

Directions to Contributors – Concise Version

The *Proceedings of the Nutrition Society* publishes papers presented by invitation and original communications given at the symposia and meetings of the Society. The geographical scope of the journal is international. As a contributor you should note and follow the guidelines set out below. Further information on how the technical content of your paper should be presented is given in the **Directions to Contributors** on the journal's web page at <http://journals.cambridge.org/pns> or contact the Publications Office on +44 1223 347922 (telephone), or pns.edoffice@cambridge.org (email).

Authors are reminded that their papers will be read by a wide cross-section of the Society's members, many of whom were neither at the meeting nor are they specialists in the subject area. Authors should thus seek to provide an introduction and context to the subject and are encouraged to provide extensive references to allow the reader to further explore the subject, in addition to summarizing the more recent findings, conclusions and hypotheses of their own and other research groups. Authors should avoid unnecessary use of 'jargon' and acronyms and ensure that as far as possible acronyms and abbreviations are defined and explained in the text.

Papers should be accompanied by a signed statement to the effect that the author accepts the conditions laid down in the full Directions to Contributors. Contributors of Symposium papers will be asked to complete a copy of the 'Licence to Publish' (in lieu of copyright transfer) at the proof stage.

Page format. The *Proceedings of the Nutrition Society* is printed in double-column format (column width of 85 mm) with a text area of 235×177 mm.

Text. Word-processed text provided electronically is required. Text files must be compatible with Microsoft Word 2000 (either in Word format or saved as rich text (.rtf) files. The typescript should be prepared with 1.5 line spacing and margins (at least 1.5 cm) on each side and with no underlining, bold or italics (except for scientific names). Standard abbreviations (e.g. Fig. and Figs.) and SI units should be used. **This will enable papers to be handled rapidly, and with fewer typesetting errors. All relevant financial and other interests should be declared.**

Abstract. Each paper must commence with a carefully prepared, accurate, informative abstract, in one paragraph, that is complete in itself and intelligible without reference to text or figures, starting with the objective followed by the key findings and ending in clear conclusion. It should not exceed 250 words.

Key Words. Authors should supply two or three key words or phrases (each containing up to three words) for the subject index of the volume.

Tables. Tables should be reduced to the simplest form, and should not be used where text or illustrations give the same information. They should be submitted on separate sheets at the end of the article and must carry headings describing

their content that are comprehensible without reference to the text.

Illustrations. All figures should be of sufficient size and quality to allow for reduction by half or two-thirds. Half-tone photographs are acceptable where they make a real contribution to the text. Colour illustrations can be used at the discretion of the Editor. Figure captions should be typed separately at the end of the main text and numbered corresponding to the relevant figures. For illustrations, preferred software packages are Adobe Illustrator, Adobe Photoshop, Aldus Freehand, Chemdraw or CorelDraw. Preferred formats are TIFF or JPEG, if a TIFF file is not possible save as an EPS or a Windows metafile. Microsoft PowerPoint files are also acceptable.

References. References must be based on the numbered (Vancouver) system. **When an article has more than ten authors, only the names of the first three should be given followed by *et al.*; give abbreviated journal titles and conform to the following styles:**

1. Goel V, Cheema SK, Agellon LB, Oraikul B & Basu TK (1999) Dietary rhubarb (*Rheum rhaponticum*) stalk fibre stimulates cholesterol 7 α -hydroxylase gene expression and bile acid excretion in cholesterol-fed C57BL/6J mice. *Br J Nutr* **81**, 65–71.
2. Jenkins DJ, Kendall CW, Marchie A *et al.* (2003) The effect of combining plant sterols, soy protein, viscous fibres, and almonds in treating hypercholesterolemia. *Metabolism* **52**, 1478–1483.
3. Brandtzaeg P (2003) Role of local immunity and breast-feeding in mucosal homeostasis and defence against infections. In *Nutrition and Immune Function*, pp. 273–320 [PC Calder, CJ Field and HS Gill, editors]. Wallingford, Oxon: CAB International.
4. Stock M & Rothwell NJ (1982) *Obesity and Leanness: Basic Aspects*. London: John Libbey.

Citations should be numbered consecutively in the order in which they first appear in the text using superscript Arabic numerals in parentheses, e.g. 'The conceptual difficulty of this approach has recently been highlighted^(1,2–4)'. If a reference is cited more than once the same number should be used each time.

Proofs. PDF page proofs will be accessible to authors from the typesetter's website and should be returned within 48 hours (by email or Express mail) to:

Monica Nelson
2 Leicester Road, Wanstead
London
E11 2DP
UK
email nelsononline@btinternet.com

Queens University, Belfast, 21–23 June 2017

Conference on ‘What governs what we eat?’

Symposium 1: The food environment

Changing the food environment: the effect of trained volunteers on mealtime care for older people in hospital
H. C. Roberts 95

Symposium 2: Drivers of food choice: food chain perspective

State-of-the-art for food taxes to promote public health
J. D. Jensen & S. Smed 100

Symposium 3: Drivers of food choice at the individual level

Interventions to accelerate change towards a healthier diet
S. A. Jebb 106

Julie Wallace Lecture

Does dietary nitrate say NO to cardiovascular ageing? Current evidence and implications for research
M. Siervo, F. Scialò, O. M. Shannon, B. CM. Stephan & A. W. Ashor 112

Postgraduate Symposium

Is there a role for vitamin D in supporting cognitive function as we age?
N. Aspell, B. Lawlor & M. O’Sullivan 124

A window beneath the skin: how computed tomography assessment of body composition can assist in the identification of hidden wasting conditions in oncology that profoundly impact outcomes
L. E. Daly, C. M. Prado & A. M. Ryan 135

Diet, nutrition and the ageing brain: current evidence and new directions
K. Moore, C. F. Hughes, M. Ward, L. Hoey & H. McNulty 152

Ethnic disparities in the dietary requirement for vitamin D during pregnancy: considerations for nutrition policy and research
K. M. O’Callaghan & M. E. Kiely 164

Royal Society of Medicine, London, 6–7 December 2016

Conference on ‘Diet, nutrition and mental health and wellbeing’

Symposium 4: Public health and nutrition strategies to promote good mental health

Tryptophan supplementation and serotonin function: genetic variations in behavioural effects
E. L. Gibson 174