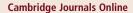
Contents

Editorial Dietary guidelines and goal-setting A Yngve and M Tseng	1149
HOT TOPIC - National dietary guidelines	
Effects of a school-based intervention on adherence of 7–9-year-olds to food-based dietary guidelines and intake of nutrients AG Kristjansdottir, E Johannsson and I Thorsdottir	1151
Greenlandic schoolchildren's compliance with national dietary guidelines B Niclasen and CW Schnohr	1162
Lower Healthy Eating Index-2005 dietary quality scores in older women with rheumatoid arthritis v. healthy controls ME Grimstvedt, K Woolf, B-J Milliron and MM Manore	1170
Are the lowest-cost healthful food plans culturally and socially acceptable? M. Maillot, N. Darmon and A. Drewnowski	1178
Monitoring and surveillance Dietary carbohydrates and change in physical performance of elderly Europeans: Survey in Europe on Nutrition and the Elderly, a Concerted Action (SENECA) 1993 and 1999	1186
I Kynde, KS Bjørnsbo, I Tetens and BL Heitmann	1100
High frequency of vitamin B ₁₂ deficiency in a Brazilian population <i>JM Xavier, FF Costa, JM Annichino-Bizzacchi and STO Saad</i>	1191
Biological and behavioural determinants	
Legume consumption and severe depressed mood, the modifying roles of gender and menopausal status Y Li, Q Dai, SH Tedders, C Arroyo and J Zhang	1198
The relationship between physical activity and mental health varies across activity intensity levels and dimensions of mental health among women and men M Asztalos, I De Bourdeaudhuij and G Cardon	1207
Coffee, tea and caffeine intake and the risk of severe depression in middle-aged Finnish men: the Kuopio Ischaemic Heart Disease Risk Factor Study A Ruusunen, SM Lehto, T Tolmunen, J Mursu, GA Kaplan and S Voutilainen	1215
Social, economic, political and environmental determinants	
Understanding parent concerns about children's diet, activity and weight status: an important step towards effective obesity prevention interventions A Slater, J Bowen, N Corsini, C Gardner, R Golley and M Noakes	1221
Patterns in weight reduction behaviour by weight status in schoolchildren C Kelly, M Molcho and S Nic Gabhainn	1229
Maternal depression and socio-economic status moderate the parenting style/child obesity association GL Topham, MC Page, L Hubbs-Tait, JM Rutledge, TS Kennedy, L Shriver and AW Harrist	1237
Parenting styles, family structure and adolescent dietary behaviour N Pearson, AJ Atkin, SJH Biddle, T Gorely and C Edwardson	1245
Interventions	
Details and acceptability of a nutrition intervention programme designed to improve the contents of children's packed lunches CL Cleghorn, CEL Evans, MS Kitchen and JE Cade	1254
The challenges of quantitative evaluation of a multi-setting, multi-strategy community-based childhood obesity prevention programme: lessons learnt from the eat well be active Community Programs in South Australia AM Wilson, AM Magarey, J Dollman, M Jones and N Mastersson	1262

Contents continued on backmatter



For further information about this journal please go to the journal website at: **journals.cambridge.org/phn**





Public Health Nutrition

Notes for Authors

Public Health Nutrition (PHN) provides a forum for the presentation of original research findings and high quality reviews of key topics, and for discussion of and debate on of current issues and controversies. It also publishes special issues on major topics of interest. Our field includes research, scholarship, and discussions on public health nutrition, that take a population, health promoting and preventive approach. Papers that do not have this emphasis may be directed to more appropriate journals. Potential contributors are encouraged to read the aims and scope of the journal, and to note and follow the guidelines set out below.

Content:

- Original research findings and scientific reviews are published as full papers usually less than 5000 words, including references.
- Editorials express the opinion of the journal, as represented by its central editorial team, on topics judged by them to be important. Editorials, including guest editorials, are usually co-ordinated and developed by the editorial team.
- Position papers, including declarations and other statements of policy, may be invited or unsolicited.
- Invited commentaries and book reviews are expressions of opinion on a topical subject. These are commissioned by the members of the editorial team.
- Letters to the Editors are usually in response to material published in *PHN*. Submissions are sent to the author for comment and, when possible, published together with the author's reply.

Submission: PHN operates an online submission and reviewing system (eJournalPress). All manuscripts must be submitted online at http://phn.msubmit.net/. If any difficulties are encountered, please contact the Publications Office at phn@nutsoc.org.uk

Refereeing: Review articles and articles reporting original research are subject to external review by two or more referees who evaluate manuscripts based on their importance, relevance, and originality. Authors are asked to submit names and contact details (including email address) of up to four potential referees. All other contributions (editorials, position papers, invited commentaries, book reviews, and letters to the Editors) undergo an internal review process by at least two members of the editorial team. Invited commentaries and book reviews may also be checked externally as necessary to avoid technical errors and to improve salience.

Copyright: At the time of acceptance, authors will be asked to provide a completed copy of the 'Licence to Publish' (in lieu of copyright transfer), available at https://www.nutritionsociety. 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 the full Directions to Contributors on our website (http://www.nutritionsociety. org). Manuscripts should be in clear and concise English, and spelling should follow the Oxford English Dictionary. For authors whose native tongue is not English, in-house editorial attention to their contributions will improve clarity. On acceptance, all contributions are subject to editorial amendment to conform to house style. Manuscripts should be prepared in a common word processing package (Word for Windows is preferred) in Times New Roman or other common typeface, prepared with double-spaced text, at least 2 cm margins, and page and line numbers. Standard abbreviations and SI units must be used.

Disclosure of financial support and any competing

interests. The submission must include a statement within an Acknowledgements section reporting any competing interests, all sources of funding, and the nature of the contribution of each author to the manuscript. If there are no competing interests, this must be stated. Authors are asked to provide this information during the submission process and should not include it as part of the manuscript to allow for double-blind reviewing.

Arrangement of papers:

- 1. **Title page** should include the article title, author(s), affiliation(s), up to eight keywords, one author identified for correspondence (with full postal address, telephone and fax numbers, and email address), and a running title of up to 45 characters. The title page should be submitted online as a separate cover letter, not as part of the manuscript, to enable double-blind reviewing.
- Abstract should be structured, usually using the following internal headings: Objective, Design, Setting, Subjects, Results, Conclusions. Abstracts should be intelligible without reference to text or figures and should not exceed 250 words.
- 3. Text should be divided under headings (typically to include Introduction, Methods, Results, Discussion and Conclusions), and sub-headings as appropriate. Conclusions should include recommendations that derive from the research and that are concrete, feasible, and potentially effective. Emphasising that more research is needed is usually not necessary unless there is specific reason to say so.
- Acknowledgements (sources of funding, competing interests declaration, authorship responsibilities, acknowledgements) should be provided during the submission process, not as part of the manuscript.
- References should be in Vancouver style. Please refer to the full Directions to Contributors.
- 6. Tables should be reduced to the simplest form and should not be used where text or figures give the same information. Each table must be accompanied by a clear and concise caption that is comprehensible without reference to the text. Longer tables may be published online only.
- 7. **Figures** should be numbered, and legends should be provided. Each figure, with its legend, should be comprehensible without reference to the text and include definitions of abbreviations.

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.

Offprints: The corresponding author will receive a copy of the issue and a PDF of the published paper free of charge. Offprints are available to purchase and can be ordered before publication.

CAMBRIDGE

JOURNALS



Proceedings of the Nutrition Society

Published on behalf of The Nutrition Society

Proceedings of the Nutrition Society

is available online at: http://journals.cambridge.org/pns

To subscribe contact Customer Services

in Cambridge:

Phone +44 (0)1223 326070 Fax +44 (0)1223 325150 Email journals@cambridge.org

Phone +1 845) 353 7500

in New York:

Fax +1 (845) 353 4141 Email subscriptions_newyork@cambridge.org

Editor-in-Chief

K.R. Westerterp, Maastricht University, The Netherlands

Proceedings of the Nutrition Society publishes papers and abstracts presented by members and invited speakers at the scientific meetings of The Nutrition Society. The journal provides an invaluable record of the scientific research currently being undertaken, contributing to 'the scientific study of nutrition and its application to the maintenance of human and animal health.'

Price information is available at: http://journals.cambridge.org/pns

Free email alerts

Keep up-to-date with new material – sign up at http://journals.cambridge.org/alerts

For free online content visit: http://journals.cambridge.org/pns



CAMBRIDGE

JOURNALS



Nutrition Research Reviews

Published on behalf of The Nutrition Society

Nutrition Research Reviews

is available online at: http://journals.cambridge.org/nrr

To subscribe contact Customer Services

in Cambridge:

Phone +44 (0)1223 326070 Fax +44 (0)1223 325150 Email journals@cambridge.org

in New York:

Phone +1 (845) 353 7500 Fax +1 (845) 353 4141 Email subscriptions_newyork@cambridge.org

Editor-in-chief

K. Younger, Dublin Institute of Technology, Ireland

Nutrition Research Reviews presents up-to-date, concise, critical reviews of key topics in nutritional science in order to advance new concepts and hypotheses. The journal encourages the exchange of fundamental ideas on nutritional well-being in both humans and animals.

Price information is available at: http://journals.cambridge.org/nrr

Free email alerts

Keep up-to-date with new material – sign up at http://journals.cambridge.org/alerts

For free online content visit: http://journals.cambridge.org/nrr



CAMBRIDGE

JOURNALS



British Journal of Nutrition

Published on behalf of The Nutrition Society

British Journal of Nutrition

is available online at:

http://journals.cambridge.org/bjn

To subscribe contact Customer Services

in Cambridge:

Phone +44 (0)1223 326070 Fax +44 (0)1223 325150 Email journals@cambridge.org

in New York:

Phone +1 (845) 353 7500 Fax +1 (845) 353 4141 Email subscriptions_newyork@cambridge.org

Editor-in-chief

P.C. Calder, University of Southampton, UK

British Journal of Nutrition is a leading international peerreviewed journal covering research on human and clinical nutrition, animal nutrition and basic science as applied to nutrition. The journal recognises the multidisciplinary nature of nutritional science and includes material from all of the specialities involved in nutrition research, including molecular and cell biology and the emerging area of nutritional genomics.

Price information is available at: http://journals.cambridge.org/bjn

Free email alerts

Keep up-to-date with new material – sign up at http://journals.cambridge.org/alerts

For free online content visit: http://journals.cambridge.org/bjn



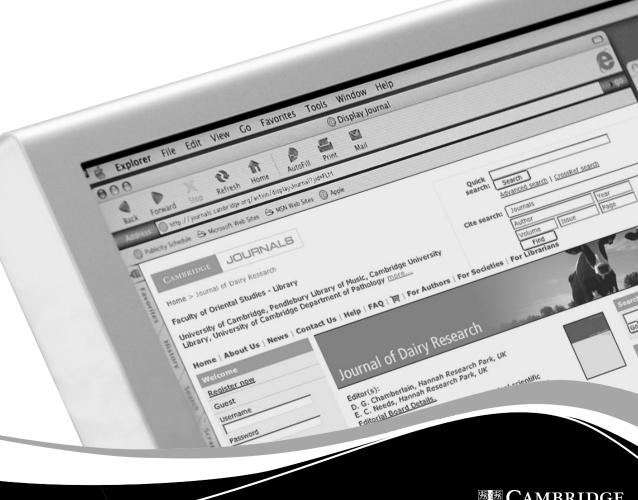
journals.cambridge.org

Advancing research. Increasing access.

Informed by detailed consultation with the library and research communities, we are constantly developing our industry-leading online journals platform.

Some recent advances include:

- **Refreshed site design,** facilitating rapid access to the most relevant content.
- **New advanced search interface** and a more detailed, fielded guick search function.
- Enriched content in the form of multimedia companions and editorial blogs.
- The launch of Cambridge Open Option, our open access initiative. Visit journals.cambridge.org/openoption for more information.



journals.cambridge.org

Public Health Nutrition

Volume 13, 2010 ISSN: 1368–9800 journals.cambridge.org/PHN

Publishing, Production, Marketing, and Subscription Sales Office:

Cambridge University Press The Edinburgh Building Shaftesbury Road Cambridge CB2 8RU

For Customers in North America:

Cambridge University Press Journals Fulfillment Dept 100 Brook Hill Drive West Nyack New York 10994–2133 USA

Publisher: Katy Christomanou

Special sales and supplements

This journal accepts advertising and inserts. We also provide bulk reprints of suitable papers to meet teaching or promotional requirements. The journal also publishes supplementary material including conference proceedings on behalf of academic and corporate sponsors. Please contact Katy Christomanou at Cambridge University Press for further details (email: kchristomanou@cambridge.org).

Subscription information

Public Health Nutrition is an international journal published 12 times per year by Cambridge University Press on behalf of the Nutrition Society. The online edition is available at journals.cambridge.org/PHN, with free table of contents alert (upon

Annual subscription rates

registration).

Volume 13, 2010 (12 issues): Internet/print package: £697/\$1337 Americas only/€1117 EU only Internet only: £589/\$1116 Americas only/€936 EU only

Any supplements to this journal published in the course of the annual volume are normally supplied to subscribers at no extra charge.

Claims for non-receipt of journal issues will be considered on their merit and only if the claim is received within six months of publication. Replacement copies supplied after this date will be chargeable.

Advertising: The Nutrition Society is willing to include advertisements in its journals. However, it will retain the right to make decisions on which advertisements are acceptable and

which are not, and will not be obliged to give reasons to prospective advertisers for its decisions. The appearance of an advertisement in the Society's journals does not imply endorsement by the Society. For further details, please contact Cambridge University Press.

Back volumes will be available in due course. Please contact Cambridge University Press for further information.

US POSTMASTERS: Please send address corrections to Public Health Nutrition Cambridge University Press 100 Brook Hill Drive West Nyack New York 10994–2133 USA

Notes for Authors are available from the publisher at the given address and can be found inside the back cover.

Offprints: The author (or main author) of an accepted paper will receive a free PDF of their paper and a copy of the issue in which their paper has been published. Additional offprints are available for a fee and must be ordered at proof stage. **No page charges are levied by this journal.**

Copyright: As of 1 January 2001 the copyright of all articles submitted to *Public Health Nutrition* are retained by the authors or their institutions. For articles prior to this date permission for reproduction of any part of the journal (text, figures, tables or other matter) in any form (on paper, microfiche or electronically) should be sought directly from the Society, at: The Editorial Office, The Nutrition Society, 10 Cambridge Court, 210 Shepherds Bush Road, Hammersmith, London, W6 7NJ, UK.

Disclaimer: The information contained herein, including any expression of opinion and any projection or forecast, has been obtained from or is based upon sources believed by us to be reliable, but is not guaranteed as to accuracy or completeness. The information is supplied without obligation and on the understanding that any person who acts upon it or otherwise changes his/her position in reliance thereon does so entirely at his/her own risk. Neither the Society, nor Cambridge University Press accepts responsibility for any trade advertisement included in this publication.

This journal issue has been printed on FSC-certified paper and cover board. FSC is an independent, non-governmental, not-for-profit organization established to promote the responsible management of the world's forests. Please see www.fsc.org for information. Typeset by Macmillan India Limited, Bangalore, India and Printed in Europe by Bell and Bain, Glasgow.

Public Health Nutrition is covered in Science Citation Index Expanded (Web of Science), Current Contents, Agriculture, Biology & Environmental Sciences, Current Contents, Clinical Medicine, CAB ABSTRACTS[®], Global Health, Index Medicus[®] (MEDLINE[®]), EMBASE, Excerpta Medica, BIOSIS[®] Database and CINAHL[®] Database Public Health Nutrition participates in the following initiatives: HINARI by WHO and AGORA by FAO.

Contents continued from outside back cover

A computerised tailored intervention for increasing intakes of fruit, vegetables, brown bread and wholegrain cereals in adolescent girls <i>G Rees, S Bakhshi, A Surujlal-Harry, M Stasinopoulos and A Baker</i>	1271
Vitamin D supplementation in young children: associations with Theory of Planned Behaviour variables, descriptive norms, moral norms and habits <i>J de Nooijer, M Onnink and P van Assema</i>	1279
Public policies Sugar and fat intake among children in Scotland: what is needed to reach the dietary targets?	1286
G McNeill, LF Masson, LCA Craig, JI Macdiarmid, BA Holmes, M Nelson and C Sheehy	