

Instructions for Authors

Instructions for authors: Update (2021)

Editorial Office

Updated: January 2021

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1. General information

The North African Journal of Food and Nutrition Research (NAJFNR) ISSN: 2588-1582 is an international, peer-reviewed, open access, online journal with no publication charges, costs or fees. The journal is committed to the rapid publication of the latest research and studies in all fields of human nutrition and food sciences. NAJFNR is dedicated to publishing innovative and high-quality papers providing a better understanding of the advances in nutrition fields as original research, review, short communication, correspondence, case reports, hypothesis formation, expert opinion, and commentaries.

The primary purpose of NAJFNR is to act as a source of information usable by researchers and practitioners to increase their knowledge about nutrition and its development among developing countries and the international scientific community. Specific topics covered in the journal include :

1. Food Composition and Dietary Intake Assessment
2. Epidemiology, Nutrition-Related Disorders such as Obesity, Diabetes, Dyslipidemias, etc.
3. Biochemistry and Cellular Metabolism of Nutrients
4. Dietary Strategies and Nutrition Education
5. Food and Nutritional Security and Challenges
6. Diet, eating behaviors, and health
7. Public Health Policy & Health Economics
8. Nutrition and Cancer
9. Food Chemistry and Engineering
10. Human Clinical Nutrition
11. Food Processing, Packaging, and Labelling
12. Nutrition, Physical Activity, and Sport
13. Infant, Child, and Adolescent Nutrition
14. Nutrition and Immune-regulation
15. Nutrition and Reproduction
16. Food Environment and NCDs

1.1 Language and grammar

Uniformly American English.

1.2 Types of Manuscripts

Original articles

Randomized controlled trials, intervention studies, studies of screening and diagnostic test, outcome studies, cost-effectiveness analyses, case-control series, and surveys with high response rate.

Abstract: 250 words maximum. Word limit 5000 words, 45 references, no more than 6 figures/tables

Brief/Short Communication

Randomized controlled trials, intervention studies, studies of screening and diagnostic test, outcome studies, cost-effectiveness analyses, case-control series, and surveys with high response rates.

Abstract: 200 words maximum. Word limit 2500 words, 20 references, no more than 2 figures/tables

Review articles and meta-analysis

Systemic critical assessments of literature and data sources.

Abstract: 300 words maximum. Word limit 10000 words, 100 references, no more than 5 figures and tables. Extra figures will be published as supplementary files.

Correspondence

Correspondence provides readers with a forum for comment on papers published in a previous issue of the journal or to address new issues relevant to the research community.

No abstract required; Main body of text (tables/figures, and references) not to exceed 1,000 words; Max 2 tables or figures

Case reports

New/interesting/very rare cases can be reported. Cases with clinical significance or implications will be given priority, whereas, mere reporting of a rare case may not be considered.

Max 10 references Up to 1000 words excluding references and abstract and up to 10 references

Letter to the Editor

Should be short, decisive observation. They should not be preliminary observations that need a later paper for validation.

Up to 400 words and 4 references

Announcement of conferences

Should be submitted with the name and address of the person from whom additional information can be obtained.

Up to 100 words.

1.3 Authorship Criteria

Authorship credit should be based only on substantial contributions.

- a. to conception and design or acquisition of data or analysis and interpretation of data;
 - b. drafting the article or revising it critically for important intellectual content;
 - c. final approval of the version to be published.
- ➔ Conditions a, b, and c must all be met. 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.

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.

For an **Original article**: the number of contributors should not exceed five (5) authors from the same institution.

For a **Letter to the Editor** and **Review Article**, the number of contributors should not exceed four (4). A justification should be included if the number of contributors exceeds these limits. Only those who have done substantial work in a particular field can write a review article. A short summary of the work done by the contributor (s) in the field of review should accompany the manuscript.

1.4 Contribution Details

Contributors should provide a description of what each of them contributed to the manuscript. The description should be divided into the following categories, as applicable:

- concepts,
- 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 will be printed on the last page of the article, prior to references list. 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'.

2. Manuscript Submission

Submission of a manuscript implies: that the work described has not been published before; that it is not under consideration for publication anywhere else; that its publication has been approved by all co-authors, if any, as well as by the responsible authorities – tacitly or explicitly – at the institute where the work has been carried out. The publisher will not be held legally responsible should there be any claims for compensation.

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Authors wishing to include figures, tables, or text passages that have already been published elsewhere are required to obtain permission from the copyright owner(s) and to include evidence that such permission has been granted when submitting their papers. Any material received without such evidence will be assumed to originate from the authors.

Submit your manuscripts to:

najfnr@najfnr.org / contact@najfnr.com

3. Title page

The title page should include:

- The name(s) of the author(s)
- A concise and informative title
- The affiliation(s) and address (es) of the author(s)
- The ORCID of senior researchers (mandatory)
- The e-mail address, telephone, and fax numbers of the corresponding author

Abstract

Abstracts should be structured in sections (Background, Aims, Material and Methods, Results, Conclusion, and Keywords)

The abstract should not contain any undefined abbreviations or unspecified references.

Keywords

Please provide 4 to 6 keywords that can be used for indexing purposes.

The use of Medical Subheading of the NIH: US. National Library of Medicine MeSH Browser (2021 MeSH) is highly recommended and available here:



<https://meshb.nlm.nih.gov/search>

4. Text

4.1 Text Formatting

Manuscripts should be submitted in Microsoft Word.

- Use a normal, plain font (e.g., 11-point Arial) for text.
- Use italics for emphasis.
- Use the automatic page numbering function to number the pages.
- Do not use field functions.
- Use tab stops or other commands for indents, not the space bar.
- Use the table function, not spreadsheets, to make tables.
- Use the equation editor or Math Type for equations.
- Save your file in docx format (MS Word 2007 or higher).

4.2 Headings

Please use no more than three levels of displayed headings.

4.3 Abbreviations

Abbreviations should be defined at first mention and used consistently thereafter.

4.4 Introduction and background

The introduction should briefly place the study in a broad context and highlight why this study is important. It should be linked to earlier work in the field; it is not meant to be an extensive review of the literature. The introduction should assume that the reader is well-informed in the field and should therefore be as concise and brief as possible. Literature should be cited only to the extent that it helps the reader understand why the question is asked. End the introduction with a stated aim or question, preferably expressed as a testable hypothesis. Keep the introduction comprehensible to scientists working outside the topic of the paper.

4.5 Methods including Statistics

The Methods section should include only information that was available at the time the plan or protocol for the study was written; all information obtained during the conduct of the study belongs in the Results section. **Selection and Description of Participants:** Describe your selection of the observational or experimental participants (patients or laboratory animals, including controls) clearly, including eligibility and exclusion criteria and a description of the source population. Because the relevance of such variables as age and sex to the object of research is not always clear, authors should explain their use when they are included in a study report; for example, authors should explain why only subjects of certain ages were included or why women were excluded. The guiding principle should be clarity about how and why a study was done in a particular way. When authors use variables such as race or ethnicity, they should define how they measured the variables and justify their relevance. **Technical information:** Identify the methods, apparatus (give the manufacturer's name and address in parentheses), and procedures in sufficient detail to allow other workers to

reproduce the results. Give references to established methods, including statistical methods (see below); provide references and brief descriptions for methods that have been published but are not well known; describe new or substantially modified methods, give reasons for using them, and evaluate their limitations. Identify precisely all drugs and chemicals used, including generic name(s), dose(s), and route(s) of administration. Authors submitting review manuscripts should include a section describing the methods used for locating, selecting, extracting, and synthesizing data. These methods should also be summarized in the abstract. Reports of randomized clinical trials should present information on all major study elements, including the protocol, assignment of interventions (methods of randomization, concealment of allocation to treatment groups), and the method of masking (blinding), based on the CONSORT Statement (Moher D, Schulz KF, Altman DG: The CONSORT Statement: Revised Recommendations for Improving the Quality of Reports of Parallel-Group Randomized Trials. *Ann Intern Med.* 2001; 134: 657-662, also available at <http://www.consort-statement.org>). Authors submitting review article should include a section describing the methods used for locating, selecting, extracting, and synthesizing data. These methods should also be summarized in the abstract.

Concerning statistics, put a general description of methods in the Methods section. When data are summarized in the Results section, specify the statistical methods used to analyze them. Avoid non-technical uses of technical terms in statistics, such as 'random' (which implies a randomizing device), 'normal', 'significant', 'correlations', and 'sample'. Define statistical terms, abbreviations, and most symbols.

Use the upper (P=0.048). For all P values include the exact value and not less than 0.05 or 0.001.

4.6 Results

Present your results in logical sequence in the text, tables, and illustrations, giving the main or most important findings first. Do not repeat in the text all the data in the tables or illustrations; emphasize or summarize only important observations. Extra or supplementary materials and technical detail can be placed in an appendix where it will be accessible but will not interrupt the flow of the text; alternatively, it can be published only in the electronic version of the journal. When data are summarized in the Results section, give numeric results not only as derivatives (for example, percentages) but also as the absolute numbers from which the derivatives were calculated, and specify the statistical methods used to analyze them. Restrict tables and figures to those needed to explain the argument of the paper and to assess its support. Use graphs as an alternative to tables with many entries; do not duplicate data in graphs and tables. Avoid non-technical uses of technical terms in statistics, such as "random" (which implies a randomizing device), "normal," "significant," "correlations," and "sample." Where scientifically appropriate, analyses of the data by variables such as age and sex should be included.

4.7 Discussions

Include Summary of key findings (primary outcome measures, secondary outcome measures, results as they relate to a prior hypothesis); Strengths and limitations of the study (study question, study design, data collection, analysis and interpretation); Interpretation and implications in the context of the totality of evidence (is there a systematic review to refer to, if not, could one be reasonably done here and now?, what this study adds to the available evidence, effects on patient care and health policy, possible mechanisms); Controversies raised by this study; and Future research directions (for this particular research collaboration, underlying mechanisms, clinical research). Do not repeat in detail data or other material given in the Introduction or the Results section. In particular, contributors should avoid making statements on economic benefits and costs unless their manuscript includes economic data and analyses. Avoid claiming priority and alluding to work that has not been completed. State new hypotheses when warranted, but clearly label them as such.

4.8 Acknowledgments

Acknowledgments of people, grants, funds, etc. should be placed in a separate section on the title page. The names of funding organizations should be written in full.

5. References

5.1 Citation

Reference citations in the text should be identified by numbers in square brackets.

Some examples:

- As recommended by the ADA [12].
- These results agree with those of Amos *et al.* [7].
- Several studies have reported that dietary fiber intake increases during fasting periods [42-45, 47].

5.2 Reference list

The list of references should only include works that are cited in the text and that have been published or accepted for publication. Personal communications and unpublished works should only be mentioned in the text. The entries in the list should be numbered consecutively.

Authors should refer to this tutorial on how to cite PubMed articles in APA: https://www.youtube.com/watch?v=6c1_BOQN0g0
Or use APA Citation **Generator 7**, to generate all types of references at https://www.citefast.com/?s=APA7#_Journal

Examples:

Journal article (with DOI) using APA referencing system

Vineis, P., & Wild, C. P. (2014). Global cancer patterns: Causes and prevention. *The Lancet*, 383(9916), 549-557.
[https://doi.org/10.1016/s0140-6736\(13\)62224-2](https://doi.org/10.1016/s0140-6736(13)62224-2)

Book

Barnett A. Type 2 Diabetes. 2nd ed. Oxford Diabetes Library: 2012: pp. 179. ISBN: 9780199596171

Book chapter

Solensky R. Drug allergy: desensitization and treatment of reactions to antibiotics and aspirin. In: Lockey P, ed. Allergens

and Allergen Immunotherapy. 3rd ed. New York, NY: Marcel Dekker; 2004:585-606.

Website (Online document)

Diet and cancer. (2019, July 1). World Cancer Research Fund.
<https://www.wcrf.org/dietandcancer>

N.B. Given the recent spread of fee charging OA journals, unwary and naïve authors may not be able to distinguish between legitimate peer-review journals and those with fake peer review. The North African Journal of Food and Nutrition Research has adopted a policy against those “fake” journals. Therefore, no reference should be cited from these journals and must be replaced or completely removed.

<https://predatoryjournals.com/journals/>

<https://beallist.net/>

6. Tables

- The number of both tables and figures depends on the type of manuscript. Please refer to section **1.2 Types of manuscripts**
- All tables are to be numbered using Arabic numerals.
- Tables should always be cited in text in consecutive numerical order.
- For each table, please supply a table caption (title) explaining the components of the table.
- Identify any previously published material by giving the original source in the form of a reference at the end of the table caption.
- Footnotes to tables should be indicated by superscript lower-case letters (or asterisks for significance values and other statistical data) and included beneath the table body.

7. Figures

- The number of both tables and figures depends on the type of manuscript. Please refer to section **1.2 Types of manuscripts**
- Supply all figures electronically. Common formats are accepted; however, TIFF, JPEG, EPS and PDF are preferred.
- Indicate what graphics program was used to create the artwork.
- All figures are to be numbered using Arabic numerals.
- Figures should always be cited in text in consecutive numerical order.
- Figure parts should be denoted by lowercase letters (a, b, c, etc.).
- If an appendix appears in your article and it contains one or more figures, continue the consecutive numbering of the main text. Do not number the appendix figures, "A1, A2, A3, etc." Figures in

online appendices (Supplementary Data) should, however, be numbered separately.

- Figure legends: These should be brief, specific and appear on a separate manuscript page after the "References" section.

Figure Captions

- Each figure should have a concise caption describing accurately what the figure depicts. Include the captions in the text file of the manuscript, not in the figure file.
- Figure captions begin with the term Fig. in bold type, followed by the figure number, also in bold type.
- No punctuation is to be included after the number, nor is any punctuation to be placed at the end of the caption.

Figure Placement and Size

- Figures should be submitted separately from the text.
- When preparing your figures, size figures to fit in the column width.
- The figures should be 39 mm, 84 mm, 129 mm, or 174 mm wide and not higher than 234 mm.

Permissions

If you include figures that have already been published elsewhere, you must obtain permission from the copyright owner(s) for both the print and online format. Please be aware that some publishers do not grant electronic rights for free and that NAJFNR will not be able to refund any costs that may have occurred to receive these permissions. In such cases, material from other sources should be used.

8. Disclosure of potential conflicts of interest

Authors must disclose all relationships or interests that could influence or bias the work. Although an author may not feel there are conflicts, disclosure of relationships and interests affords a more transparent process, leading to an accurate and objective assessment of the work. Awareness of real or perceived conflicts of interests is a perspective to which the readers are entitled and is not meant to imply that a financial relationship with an organization that sponsored the research or compensation for consultancy work is inappropriate. Examples of potential conflicts of interests that are directly or indirectly related to the research may include but are not limited to the following:

- Research grants from funding agencies (please give the research funder and the grant number);
- Honoraria for speaking at symposia;
- Financial support for attending symposia;
- Financial support for educational programs;
- Employment or consultation;
- Support from a project sponsor;

- Position on advisory board or board of directors or other types of management relationships;
- Multiple affiliations;
- Financial relationships, for example, equity ownership or investment interest;
- Intellectual property rights (e.g. patents, copyrights, and royalties from such rights);
- Holdings of spouse and/or children that may have a financial interest in the work;

In addition, interests that go beyond financial interests and compensation (non-financial interests) that may be important to readers should be disclosed. These may include but are not limited to personal relationships or competing interests directly or indirectly tied to this research, or professional interests or personal beliefs that may influence your research. The corresponding author collects the conflict of interest disclosure forms from all authors. (Please note that each author should complete a disclosure form.)

9. Research involving human and/ or animals

Statement of human rights

When reporting studies that involve human participants, authors should include a statement that the studies have been approved by an appropriate institutional and/or national research ethics committee and have been performed in accordance with the ethical standards as laid down in the 1964 Declaration of Helsinki and its later amendments or comparable ethical standards.

If doubt exists whether the research was conducted in accordance with the 1964 Helsinki Declaration or comparable standards, the authors must explain the reasons for their approach, and demonstrate that the independent ethics committee or institutional review board explicitly approved the doubtful aspects of the study. The following statements should be included in the text before the References section: Ethical approval: "All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and/or national research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards." For retrospective studies, please add the following sentence: "For this type of study formal consent is not required."

Statement on the welfare of animals

The welfare of animals used for research must be respected. When reporting experiments on animals, authors should indicate whether the international, national, and/or institutional guidelines for the care and use of animals have been followed and that the studies have been approved by a research ethics committee at the institution or practice at which the studies were conducted (where such a committee exists). For studies with animals, the following statement should be included in the text before the References section: Ethical approval: "All applicable international, national, and/or institutional guidelines for the

care and use of animals were followed.” If applicable (where such a committee exists): “All procedures performed in studies involving animals were in accordance with the ethical standards of the institution or practice at which the studies were conducted.” If articles do not contain studies with human participants or animals by any of the authors, please select one of the following statements: “This article does not contain any studies with human participants performed by any of the authors.” “This article does not contain any studies with animals performed by any of the authors.” “This article does not contain any studies with human participants or animals performed by any of the authors.”

10. Informed consent

All individuals have individual rights that are not to be infringed. Individual participants in studies have, for example, the right to decide what happens to the (identifiable) personal data gathered, to what they have said during a study or an interview, as well as to any photograph that was taken. Hence it is important that all participants gave their informed consent in writing prior to inclusion in the study. Identifying details (names, dates of birth, identity numbers, and other information) of the participants that were studied should not be published in written descriptions, photographs, and genetic profiles unless the information is essential for scientific purposes and the participant (or parent or guardian if the participant is incapable) gave written informed consent for publication. Complete anonymity is difficult to achieve in some cases, and informed consent should be obtained if there is any doubt. For example, masking the eye region in photographs of participants is inadequate protection of anonymity. If identifying characteristics are altered to protect anonymity, such as in genetic profiles, authors should provide assurance that alterations do not distort scientific meaning. The following statement should be included: Informed consent: “Informed consent was obtained from all individual participants included in the study.” If identifying information about participants is available in the article, the following statement should be included: “Additional informed consent was obtained from all individual participants for whom identifying information is included in this article.”

11. After acceptance

Proofreading

The purpose of the proof is to check for typesetting or conversion errors and the completeness and accuracy of the text, tables, and figures. Substantial changes in content, e.g., new results, corrected values, title, and authorship are not allowed without the approval of the Editor. After online publication, further changes can only be made in the form of an Erratum, which will be hyperlinked to the article.

12. English Language Support

For editors and reviewers to accurately assess the work presented in your manuscript you need to ensure the English language is of sufficient quality to be understood. If you need help with writing in English, you should consider:

- Asking a colleague who is a native English speaker to review your manuscript for clarity.
- Visiting the English language tutorial which covers the common mistakes when writing in English.
- Using a professional language editing service where editors will improve the English to ensure that your meaning is clear and identify problems that require your review.
- The NAJFNR has language editing services please visit the link: <https://www.najfnr.org/language-editing-services>

N.B. The use of a language editing service is not a requirement for publication in our journal and does not imply or guarantee that the article will be selected for peer review or accepted. If your manuscript is accepted, it will be checked by our copy editors for spelling and formal style prior its publication.

13. Ethical consideration

Publication Ethics

Ethical standards for publication exist to ensure high-quality scientific publications, public trust in scientific findings, and that people receive credit for their ideas.

NAJFNR is committed to publishing only original material, i.e., material that has neither been published elsewhere, nor is under review elsewhere. Manuscripts that are found to have been plagiarized from a manuscript by other authors, whether published or unpublished, will incur plagiarism sanctions.

Duplicate Submission

Manuscripts that are found to have been published elsewhere, or to be under review elsewhere, will incur duplicate submission/publication sanctions. If authors have used their own previously published work or work that is currently under review, as the basis for a submitted manuscript, they are required to cite the previous work and indicate how their submitted manuscript offers novel contributions beyond those of the previous work.

Citation Manipulation

Submitted manuscripts that are found to include citations whose primary purpose is to increase the number of citations to a given author's work or articles published in a particular journal, will incur citation manipulation sanctions.

Data Fabrication and Falsification

Submitted manuscripts that are found to have either fabricated or falsified experimental results, including the manipulation of images, will incur data fabrication and falsification sanctions.

Improper Author Contribution or Attribution

All listed authors must have made a significant scientific contribution to the research in the manuscript and approved all its claims. It is important to list everyone who made a significant scientific contribution, including students and laboratory technicians.

Redundant Publications

Redundant publications involve the inappropriate division of study outcomes into several articles.

Sanctions

In the event that there are documented violations of any of the above-mentioned policies in any journal, regardless of whether or not the violations occurred in any article published by NAJFNR, the following sanctions will be applied:

- Immediate rejection of the infringing manuscript.
- Prohibition against all of the authors for any new submissions to NAJFNR, either individually or in combination with other authors of the infringing manuscript, as well as in combination with any other authors. This prohibition will be imposed for a minimum of 36 months.
- Prohibition against all of the authors from serving on the Editorial Board NAJFNR.

In cases where the violations of the above policies are found to be particularly egregious, the publisher reserves the right to impose additional sanctions beyond those described above.

About Plagiarism

Plagiarism is the use or close imitation of the language and ideas of another author and representation of them as one's original work. Duplicate publication, sometimes called self-plagiarism, occurs when an author reuses substantial parts of his or her own published work without providing the appropriate references. This can range from getting an identical paper published in multiple journals, where authors add small amounts of new data to a previous paper.

Plagiarism can be said to have clearly occurred when large chunks of text have been cut and pasted. Such manuscripts would not be considered for publication. But minor plagiarism without dishonest intent is relatively frequent, for example when an author reuses parts of an introduction from an earlier paper. The editors will judge any case of which they become aware (either by their own knowledge of and reading about the literature, or when alerted by referees) on its own merits.

If a case of plagiarism comes to light after a paper is published in NAJFNR, the journal will conduct a preliminary investigation. If plagiarism is found, the journal will contact the author's institute and funding agencies. A determination of misconduct will lead the Journal to run a statement, bidirectionally linked online to and from the original paper, to note the plagiarism and to provide a reference to the plagiarized material. The paper containing the plagiarism will also be obviously marked on each page of the PDF. Depending on the extent of the plagiarism, the paper may also be formally retracted.

If you require any further information or support, please contact us on: <http://www.najfnr.org/contact-us>

Contact Us

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