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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.

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their content that are comprehensible without reference to the text.

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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, Ooraikul 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.

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**Royal Society of Medicine, London,
4-5 December 2018**

**Conference on 'Optimal diet
and lifestyle strategies for the
management of cardio-metabolic risk'**

Editorial

Optimal diet and lifestyle strategies for the
management of cardio-metabolic risk
B. A. Griffin 1–3

Plenary Lecture

From syndrome X to cardiometabolic risk:
clinical and public health implications
J.-P. Després 4–10

Symposium 1: Dietary fatty acids

Dietary dilemmas over fats and
cardiometabolic risk
J. A. Lovegrove 11–21

Marine and plant-based *n*-3 PUFA
and atherosclerotic cardiovascular
disease
**C. S. Bork, S. K. Venø, A. N. Lasota,
S. Lundbye-Christensen &
E. B. Schmidt** 22–29

**Symposium 2: Impact of dietary fatty acids
on key metabolic tissues (fat depots and
muscle)**

The influence of dietary fatty acids
on liver fat content and metabolism
L. Hodson, F. Rosqvist & S. A. Parry 30–41

The impact of dietary fatty acids on
human adipose tissue
P. Petrus & P. Arner 42–46

Long-chain *n*-3 fatty acids as an
essential link between musculoskeletal
and cardio-metabolic health in older
adults
O. C. Witard, E. Combet & S. R. Gray 47–55

**Symposium 3: Dietary sugars, resistant
starch and fibres**

Free sugars
I. A. Macdonald 56–60

Dietary fibre and cardiovascular health:
a review of current evidence and policy
C. E. L. Evans 61–67

Symposium 4: Lifestyle factors

Dietary patterns and risk of cardiovascular
diseases: a review of the evidence
A. Zampelas & E. Magriplis 68–75

The role of intermittent fasting and meal
timing in weight management and metabolic
health
**I. Templeman, J. T. Gonzalez,
D. Thompson & J. A. Betts** 76–87

Are current dietary guidelines relevant to
subjects on cholesterol-lowering drugs?
A. M. Salter 88–94

**Summary and implications for dietary policy
in the UK**

Dietary health and CVD: implications for
dietary policy in England
A. Tedstone, D. Duval & E. Peacock 95–102

International Early Research Championship

Food addiction, eating addiction and
eating disorders
C. Hauck, B. Cook & T. Ellrott 103–112

Maternal separation in rodents:
a journey from gut to brain and
nutritional perspectives
M. Rincel & M. Darnaudéry 113–132

Nudging to get our food choices
on a sustainable track
**J. Vandenbroele, I. Vermeir,
M. Geuens, H. Slabbinck &
A. Van Kerckhove** 133–146

Probiotics and constipation: mechanisms
of action, evidence for effectiveness and
utilisation by patients and healthcare
professionals
**E. Dimidi, S. Mark Scott &
K. Whelan** 147–157

University of Leeds, 10-12 July 2018

**Conference on 'Getting energy
balance right'**

**Symposium 1: Regulation of energy balance
and whole body metabolism**

The relationships between sarcopenic
skeletal muscle loss during ageing and
macronutrient metabolism, obesity
and onset of diabetes
**A. A. Welch, R. P. G. Hayhoe &
D. Cameron** 158–169

Erratum

Probiotics and constipation: mechanisms
of action, evidence for effectiveness and
utilisation by patients and healthcare
professionals – ERRATUM
E. Dimidi, S. Mark Scott & K. Whelan 170