articles in journals with one author

Doe JR. How to cite in AMA style. *Nutritional Perspectives*. 2020;19(6):1210-1217.

Print articles in journals with more than one author

Doe JR, Does GH, Dose FG. How to cite in AMA style. *Nutritional Perspectives*. 2020;19(6):1210-1217.

Article with no volume or issue numbers

Doe JR, Does GH, Dose FG. How to cite in AMA style. *Nutritional Perspectives*. November 2020:120.

Article with no volume number

Doe JR, Does GH, Dose FG. How to cite in AMA style. *Nutritional Perspectives*. 2020;(6):1210-1217.

To cite other sources such as books in print, E-Books, chapters within books, and other electronic resources such as websites/web pages, online databases, software/applications, and conferences/proceedings/webinars please refer to the AMA Manual of Style, 11th ed., 2020.

Case Report

Case Reports are an in-depth study of one individual. The journal welcomes well-described reports of nutritionally oriented cases that include the following:

- Unexpected or unusual presentations of a disease
- New associations or variations in disease processes
- Presentations, diagnoses, and/or management of new and emerging diseases

- An unexpected association between diseases or symptoms
- An unexpected event in the course of observing or treating a patient
- Unreported or unusual side effects or adverse interactions involving medications
- Findings that shed new light on the possible pathogenesis of a disease or an adverse effect

Case reports submitted to the journal should make a contribution to healthcare knowledge and must have educational value or highlight the need for a change in clinical practice or diagnostic/prognostic approaches. The journal will consider case reports describing preventive or therapeutic interventions, but these generally require stronger evidence.

Authors are encouraged to describe how the case report is rare or unusual as well as its educational and/or scientific merits in the cover letter that accompanies the manuscript.

Manuscripts for case reports submitted to the journal should be divided into the following sections:

- Title Page
 - The work being reported should be clear to the reader.
 - List full names and institutional addresses for all authors. Include credentials after the author names. The order of the authors should reflect the work completed on the article.
- Abstract
 - This should not exceed 350 words. Do not cite references in the abstract and minimize use of abbreviations. The abstract must include the following sections:
 - Objective – why the case should be reported and its novelty
 - Clinical Features – a brief description of the patient’s clinical and demographic details and the diagnosis
 - Intervention and Outcome – any treatments and the results
 - Conclusions – a brief summary of the clinical impact or potential implications of the case report
- Keywords
 - Four to eight keywords representing the content of the article.
- Introduction
 - This section should explain the background to the case report or study, the aims, and a summary of the existing literature.
- Case Presentation
 - This section should include a description of the patient’s relevant demographic details, medical history, symptoms and signs, treatment or intervention, outcomes, and any other significant details.
- Discussion and Conclusions
 - This should discuss the relevant existing literature and should state clearly the main conclusions, including an explanation of their relevance or importance to the field.

- Consent
 - Authors must submit a signed *Consent Form* to publish the information from the patients or their guardians prior to submission. The submitted manuscript must include a statement to this effect in the ‘Consent’ section, as follows: “Written informed consent was obtained from the patient for publication of this case report and any accompanying images. A copy of the written consent is available for review by the Editor-in-Chief of this journal.” The editorial office may request copies of the informed consent documentation at any time.
- Competing interests
 - All financial and non-financial competing interests must be declared in this section.
 - Please use the author’s initials to refer to each author’s competing interests in this section.
 - *If you do not have any competing interests, please state “The authors declare that they have no competing interests” in this section.*
- Funding
 - All sources of funding for the research reported should be declared. The role of the funding body in the design of the study and collection, analysis, and interpretation of data and in writing the manuscript should be declared.
 - *If you do not have any funding to report, please write “Not applicable” in this section.*
- Acknowledgments
 - Please acknowledge anyone who contributed towards the article who does not meet the criteria for authorship including anyone who provided professional writing services or materials.
 - Authors should obtain permission to acknowledge from all those mentioned in the Acknowledgements section.
 - *If you do not have anyone to acknowledge, please write “Not applicable” in this section.*
- References
 - AMA style is utilized in this journal and requires the use of standard abbreviations for all references, when applicable.
 - AMA Manual of Style, 11th ed., 2020

Examples of reference style for different types of journal articles:

Electronic articles within an online journal with DOI available

Doe JR, Dow BG, Does SJ, Doles PR. How to cite in AMA style. *Nutritional Perspectives*. 2020;19(6):1210-1217. doi:10.1234/MIB.0b013e33380e729

Electronic articles within an online journal without DOI available

Doe JR, Dow BG, Does SJ, Doles PR. How to cite in AMA style. *Nutritional Perspectives*. 2020;19(6):1210-1217. Accessed November 1, 2020.
<https://NurtitionalPerspectives.com/NF.2020.11.2040>

EPUB ahead of print from online journals missing volume, issue, or page information with DOI available

Doe JR, Dow BG, Does SJ, Doles PR. How to cite in AMA style. *Nutritional Perspectives*. Published online November 1, 2020.
doi:10.1234/MIB.0b013e33380e729

EPUB ahead of print electronic articles from online journals without DOI available missing volume, issue, or page information

Doe JR. How to cite in AMA style. *Nutritional Perspectives*. Published online November 1, 2020. Accessed November 5, 2020.
<https://NurtitionalPerspectives.com/NF.2020.11.2040>

Print articles in journals with one author

Doe JR. How to cite in AMA style. *Nutritional Perspectives*. 2020;19(6):1210-1217.

Print articles in journals with more than one author

Doe JR, Does GH, Dose FG. How to cite in AMA style. *Nutritional Perspectives*. 2020;19(6):1210-1217.

Article with no volume or issue numbers

Doe JR, Does GH, Dose FG. How to cite in AMA style. *Nutritional Perspectives*. November 2020:120.

Article with no volume number

Doe JR, Does GH, Dose FG. How to cite in AMA style. *Nutritional Perspectives*. 2020;(6):1210-1217.

To cite other sources such as books in print, E-Books, chapters within books, and other electronic resources such as websites/web pages, online databases, software/applications, and conferences/proceedings/webinars please refer to the AMA Manual of Style, 11th ed., 2020.

