

Instructions to the Authors

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The Editorial Process



A manuscript will be reviewed for possible publication with the understanding that it is being submitted to **International Journal of Food and Nutritional Sciences (IJFANS)** alone at that point in time and has not been published anywhere, simultaneously submitted, or already accepted for publication elsewhere. The journal expects that authors would authorize one of them to correspond with the Journal for all matters related to the manuscript. All manuscripts received are duly acknowledged. On submission, editors review all submitted manuscripts initially for suitability for formal review. Manuscripts with insufficient originality, serious scientific or technical flaws, or lack of a significant message are rejected before proceeding for formal peer-review. Manuscripts that are unlikely to be of interest to the **International Journal of Food and Nutritional Sciences** readers are also liable to be rejected at this stage itself.

Manuscripts that are found suitable for publication in **International Journal of Food and Nutritional Sciences** are sent to two or more expert reviewers. During submission, the contributor is requested to provide names of two or three qualified reviewers who have had experience in the subject of the submitted manuscript, but this is not mandatory. The reviewers should not be affiliated with the same institutes as the contributor/s. However, the selection of these reviewers is at the sole discretion of the editor. The journal follows a double-blind review process, wherein the reviewers and authors are unaware of each other's identity. Every manuscript is also assigned to a member of the editorial team, who based on the comments from the reviewers takes a final decision on the manuscript. The comments and suggestions (acceptance/ rejection/ amendments in manuscript) received from reviewers are conveyed to the corresponding author. If required, the author is requested to provide a point by point response to reviewers' comments and submit a revised version of the manuscript. This process is repeated till reviewers and editors are satisfied with the manuscript.

Manuscripts accepted for publication are copy edited for grammar, punctuation, print style, and format. Page proofs are sent to the corresponding author. The corresponding author is expected to return the corrected proofs within three days. It may not be possible to incorporate corrections received after that period. The whole process of submission of the manuscript to final decision and sending and receiving proofs is completed online. To achieve faster and greater dissemination of knowledge and information, the journal publishes articles online as 'Ahead of Print' immediately on acceptance.

Clinical trial registry



International Journal of Food and Nutritional Sciences favors registration of clinical trials and is a signatory to the Statement on publishing clinical trials in Indian biomedical journals. **International Journal of Food and Nutritional Sciences** would publish clinical trials that have been registered with a clinical trial registry that allows free online access to public. Registration in the following trial registers is acceptable: <http://ctri.nic.in/Clinicaltrials/login.php>

Authorship Criteria



Authorship credit should be based only on substantial contributions to each of the three components mentioned below:

1. Concept and design of study or acquisition of data or analysis and interpretation of data;
2. Drafting the article or revising it critically for important intellectual content; and
3. Final approval of the version to be published.

Participation solely in the acquisition of funding or the collection of data does not justify authorship. **General supervision of the research group is not sufficient for authorship.** Each contributor should have participated sufficiently in the work to take public responsibility for appropriate portions of the content of the manuscript. The order of naming the contributors should be based on the relative contribution of the contributor towards the study and writing the manuscript. Once submitted the order cannot be changed without written consent of all the contributors. The journal prescribes a maximum number of authors for manuscripts depending upon the type of manuscript, its scope and number of institutions involved (vide infra). **The authors should provide a justification, if the number of authors exceeds these limits.**

Contribution Details

Contributors should provide a description of contributions made by each of them towards the manuscript. Description should be divided into the following categories, as applicable: concept, design, definition of intellectual content, literature search, clinical studies, experimental studies, data acquisition, data analysis, statistical analysis, manuscript preparation, manuscript editing and manuscript review. Authors' contributions may be printed along with the article. One or more authors should take responsibility for the integrity of the work as a whole from inception to published article and should be designated as '**guarantor**'. Author should also disclose the source of financial support for the project.

Conflicts of Interest/ Competing Interests

All authors must disclose any and all conflicts of interest they may have with publication of the manuscript or an **institution** or **product** that is mentioned in the manuscript and/or is important to the outcome of the study presented. Authors should also disclose conflict of interest with products that compete with those mentioned in their manuscript.

Publication Ethics and Publication Malpractice Statement

International Journal of Food and Nutritional Sciences insist to agree upon standards of expected ethical behavior for all parties involved in the act of publishing: the author, the journal editor, the peer reviewer and the publisher. Our ethic statements are based on COPE's Best Practice Guidelines for Journal Editors: <http://publicationethics.org/resources/guidelines>

Types of Manuscripts and Limits

Article processing charge:

The journal charges following fee on acceptance

Case Report, Original Article, Review Article, Short Communication: US \$ 150 (for overseas authors), INR 7500 (for authors from India)

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Original articles: Up to 3500 words including references and abstract (max. 250 words), total no. of figures+Tables-4 and a maximum of 25 references.

Review Article: Up to 4000 words including references and abstract (max. 250 words), total no. of figures+Tables-4 and a maximum of 30 references

Short communications: Up to 2000 words including references and abstract (max. 150 words), total no. of figures+Tables-3 and a maximum of 10 references

Case reports: Up to 1000 words including references and abstract and up to 10 references and total no. of figures+Tables-3.

Authors have to pay additional charges of Rs.750(For Indian authors) and 15 USD (For International authors) for every extra 500 words than the word count stated above for the respective article type.

Preparation of Manuscripts

The text of observational and experimental articles should be divided into sections with the headings: Introduction, Methods, Results and Discussion, References, Tables, Figures, Figure legends, and Acknowledgment. Do not make subheadings in these sections.

General Instructions

1. The manuscript should be in MS word double-spaced, with a 2.5 cm margin, 12-point Times New Roman font and justified.
2. Authors must include continuous line numbering on all the manuscript pages and, the pages should be sequentially numbered.

3. The pages of the manuscript should be numbered on the bottom right corner.
4. The manuscript should be written in American English.
5. The author should write the full term for each abbreviation at its first use in the title, abstract, keywords and text separately unless the abbreviation is a standard unit of measure.
6. Manuscripts will be altered to meet the style guidelines of the International Journal of Food and Nutritional Sciences
7. The authors are requested to check the manuscript for spelling, grammar, and punctuation errors before submission.
8. Headings and titles must be in sentence case and not in Capitals.

Title Page

The title page should carry

1. Type of manuscript (e.g. Original article, Case Report)
2. The title of the article, which should be concise, but informative;
3. Running title or short title not more than 50 characters;
4. The name by which each contributor is known (Last name, First name and initials of middle name), with his or her highest academic degree(s) and institutional affiliation;
5. The name of the department(s) and institution(s) to which the work should be attributed;
6. The name, address, phone numbers, facsimile numbers and e-mail address of the contributor responsible for **uploading and correspondence** about the manuscript;
7. The total number of pages, total number of photographs and word counts separately for abstract and for the text (excluding the references and abstract);
8. Source(s) of support in the form of grants, equipment, drugs, or all of these;
9. Acknowledgement, if any; and
10. If the manuscript was presented as part at a conference/convention/meeting, the organization, place, and exact date on which it was read.

Abstract Page

The second page should carry the full title of the manuscript and an abstract (of no more than 150 words for case reports or brief reports and 250 words for original articles). The abstract should be structured and state the Context (Background), Aims, Methods and Material, Results and Conclusions. Below the abstract, authors should provide 3 to 6 keywords.

Introduction

Introduction should provide/give background of the subject, discuss existing research on the topic, identify the lacunae in the existing literature and explain exactly what the present paper will address, why, and how and summarize the rationale for the study or observation.

Methods and Material

The important materials and the methods used in the study should be described in detail. Known methods have to be with citing references and new or modified methods may be described in sufficient detail format. Evidence for approval by a local Ethics Committee (for both human as well as animal studies) must be supplied by the authors by providing ethical approval number with date. The statistical methods used for the study should be clearly mentioned.

Results and Discussion

All results should be in a clear, logical sequence and should adhere to the specific objective of the paper. Data presented in tables should not be duplicated in the text. Use graphs as an alternative to tables with many entries; do not duplicate data in graphs and tables. Extensive citations and discussion of published literature without importance to the results of the work should be avoided.

References

References should be numbered consecutively in the order in which they are first mentioned in the text (not in alphabetic order). Reference numbers are typed as superscripts, enclosed by square brackets, after the punctuation mark at the end of the line (Example: Millets are considered as nutraceutical foods.^[1]); figures, tables, and graphs by Arabic numerals in square bracket (e.g. [Figure/Table/Graph.10]). Please refer to ICMJE Guidelines (http://www.nlm.nih.gov/bsd/uniform_requirements.html) for more examples.

1. Standard journal article: Nuvvula S, Gaddam KR, Kamatham R. Efficacy of tranexamic acid mouthwash as an alternative for factor replacement in gingival bleeding during dental scaling in cases of hemophilia: A randomized clinical trial. *Contemp Clin Dent* 2014;5:49-53. (If more than SIX authors, list the first **six contributors** followed by *et al.*)
2. Chapter in a book: Mc Donald RE, Avery DR, Dean JA, Jones JE. Local anesthesia and pain control for the child and adolescent. In: Mc Donald and Avery's *Dentistry for the Child and Adolescent*. Dean JA, Avery DR, Mc Donald RE, editors. 9th edition (Restricted South Asia) 2011, Reed Elsevier India Pvt. Ltd: p. 242–3.
3. Reference from URL: American Association of Endodontics. AAE Considerations for regenerative procedures. Available at: http://www.aae.org/uploadedfiles/publications_and_research/research/currentregenerativeendodonticconsiderations.pdf ". Accessed January 23, 2015.

Tables

- Tables should be self-explanatory and should not duplicate textual material.
- Tables with more than 10 columns and 25 rows are not acceptable.
- Number tables, in Arabic numerals, consecutively in the order of their first citation in the text and supply a brief title/legend for each.
- Explain in footnotes all the non-standard abbreviations that are used in each table.
- For footnotes use the following symbols, in this sequence: *, †, ‡, ††, †††, ††††.

Illustrations (Figures)

- Send sharp, glossy, un-mounted, color photographic prints, with height of 4 inches and width of 6 inches.
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- Each figure should have a label pasted (avoid use of liquid gum for pasting) on its back indicating the number of the figure, the running title, top of the figure and the legends of the figure. Do not write on the back of figures, scratch, or mark them by using paper clips.
- Print outs of digital photographs are not acceptable. For digital images send TIFF files of minimum 1200x1600 pixel size.
- Type or print out legends (maximum 40 words, excluding the credit line) for illustrations using double spacing, with Arabic numerals corresponding to the illustrations.

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2. Article file: The main text of the article, beginning from Abstract till References (followed by tables and legends) should be in this file. Do not include any information (such as acknowledgement, your name or institution in page headers, etc.) in this file. Use text/rtf/doc/PDF files. Do not zip the files. Limit the file size to 400 kb. Do not incorporate images in the file. Graphs should be submitted in editable format separately without incorporating them as images in the article file to reduce the size of the file.
3. Images: Submit good quality color images. Each image should be less than 100 kb in size. Size of the image can be reduced by decreasing the actual height and width of the images (keep up to 400 pixels or 3 inches). All image formats (jpeg, tiff, gif, bmp, png, eps etc.) are acceptable; jpeg is most suitable. Resolution should be a minimum of 300dpi for color and 600dpi for b/w images.
4. Legends: Legends for the figures/images/graphs/tables should be included at the end of the article file.
5. **The contributors' / copyright transfer form** (template provided below) has to be submitted in original with the signatures of all the contributors within two weeks of submission via online from the authors' area on <https://ijfans.org/instructions-to-authors/>

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Checklist

Manuscript Title

Covering letter signed by all contributors

Previous publication/ presentations mentioned; Source of funding mentioned; Conflicts of interest disclosed

Authors

Middle name initials to be provided.

Author for correspondence should be the uploading author, with e-mail address provided.

Number of contributors to be restricted as per the instructions

Identity not revealed in paper except title page (e.g. **name of the institute in Methods, citing previous study as 'our study'**)

Presentation And Format

Double spacing

Margins 2.5 cm from all four sides

Title page contains all the desired information. Running title provided (not more than 50 characters)

Abstract page contains the full title of the manuscript

Abstract provided

Structured abstract provided for an original article.

Key words provided (three or more)

Introduction of 75-100 words

Headings in title case (**not ALL CAPITALS or underlined**).

References cited in square brackets with superscript. References according to the journal's instructions

Language and grammar

Uniformly American English

Abbreviations spelt out in full for the first time. Numerals from 1 to 10 spelt out. **Numerals at the beginning of the sentence spelt out.**

Tables and figures

No repetition of data in tables and graphs and in text.

Actual numbers from which graphs drawn, provided. Graphs should be in editable format.

Figures necessary and of good quality (colour); table and figure numbers in Arabic letters (not Roman).

Labels pasted on back of the photographs (no names written); Composite figures are encouraged for case reports, materials and methods etc. to reduce the number of figures.

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