

# Contents

Foreword	
Mediterranean Heritage: an intangible cultural heritage <i>J Reguant-Aleix, MR Arbore, A Bach-Faig and L Serra-Majem</i>	1591
Foreword Annex	
2007 Barcelona Declaration on the Mediterranean Diet as Intangible Cultural Heritage	1593
Articles	
Diet and cancer in Mediterranean countries: carbohydrates and fats <i>C Bosetti, C Pelucchi and C La Vecchia</i>	1595
Nutrigenetics: links between genetic background and response to Mediterranean-type diets <i>D Lairon, C Defoort, J-C Martin, M-J Amiot-Carlin, M Gastaldi and R Planells</i>	1601
Mediterranean diet and metabolic syndrome: the evidence <i>N Babio, M Bulló and J Salas-Salvadó</i>	1607
Mediterranean diet, culture and heritage: challenges for a new conception <i>FX Medina</i>	1618
The Mediterranean diet: does it have to cost more? <i>A Drewnowski and P Eichelsdoerfer</i>	1621
Prenatal and childhood Mediterranean diet and the development of asthma and allergies in children <i>L Chatzi and M Kogevas</i>	1629
Health impact of Mediterranean diets in food at work <i>F Leighton, G Polic, P Strobel, D Pérez, C Martínez, L Vásquez, O Castillo, L Villarreal, G Echeverría, I Urquiaga, D Mezzano and J Rozowski</i>	1635
Infrequently asked questions about the Mediterranean diet <i>F Bellisle</i>	1644
The Mediterranean diet as a nutrition education, health promotion and disease prevention tool <i>S Piscopo</i>	1648
Impact of strawberries on human health: insight into marginally discussed bioactive compounds for the Mediterranean diet <i>S Tulipani, B Mezzetti and M Battino</i>	1656
Exercise alone is not enough: weight loss also needs a healthy (Mediterranean) diet? <i>P Caudwell, M Hopkins, NA King, RJ Stubbs and JE Blundell</i>	1663
Availability of Mediterranean and non-Mediterranean foods during the last four decades: comparison of several geographical areas <i>D Vareiro, A Bach-Faig, BR Quintana, I Bertomeu, G Buckland, MD Vaz de Almeida and L Serra-Majem</i>	1667
Worldwide variation of adherence to the Mediterranean diet, in 1961–1965 and 2000–2003 <i>R da Silva, A Bach-Faig, BR Quintana, G Buckland, MD Vaz de Almeida and L Serra-Majem</i>	1676

*Public Health Nutrition* provides a forum for the presentation of original research findings in the field of Public Health Nutrition. It offers a population-based approach to the practical application of research findings. The Journal provides a timely vehicle for lively discussion of current controversies. In addition, it also includes high quality reviews of key topics and seeks to identify and publish special supplements on major topics of interest to readers. As a contributor you should note and follow the guidelines set out below.

## Content:

- Original research findings – published as either full papers of 4000 words, not including tables, figures or references, or Short Communications of about 2000 words on key issues, fast-tracked through the editorial system.
- Topical review papers – the Editors will invite topical reviews and also consider suggestions from authors who should submit an outline of the review in the first instance.
- Editorial comment – including guest editorials on key papers published in the journal.
- Letters to the Editors – addressing material published in *Public Health Nutrition*.

**Submission:** All manuscripts must be submitted onto our online submission system: <http://phn.msubmit.net>

**Refereeing:** All contributions are read by two or more referees to ensure both accuracy and relevance, and revision may thus be required before final acceptance. Authors are asked to submit the names and contact details (including email address if available) of up to four potential referees for their paper. On acceptance, contributions are subject to editorial amendment to conform to house style.

**Copyright:** At the time of acceptance the authors will be asked to provide a completed copy of the 'Licence to Publish' (in lieu of copyright transfer), which is available on the Nutrition Society's web pages (<http://www.nutritionociety.org>). It is the author's responsibility to obtain written permission to reproduce any material (including text and figures) that has appeared in another publication.

**Preparation of Manuscripts:** Please refer to our Full Directions to Authors on our website: (<http://www.nutritionociety.org>). You should write in clear and concise English and spelling should follow the Oxford English Dictionary. Authors whose native tongue is not English are assured that in-house editorial attention to their contributions will improve clarity.

Manuscripts should be prepared in a common word processing package (Word for Windows is preferred), in Times New Roman, or other common typeface, set up as double-spaced text with ample margins. Page and line numbers should be inserted. Standard abbreviations (e.g. Fig. and Figs.) and SI units must be used.

The submission must include a statement reporting any conflicts of interest, all sources of funding and the contribution of each author to the manuscript. If there are no conflicts of interest this must be stated. The author will be asked to provide this information during the submission process and should not include it as part of the manuscript. This enables double-blind reviewing.

## Arrangement of Papers:

1. **Title page** including the article title, author(s), affiliation(s), keywords and one author identified for correspondence (please include the full postal address, telephone and fax numbers, and an email address where available). A short title of up to 45 characters should be provided as a running head. **The title page should be submitted online as a separate cover letter, not as part of the manuscript.** This enables double-blind reviewing.
2. A structured **abstract** using the following headings: Objective, Design, Setting, Subjects, Results, Conclusions. The abstracts should be intelligible without reference to text or figures. It should not exceed 250 words in total.
3. The **text** divided under appropriate headings.
4. **Acknowledgements** (sources of funding, conflict of interest declaration, authorship responsibilities, acknowledgements): **should be provided when requested during the submission process, not as part of the manuscript.**
5. **References** should be in Vancouver style – please refer to the full Directions to Authors.
6. **Tables** should be reduced to the simplest form and should not be used where the text or figures give the same information. Each table must be accompanied by a clear and concise caption.
7. **Figures** should be numbered and legends should be provided. Each figure, with its legend, should be comprehensible without reference to the text and should include definitions of abbreviations.

**Offprints:** The main author will receive a PDF of their published paper free of charge. Offprints are available to purchase and can be ordered before publication.

**Proofs:** Correspondence and proofs for correction will be emailed to the first named author unless otherwise indicated. The author will receive a PDF proof for checking. It is important that proofs be returned promptly. Authors may be charged for any alterations in excess of 10% of original setting.

## Submission of manuscripts and correspondence:

PHN operates an on-line submission and reviewing system (eJournalPress). Authors should submit to the following address: <http://phn.msubmit.net/> If any difficulties are encountered, please contact the Publications Office immediately at [phn@nutsoc.org.uk](mailto:phn@nutsoc.org.uk)

*Public Health Nutrition* – published by Cambridge University Press on behalf of The Nutrition Society