

## Instructions for authors

Aim of the “*Hellenic Journal of Nutrition and Dietetics*” is to provide scientific information on issues regarding Nutrition and Health for Dieticians, Physicians, Epidemiologists and many other scientists studying the science of food, nutrition, and dietetics. Before acceptance for publication in the *Journal*, all manuscripts will be sent for peer review.

Article categories:

- **Original articles** (should not exceed 3500 words, 35 references maximum, regarding original research studies on contemporary nutrition topics)
- **Short communications** (short critical articles which should not exceed 1500 words, 15 references maximum, presenting novel hypotheses or preliminary results)
- **Reviews** (should not exceed 4500 words, 70 references maximum focusing on recent developments in the field of nutrition)
- **Editorials** (upon invitation)
- **Letters to the Editor** (should not exceed 500 words, 10 references maximum, referencing data recently published in the *Journal* or emphasizing on novel developments in the field of nutrition)

Language of submission is **Greek** or **English**.

Use double space, 2,5 cm margins and preferable word processing software MS Word for Windows 2003.

### ORIGINAL ARTICLES / SHORT COMMUNICATIONS:

Each article should be structured as follows:

- Title page (Title, authors’ names, affiliations, full name and complete postal address of the corresponding author)
- Abstract (Greek and English)
- Text
  - Introduction
  - Methods
  - Results
  - Discussion
- Acknowledgments / Conflict of interest
- References
- Tables
- Figures

The words Abstract, Introduction, Methods, Results, Discussion, Acknowledgements, References should be written in lower case letters, 12 point size and bold.

- Title page
  - **Title:** in capital and bold letters, center alignment and 16 point size.

- **Names of all authors:** (*First name, Last name*) center alignment, after the Title in 14 point size, bold.
  - **Name of the research centers and institutions** of the authors in 12 point size. Present which authors are associated with which institutions with numerical indications <sup>1,2 etc</sup>.
  - **Corresponding author contact information:** name, postal address, telephone and fax numbers and email address.
- Second page
    - Abstract, structured in one page under the following headings: Aims, Methods, Results and Conclusions. The abstract should not exceed 250 words. (Short communications should not exceed 150 words)
    - Key words: please provide up to 5 words.
- Third page
    - Abstract in Greek.
- Main text
    - Main text should be written in Times New Roman, 12 point size. Main text should be structured in the following sections bold, 12 point size, lower case letters: Introduction, Methods, Results, Discussion. If sub-sections under the main sections are necessary, they should be written in italics.
    - Please live a single space after punctuation marks. Include page numbers in the bottom right corner of the page and continuous line numbers in the left margin. Preparation of the manuscript should follow the Uniform Requirements for Manuscripts Submitted to Biomedical Journals (i.e., [Uniform Requirements for Manuscripts Submitted to Biomedical Journals](#), N Engl J Med 1991; 324:424-428).
- Acknowledgements / Conflict of interest
    - Acknowledgements should be addressed only for investigators with significant contribution to the study.
    - Authors should declare whether or not there are any competing financial or other interests in relation to the work described.
- References
    - References should follow the Vancouver style, all authors names should be mentioned, while in the text they should be presented numerically according to their order of appearance in <sup>exponential</sup> form. References should be presented in a new page after the Acknowledgements section.
- Tables, Figures
    - Authors are encouraged to use the word processing software for the creation of Tables. Each table should be presented in a separate page, be self-explanatory with a title and legend (under the table) of the data presented. Data presented in tables should not be repeated in the text. Please avoid to use vertical lines to separate columns. Indicate the place of the tables and figures

in the Main text. Tables and Figures should be presented after the References section.

## **REVIEWS:**

Every article should be divided in the following sections:

- First page (Title, authors' names, affiliations, full name and complete postal address of the corresponding author)
- Abstract (Greek and English)
- Text
- Acknowledgments / Conflict of interest
- References
- Tables
- Figures

The titles of each review section as well as the words Abstract, Acknowledgments and References should be written in lower case letters, 12 point size and bold. If sub-sections under the main sections are necessary, they should be written in italics.

- Title page (like Original Articles)
- Second page
  - Abstract. Should not exceed 250 words.
  - Key words: up to 5 words.
- Third page (like Original Articles)
- Text (like Original articles)
  - The number of articles studied, the bibliographic databases that have been searched, as well as the time period in which the articles included in the review were published, should be mentioned.
- Acknowledgments/ Conflict of interest, References (like Original Articles)
- Tables, Figures (like Original Articles)
  - It would be preferable if the information discussed in the reviews would also be depicted in table/s in order to be presented in a more homogeneous and organized form.

## **MANUSCRIPT SUBMISSION:**

- Articles to be submitted are submitted online in our [hjnutrdiet submission system](#). [For more information please navigate here](#).