

## 1.0 Aims & Scope

The Journal of Food Science and Technology (JFST) is an international peer reviewed scientific journal published monthly and is the official publication of the Association of Food Scientists and Technologists of India (AFSTI). The journal considers high-quality, original research representing complete studies and scientific advances dealing with the innovative application of fundamental and applied science to enhance the understanding of product attributes, processes, technologies and bioactive constituents of foods, including antioxidants, phytochemicals, antinutrients of food and their impact on health. The Journal's basis is food science and technology with increasing emphasis on findings that enhance product quality and safety of foods., extend shelf life of fresh and processed food products and improve process efficiency.

### Out of scope of the journal

Manuscripts (MS) that report studies, which are (i) not of international interest or do not have a substantial impact on either food science or food technology, (ii) submissions which comprise merely data collections and (iii) based on the use of routine analytical methods , shall be rejected without review as out of scope.

*Further, authors should please note that any manuscripts dealing with bacteriological cultures or strains must include the culture deposition numbers as given by an authentic public culture collection (e.g., ATCC, MTCC, NCIM etc), failing which such MS will not be considered for the review process and rejected as out of scope.*

## 2.0 Pre-submission tips to ensure your manuscript is handled promptly

Authors SHOULD NOT contact the Editor-in-Chief (EiC) or Editor(s) for seeking opinion on suitability of your manuscript (MS) for submission. This decision is best left to you (and your co-authors). EiC, Editors or the Editorial Office (EO) cannot pre-screen MS outside the electronic system as JFST uses the Editorial Manager® (EM) electronic submission system.

For smooth handling of MS by the Editorial Office (EO), authors may ensure that the:

- MS fits the *Aims & Scope* of the journal.
- Cover letter is prepared, introducing your article and explaining the novelty of the research, identifying important outcomes of the work.
- List of at least four potential reviewers with contact details (i.e., Full name, designation affiliations and official address, official e-mail and alternate email, if available). None of the reviewers should be from the author's own institution; and, at least 3 out of the 4 reviewers from countries than the one to which the Authors belong.
- The text is written in good English.
- The MS must have, on a separate page, stand-alone highlights of the work (in such a way that one need not have to read the article to understand what authors mean). There has to be a minimum 3 highlights (and a maximum of 5), with each highlights not exceeding 100 characters including spaces.

- MS is in accordance with ARTICLE TYPES and strictly adheres to the limits prescribed for the number of words, references and of figures/tables is within the stipulated limits:
  - Research article (6000 words, 30 references, 6 tables & figures combined)
  - Review article (7000 words, 60 references, 8 tables & figures combined)
  - Short communication (3000 words, 25 references, 3 tables & figures combined)
  - Any additional tables and figures as supplementary material
- Text in the MS is clearly divided into sections as mentioned in the instructions; that the line and page numbers are continuous and the text is double-spaced.
- Declarations section is included on the Title Page to facilitate double-blind peer review
- Any experiments involving humans/animals are accompanied by an ethical statement.
- Conflict-of-interest statement is included in your Declarations section
- Additional electronic material in support of your MS, if any.
- All relevant sources (i.e. peer-reviewed articles, websites, books, theses etc.) are included in the Reference list. Number of references do not exceed the prescribed limit. Any pre-print edition/online repository of the theses referred in the MS must be upfront declared in the cover letter and appropriately referenced in the MS.

### 3.0 Declaration on submission

Submission of an MS to JFST implies that – (i) the work described has not been published before (except in the form of an abstract, a published lecture or academic thesis), (ii) it is not under consideration for publication elsewhere, (iii) its submission to JFST publication has been approved by all authors as well as the responsible authorities – tacitly or explicitly – at the institute where the work has been carried out, (iv) if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright holder, and (v) JFST will not be held legally responsible should there be any claims for compensation or dispute on authorship.

## 4.0 Submissions

### 4.1 Cover letter

All manuscripts must be accompanied by a cover letter, addressed to the EiC, which should clearly present the descriptions about the significance of research work, including its originality, its contribution to new knowledge in the field, and its relevance to the journal's aims & scope especially in the context of core food science and technology.

***If author(s) do not enclose a covering letter covering aspects as mentioned below, the MS would be returned by the EO.***

The cover letter, from among other things, should specifically address the following aspects –

- the type of article being submitted (original research article / review / short communication).
- the total word count of the MS (excluding tables and figure legends), number of references and number of tables and/or figures in the MS.

- (iii) should clearly mention about the originality of work, its non-submission / consideration in another journal.
- (iv) highlights/novelty of the work being submitted (minimum of 3 and a maximum of 5 as bullets). Each highlight has to be a separate statement or bullet; and, each highlight shall not exceed 100 characters including spaces.
- (v) a statement on conflict of interest, if any or otherwise.
- (vi) a statement to the effect that all authors have read and approved the MS; and, that all co-authors are aware of its submission to JFST including the concerned authorities.
- (vii) the corresponding author must undertake in the covering letter that he/she shall review at least three manuscripts (in his/her own specialization) submitted to JFST.
- (viii) If the manuscript is one of a series of companion manuscripts that will be published sequentially, please describe the planned series in the cover letter, mentioning previously published parts and giving an estimate of when subsequent parts will be submitted.

## **4.2 Online submissions**

Authors should submit their manuscripts online only using the platform provided for submission to JFST. Electronic submission substantially reduces the editorial processing and reviewing times and shortens overall publication times. Please follow the hyperlink “Submit online” on the right and upload all of your manuscript files following the instructions given on the screen. Please ensure you provide all relevant editable source files. Failing to submit these source files might cause unnecessary delays in the review and production process.

## **4.3 Online Submission of revised manuscript**

Highlight all changes made in the revised MS for faster processing and provide a point-by-point reply to the reviewer(s) comments as a separate file and a list of changes. Insert continuous line numbers and page numbers throughout the text to facilitate the reviewing process.

## **4.4 Confidentiality**

Authors should treat all communication with the Journal as confidential which includes correspondence with direct representatives from the Journal such as Editors-in-Chief and/or Handling Editors and reviewers’ reports unless explicit consent has been received to share information.

## **5.0 Permissions**

Author(s) wishing to include figures, tables, or text passages from other copyrighted works must obtain written permission from the copyright owner(s) for both the print and online format and appropriately credit the source(s) in the article. Please be aware that some publishers do not grant electronic rights for free and that the journal/publisher 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. Authors must submit evidence

that such permission has been granted when submitting their manuscript. Any material received without such evidence will be assumed to originate from the authors.

## **6.0 Types of Manuscripts**

The journal accepts Research Articles, Reviews and Short communications. In addition, starting July 2020, the journal also intends to introduce Rapid Communications. Limits set for each type of the article are separately detailed below.

### **6.1 Research Articles**

Research articles are complete reports of original, scientifically sound research that have not been published previously, except in a preliminary form in symposia/conferences etc. The article must contribute new knowledge and original research that is expected to have a definable impact on the advancement of food science and technology. Originality comprises of novel experiments and results, interpretations of data, and absence of prior publications on the same/similar topics. Fragmentation of work into an incremental series (that amounts to data slicing) of manuscripts is not acceptable. The research articles shall adhere to the following, in terms of its text attributes –

- Abstract :  $\leq 200$  words
- Word count :  $\leq 6000$  (incl. abstract & references; excl. tables & figure legends)
- Total Figures & Tables :  $\leq 06$
- Number of references :  $\leq 30$

### **6.2 Review Articles**

Review articles are authoritative, state-of-the-art accounts of the selected research field and must be of high interest, balanced and accurate. Authors should comprehensively summarize information in a field in which the literature is scattered and identify and discuss how the field may be impacted or develop in the future including insights that may be of significance to food scientists. It is expected that Potential authors considering the preparation of a review would have spent considerable amounts of their research career in the area that is being reviewed. Only in case of review articles, potential authors may contact the Editor providing an outline in the form of major headings and a summary statement with any questions. Review articles may also be invited by the EiC, Editor or the Editorial Board. All review articles are subject to the normal processes of peer review process and revision. Review articles shall adhere to the following –

- Abstract :  $\leq 250$  words
- Word count :  $\leq 7000$  (incl. abstract & references; excl. tables & figure legends)
- Total Figures & Tables :  $\leq 08$
- Number of references :  $\leq 60$

### **6.3 Short Communications**

These are brief reports of scientifically sound research, but of limited scope, that contribute new knowledge. They may be preliminary reports of new findings, in which case the author is expected to publish complete findings later in an article. The text attributes and related contents of short communications shall be as follows –

- Abstract :  $\leq 150$  words

Word count :  $\leq 2500$  (incl. abstract & references; excl. tables & figure legends)

Total Figures & Tables :  $\leq 03$

Number of references :  $\leq 25$

#### **6.4 Rapid Communications**

Beginning July 2020, the journal intends to publish this category of articles. These are works that will provide the scientific community with an opportunity to use an expedited route to dissemination of research findings in the core areas of food science and technology. The journal, under this category, will consider the research works that bring -

- (i) Innovation in the field of food science & technology, including analytical aspects related to food testing and analysis.
- (ii) Materials that support the development of new standard methods address processing, technology or engineering issues related to food and food products.
- (iii) Papers describing new processing equipment, modified processing steps and technological/engineering modifications will be considered under this category only if supported by clear evidence of improved performance, either in terms of material inputs or in terms of time, without any obvious effect on the quality of the product.

The text attributes and other related contents of a Rapid Communication shall be the same as that of Short communication except that the number of tables & figures combined shall not be more than 4. For the benefit of author(s), the attributes are provided below:

Graphical Abstract :  $\leq 150$  words + 1 figure or table

Word count :  $\leq 2500$  (incl. abstract & references; excl. tables & figure legends)

Total Figures & Tables :  $\leq 04$

Number of references :  $\leq 25$

Besides, any intended Rapid Communication shall provide a graphical abstract which should summarize the innovative / novel feature(s) of the work being reported. The graphical abstract may contain the figure or table that that will be neither a supplementary one nor part of the manuscript. The figure or table that is used in the graphical abstract should offer the readers with a clear and dynamic representation of the main findings. PLEASE NOTE THAT NO SUPPLEMENTARY MATERIALS ARE ALLOWED IN CASE OF RAPID COMMUNICATIONS.

The rapid evaluation of the manuscript will be ensured by a peer-review system relying on the assessment either by the Editorial Board and/or through a pool of reviewers with a standing in the field of food science and technology. The decision to consider any MS submitted under this category solely lies with the EiC and/or the concerned section editor.

#### **7.0 Review Process**

A double blind peer review system is used to ensure high quality of manuscripts accepted for publication. All contributions will be initially assessed for suitability. The EiC and

Editors have the right to decline formal review of the manuscript when it is deemed that the manuscript is either/or -

- (i) outside the scope of the Journal,
- (ii) not within the priority subject of the journal,
- (iii) makes no contribution to the advancement of food science and/or food technology,
- (iv) lacks scientific and technical merit,
- (v) not innovative, lacks novelty or any new information,
- (vi) fragmentary and provides marginally incremental results,
- (vii) closely duplicates research previously published by the author (e.g., just changing the source or species)
- (viii) reports only routine work (lacks novelty)
- (ix) poorly written or lacks clarity in English usage and grammar

Manuscripts that meet the journal's criteria for scope, relevance and scientific merit will be sent for peer review to at least two independent expert reviewers assigned by the Editor. The review will be conducted against established criteria to determine scientific and technical merit. Each Reviewer submits a recommendation regarding the merit of the manuscript, but the Editor provides the final decision on acceptance of the paper for publication. The EiC's and/or Editor's decision is final, and no communication would be entertained in this regard with the Editor or EiC.

#### **7.1 Reviewer suggestions/exclusion**

Authors, mandatorily, should suggest at least 4 suitable reviewers on the EM system; and/or request for the exclusion of certain experts as reviewers, if any, when they submit their manuscripts. Please note that the Journal may use some or none of the suggested reviewers. These suggestions are appreciated as it helps facilitate the peer review process. When suggesting reviewers, authors should make sure they are totally independent and not connected to the work in any way nor related to the author.

Authors should note the following while making suggestions on the potential reviewers -

- (i) Suggest a mix of reviewers from different countries and different institutions.
- (ii) The recommended reviewers should be experts in the subject matter of the manuscript.
- (iii) Should not be anyone who is or has been a former adviser/advisee/research collaborator/ and/or co-author of papers and patents or in any other way has a conflict of interest.
- (iv) The reviewers suggested should not be a colleague in the same institution.
- (v) They all cannot be from your own country (if suggesting from your own country, restrict it to only one of four or more reviewers suggested).
- (vi) Provide an institutional email address for each suggested reviewer, or, if this is not possible to include, provide other means of verifying the identity (such as a link to a personal homepage, a link to the publication record or a researcher or author ID) in the submission letter.

## **8.0 General responsibilities of Author(s)**

Author(s) who are submitting the manuscript should be aware of their responsibilities which include, but not limited to, the following –

- (1) All authors are collectively responsible for the content of the work submitted for consideration of publication. It is also a collective responsibility of all authors to ensure to check the publication for correctness through all stages of publication to ensure that the methods, results and conclusions are reported accurately as intended.
- (2) Author(s) should proof read and check all the calculations, formulae, data presentation/interpretations, typesetting and correctness of typescripts during submission/revision(s), reviewing and galley proofing (post-acceptance, if accepted).
- (3) Use appropriate methods of data analysis and display is completely the responsibility of all authors; and, if any specialist advice is used, he/she should be appropriately acknowledged (either through an authorship or by acknowledging the person in the acknowledgement section) as deemed appropriate by the author(s).
- (4) Images (e.g. micrographs, X-rays, pictures of electrophoresis gels) should not be modified in any misleading way; and, only the original images as produced during the investigation(s) shall only be used for the purpose of research publication.
- (5) Author(s) should alert the EO or EiC promptly, if they discover an error in any submitted, accepted or published manuscript.
- (6) Author(s) should cite only relevant references which they have read; and, must not quote any reference(s) from other publications if they have not read the cited work.
- (7) Author(s) must not use acknowledgements misleadingly to imply a contribution or endorsement by individuals who have not, in fact, been involved with the work or given an endorsement.
- (8) It is the responsibility of author(s), especially the Corresponding Author, that the authorships of the submitted manuscript accurately reflect an individual's contribution. Author(s) must refrain from the practices of guest, gift, and/or ghost authorship.
- (9) Author(s) should obtain permission from the original copyright holder(s) for reproduction of any figure(s)/table(s)/diagram(s) and appropriately reference/acknowledge in the text of the work intended for publication.
- (10) It is author(s) responsibility to ensure due and proper acknowledgement of any funding received both in the text of the MS as well at appropriate place during the online submission.
- (11) Author(s) should duly obtain any institutional/organizational permission required before submitting the MS. Journal shall not be responsible in any way for any act of omission or commission in this regard.

(Most of the contents in this section are sourced and modified from the - *Responsible research publication: International standards for authors 'A position statement developed at the 2nd World Conference on Research Integrity', Singapore, July 22-24, 2010*)

## **8.1 Ethical Responsibilities**

This journal is committed to upholding the integrity of the scientific record. Authors should refrain from misrepresenting research results, which could damage the trust in the journal, the professionalism of scientific authorship, and ultimately the entire scientific

endeavour. Maintaining integrity of the research and its presentation is helped by adhering to the rules of good scientific practices, but not limited to, as mentioned below

- (1) The research being reported should have been conducted in an ethical and responsible manner.
- (2) The submitted work should be original and should not have been published elsewhere in any form or language (partially or in full), unless the new work concerns an expansion of previous work.
- (3) The MS shall not be submitted to any other Journal for simultaneous consideration.
- (4) A single study should not be split up into several parts to increase the quantity of submissions and submitted to various journals or to one journal over time.
- (5) Results should be presented clearly, honestly, and without fabrication, falsification or inappropriate data manipulation (including image-based manipulation).
- (6) No data, text, or theories by others are presented as if they were the author's own ('plagiarism'). Proper acknowledgements to other works must be given (this includes material that is closely copied (near verbatim), summarized and/or paraphrased), quotation marks (to indicate words taken from another source) are used for verbatim copying of material, and permissions secured for material that is copyrighted. Please note that JFST screens each MS through an anti-plagiarism software and excessive reproduction of previous works will result in rejection.
- (7) Authors should make sure they have permissions for the use of material(s) mentioned in the MS, including reproduction(s) of images/figures/tables from published papers.
- (8) Include only those authors who have contributed meaningfully and have made primary contributions (like design of work, interpretation of results, writing of the paper etc.) to the work. It is the responsibility of the corresponding author to ensure that every author has read and approved the manuscript before submission.
- (9) Excessive and inappropriate self-citation or coordinated efforts among several authors to collectively self-cite is strongly discouraged; and, will be treated as an unethical publishing behaviour.
- (10) Upon request, authors should be prepared to send relevant documentation or data in order to verify the validity of the results presented. This could be in the form of raw data, samples, records, etc. Sensitive information in the form of confidential or proprietary data is excluded.
- (11) If any reader, through a written communication to EiC or the publishing Editor, points to scientific discrepancy, Author(s) should provide scientific justification and/or a rebuttal. This may or may not be published and the decision solely lies with the EiC and the publisher.
- (12) If there is suspicion of misbehaviours or alleged fraud, the Journal and/or Publisher will carry out an investigation following COPE guidelines. If, after investigation, there are valid concerns, the author(s) concerned will be contacted under their given e-mail address and given an opportunity to address the issue. Depending on the situation, this may result in the Journal's and/or Publisher's implementation of the following measures, including, but not limited to -
  - (a) If the manuscript is still under consideration, it may be rejected and returned to the author.



- (b) If the article has already been published online, depending on the nature and severity of the infraction –
- an erratum/correction may be placed with the article
  - an expression of concern may be placed with the article
  - or in severe cases retraction of the article may occur.
  - Informing the author's institution / funding agency

For more information please see "Responsible research publication: international standards for authors" from COPE (<http://publicationethics.org/files/International>)

## **8.2 Changes in authorship**

Authors are strongly advised to consider carefully the list and order of authors before submitting their manuscript and provide the definitive list of authors at the time of the original submission. Either adding and/or deleting authors /rearrangement of author names during the revision stages is generally not permitted, but in some cases may be warranted and possible, only if approved by the EiC.

To request such a change, the EiC must receive the following from the corresponding author –

- (a) the reason for the change in author list
- (b) written confirmation (e-mail, letter) from all authors that they agree with the addition, removal or rearrangement.
- (c) In the case of addition or removal of authors, this includes confirmation from the author being added or removed.

Please note that changes to authorship cannot be made after acceptance of a manuscript.

## **8.3 Animal or Human Studies**

Manuscripts describing studies in which the use of live animals or human subjects is involved must include in the Materials and Methods section a statement that such experiments were performed in compliance with the appropriate laws and institutional guidelines, and also name the institutional committee that approved the experiments. For experiments with human subjects, a statement that informed consent was obtained from each individual must be included and the consent forms made available to the journal on request. Consent must be obtained not only when subjects are involved directly in the study but also when samples (tissue, blood, plasma, etc.) are required for *in-vitro* experiments. Reviewers of MS involving animal or human experiments will be asked to comment specifically on the appropriateness and conformity to regulations of such experiments. Authors are encouraged to include the approval code or number or give the name of the approving office of official in the MS.

In case, the MS has any component dealing with genetically manipulated materials either in the process or during the experiment, the MS should clearly make a statement in the MS declaring the following –

- (a) Appropriate clearances from any institutional/national committee on biosafety aspects
- (b) Statement on clearance/permission to use products with manipulated DNA/cells (Author(s) should provide necessary documents, if the Journal requests for it)

MS describing studies in which the use of recombinant DNA/manipulated cells in the

food products must declare the permission from the appropriate National Agency to use in the food or food product or in process of preparation of such food or food products.

#### **8.4 Author Contributions**

For the purposes of transparency, the journal requires authors to submit a statement outlining the individual contributions of each author(s) to the manuscript, to be placed in the Declarations on the Title Page. The corresponding author is responsible for ensuring that the descriptions are accurate and agreed by all authors. Authorship statements should be formatted by including names in the form of initials (e.g., if Dr Marie Curie was responsible for conceiving the idea, carried out the work and wrote the MS, while Prof CV Raman supervised the work and corrected the manuscript; then it should be written as “MC conceived, carried out the experiments and wrote the MS; CVR supervised the work and edited the manuscript”).

#### **8.5 Acknowledgements**

Collate acknowledgements in a separate section on the Title Page. List here all those individuals who provided help during the research (e.g., providing language help, writing assistance or proof reading the article, etc.)

#### **8.6 Consent for Publication**

If your manuscript contains any individual person’s data in any form (including any individual details, images or videos), consent for publication must be obtained from that person, or in the case of children, their parent or legal guardian. All presentations of case reports must have consent for publication. See our editorial policies for more information on consent for publication.

If your manuscript does not contain data from any individual person, please state “Not applicable” in this section of the Declarations.

#### **8.7 Availability of Data and Materials**

All manuscripts must include an ‘Availability of data and materials’ statement in the Declarations. Data availability statements should include information on where data supporting the results reported in the article can be found including, where applicable, hyperlinks to publicly archived datasets analysed or generated during the study. By data we mean the minimal dataset that would be necessary to interpret, replicate and build upon the findings reported in the article. We recognise it is not always possible to share research data publicly, for instance when individual privacy could be compromised, and in such instances data availability should still be stated in the manuscript along with any conditions for access. Data availability statements can take one of the following forms (or a combination of more than one if required for multiple datasets):

- The datasets generated and/or analysed during the current study are available in the [NAME] repository, [PERSISTENT WEB LINK TO DATASETS]
- The datasets used and/or analysed during the current study are available from the corresponding author on reasonable request.
- All data generated or analysed during this study are included in this published article [and its supplementary information files].
- The datasets generated and/or analysed during the current study are not publicly available due [REASON WHY DATA ARE NOT PUBLIC] but are available from the corresponding author on reasonable request.

- Data sharing is not applicable to this article as no datasets were generated or analysed during the current study.
- The data that support the findings of this study are available from [third party name] but restrictions apply to the availability of these data, which were used under license for the current study, and so are not publicly available. Data are however available from the authors upon reasonable request and with permission of [third party name].
- Not applicable. If your manuscript does not contain any data, please state 'Not applicable' in this section.

More examples of template data availability statements, which include examples of openly available and restricted access datasets, are available [here](#).

Authors should cite any publicly available data on which the conclusions of the paper rely in the manuscript. Data citations should include a persistent identifier (such as a DOI) and should ideally be included in the reference list. Citations of datasets, when they appear in the reference list, should include the minimum information recommended by DataCite and follow journal style. Dataset identifiers including DOIs should be expressed as full URLs. For example:

Hao Z, AghaKouchak A, Nakhjiri N, Farahmand A. Global integrated drought monitoring and prediction system (GIDMaPS) data sets. figshare. 2014. <http://dx.doi.org/10.6084/m9.figshare.853801>

With the corresponding text in the Availability of data and materials statement:

The datasets generated during and/or analysed during the current study are available in the [NAME] repository, [PERSISTENT WEB LINK TO DATASETS]<sup>[Reference number]</sup>

Springer Nature provides a research data policy support service for authors and editors, which can be contacted at **researchdata@springernature.com**.

This service provides advice on research data policy compliance and on finding research data repositories. It is independent of journal, book and conference proceedings editorial offices and does not advise on specific manuscripts.

## 8.7 Competing Interests

All financial and non-financial competing interests must be declared in this section.

See our [editorial policies](#) for a full explanation of competing interests. If you are unsure whether you or any of your co-authors have a competing interest please contact the editorial office.

Please use the authors initials to refer to each authors' competing interests in this section.

If you do not have any competing interests, please state "The authors declare that they have no competing interests" in this section.

## 9.0 Article Structure

Follow this order when typing manuscripts: Title, Authors, Affiliations, Declarations, Abstract, Keywords, Main text (Introduction, Materials and Methods, Results, Discussion), Author contributions, Acknowledgements, References and Figure Captions.

Tables, Figures and supplementary material that will be uploaded as separate files during online submission, will be placed after the figure captions by the system, as Tables, figures and supplementary files, in that order.

### 9.1 Title page (Page 1)

The title page should include an informative title, name of the author(s), author(s) affiliations, corresponding author & his contact details, acknowledgement(s), and Declarations

**Title of the MS:** The MS should have *a concise, un-ambiguous and informative title*. Titles are often used in information-retrieval systems. Use abbreviations and formulae, only if they are very essential and cannot be done away with.

**The name(s) of the author(s):** Please clearly indicate the full given name(s) and family name(s) of each author and check that all names are accurately spelled. Please ensure that names are listed in the order first name/FAMILY NAME (e.g. Marie CURIE) - this will ensure they are listed correctly in indexing services.

**Author(s) affiliations:** Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-case superscript letter immediately after the author's name and in front of the appropriate address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author.

**Corresponding author:** The name of the corresponding author to whom inquiries about the paper should be addressed at all stages of refereeing and publication, also post-publication must be marked with an asterisk. Ensure that the e-mail address is given is active and that contact details are kept up to date by the corresponding author.

Ensure that telephone and fax numbers (with country and area code) are provided in addition to the e-mail address and the complete postal address.

**Present/permanent address:** If an author has moved since the work described in the article was done, or was visiting at the time, a "Present address" (or "Permanent address") may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Use superscript Arabic numerals for such footnotes.

**Acknowledgements:** Acknowledgements and any information that would reveal author(s) identity should be placed in this page. JFST follows a double-blind review process, at the time of initial submission and revision(s) and hence any such information is not desirable in the MS. MS would be returned by the EO, if Author(s) include acknowledgement (or any other information that reveals their identity) section anywhere else in the text other than this page.

**Declarations:** All manuscripts must contain the following sections under the heading 'Declarations', to be placed on the Title Page. JFST follows a double-blind review process, at the time of initial submission and revision(s) and hence any such information is not desirable in the MS.

If any of the sections are not relevant to your manuscript, please include the heading and write 'Not applicable' for that section.

**Funding** (information that explains whether and by whom the research was supported)  
**Conflicts of interest/Competing interests** (include appropriate disclosures)  
**Ethics approval** (include appropriate approvals or waivers)  
**Consent to participate** (include appropriate consent statements)  
**Consent for publication** (appropriate statements regarding publishing an individual's data or image)  
**Availability of data and material** (data transparency)  
**Code availability** (software application or custom code)  
**Authors' contributions**

## 9.2 Research highlights (Page 2)

Place research highlights on a separate page preceding the abstract. The research highlights should consist of short collection of bullet points. Highlights should identify and capture novel outcomes of your work and must be stand-alone (i.e., they should not require someone to read the article to understand what is being conveyed). Provide a minimum of 3 and a maximum of 5 highlights. Each highlight, provided as a bullet point, shall have a maximum of 100 characters including spaces.

## 9.3 Abstract (Page 3)

The abstract should be a clear and concise (**not exceeding the word limits as prescribed in section 6.0**) one-paragraph factual summary which is informative rather than descriptive. It should include the purpose of the research, major results and conclusions. Do not use statements such as "Results are discussed". An abstract is often presented separately from the article, so it must be able to stand alone and be comprehensible without the rest of the paper. References should be avoided, but if essential, then cite the author(s) and year(s) title, journal name, volume and page numbers. Avoid non-standard or uncommon abbreviations, but if essential they must be defined at their first mention in the abstract itself

## 9.4 Keywords (Page 3)

Keywords allow the article to be found easily by search engines and considerably increase article citations when they are comprehensive. Provide a minimum of 4 and maximum of 6 significant keywords to aid the reader in literature retrieval. Keywords should be in singular, full word form.

## 9.5 Abbreviations (Page 3)

Define abbreviations that are not standard in food science and technology. These will be placed on the first page of the article. Such abbreviations that are unavoidable in the abstract must be defined at their first mention there. Ensure consistency of abbreviations used throughout the article.

The following abbreviations may be used without definition in the title, abstract, text, figure legends, and tables -

| Abbreviation                                    | Full name  |
|---|--|
| <i>Biological, Chemical and Microbiological</i> |  |
| ABTS  | (2,2'-azino-bis(3-ethylbenzothiazoline-6-sulfonate)) |
| AAPH  | 2,2'-azobis(2-amidinopropane) dihydrochloride        |

|                                       |   |
|---------------------------------------|---|
| CHAPS                                 | 3-(3-cholamidopropyl) diethyl-ammonio-1- propanesulfonate   |
| CFU                                   | Colony forming units  |
| DPPH                                  | 2,2-diphenyl-1-picrylhydrazyl; di(phenyl)-(2,4,6-trinitrophenyl) iminoazanium)                                    |
| EDTA                                  | ethylenediamine tetra acetic acid; 2,2',2'',2''' -(ethane-1,2-diyl)dinitrilo) tetra acetic acid)                  |
| FAD/FADH <sub>2</sub>                 | Flavin-adenine dinucleotide and its fully reduced form  |
| FMN                                   | Riboflavin 5'-phosphate   |
| HEPES                                 | 4-(2-hydroxyethyl)-1-piperazineethanesulfonic acid;<br>2-[4-(2-hydroxyethyl) piperazin-1-yl] ethanesulfonic acid) |
| HDL                                   | High-density lipoprotein  |
| IR                                    | Infra red   |
| LDL                                   | Low-density lipoprotein   |
| MIC                                   | Minimum inhibitory concentration  |
| MTT                                   | 3-(4,5-dimethylthiazol-2-yl)-2,5-diphenyltetrazolium bromide)   |
| NAD <sup>+</sup> /NADH                | nicotinamide adenine dinucleotide   |
| NADP <sup>+</sup> /NADPH              | nicotinamide adenine dinucleotide phosphate   |
| PCR                                   | polymerase chain reaction   |
| RNA                                   | Ribonucleic acid  |
| Tris                                  | Tris(hydroxymethyl) aminomethane; 2-amino-2-(hydroxymethyl) propane-1,3-diol)                                     |
| Trolox                                | 6-hydroxy-2,5,7,8-tetramethylchroman-2-carboxylic acid  |
| <b><i>Instrumental techniques</i></b> |   |
| AAS                                   | Atomic absorption spectroscopy  |
| DSC                                   | Differential scanning calorimetry   |
| ELISA                                 | Enzyme linked immunosorbent assay   |
| FTIR                                  | Fourier transform infrared  |
| GC                                    | Gas chromatography  |
| GC-MS                                 | Gas chromatography/Mass Spectrometry  |
| GPC                                   | Gel permeation chromatography   |
| IR                                    | Infrared  |
| HPLC                                  | High performance liquid chromatography  |
| HP-TLC                                | High performance- Thin layer chromatography   |
| LC                                    | Liquid chromatography   |
| MALDI                                 | Matrix-assisted laser desorption/ionization   |
| MS                                    | Mass spectrometry   |
| NMR                                   | Nuclear magnetic resonance  |
| PAGE                                  | Polyacrylamide gel electrophoresis  |
| PCR                                   | Polymerase Chain Reaction   |
| RP-HPLC                               | Reverse phase high performance liquid chromatography  |
| SDS-PAGE                              | Sodium dodecyl sulfate polyacrylamide gel electrophoresis   |
| SEM                                   | Scanning electron microscopy  |
| TEM                                   | Transmission electron microscopy  |
| TLC                                   | Thin layer chromatography   |
| UV                                    | Ultra violet  |
| Vis                                   | Visible   |

## 9.6 Main text (Page 4 onward)

The article should be divided into clearly defined sections viz., Introduction, Materials and Methods, Results, Discussion, Author contributions, Acknowledgements, Conflict of Interest (if any), and References. Each section heading should appear on its own in a separate line. Any subsection may be given a brief heading. If the MS uses abbreviations, they should be defined at first mention and used consistently thereafter.

### **Introduction**

Provide a brief review of pertinent work citing key references (do not resort to self-citation, unless it is very essential) outlining the issue that is being addressed and clearly state the objectives. Discuss relationships of the study to previously published work, but do not reiterate or attempt to provide a complete literature survey. The purpose or rationale for the research being reported, and its significance, originality, or contribution to new knowledge in the field, should be clearly and concisely stated. Do not summarize the current findings.

### **Material and methods**

In this section author(s) should clearly provide details of the materials and methods they have employed in the study in such a way that it can be easily carried out by other researchers if they wish to. Author(s) must emphasize any unexpected, new, and/or significant hazards or risks associated with the experimental work

Specific and new experimental methods should be sufficiently detailed so the work can be repeated by fellow researchers interested in the area. Give references to globally established methods, provide references and brief descriptions of methods that have been published but are not well-known, describe substantially modified methods, including statistical methods, give reasons for using them, and evaluate their limitations. For special equipment, reagents, kits, etc., the source, city, state, and country should be specified in parentheses.

Biological materials should be identified by the scientific name (*genus*, *species*, and if necessary, family) and cultivar, if appropriate, together with source from which the samples were obtained.

***Manuscripts dealing with bacteriological cultures or strains, the culture deposition numbers as given by public culture collection (e.g., ATCC, MTCC, NCIM etc) must be provided, without which such MS will not be considered for the review process.***

Experiment with live animals or human subjects are used must include a statement that such experiments were performed in compliance with the appropriate laws and institutional guidelines and also name the institutional committee that approved the experiments (*for details see section 8.3*)

If variation within a treatment (coefficient of variation (CV), that is, the standard deviation divided by the mean) is less than 10% and the difference among treatment means is greater than 3 standard deviations, it is not necessary to conduct a statistical analysis. If the data do not meet these criteria, statistical analysis must be conducted.

In case of theoretical papers / engineering calculations, the section should provide an extended (not repeating what is already dealt in introduction) foundation for the current and further work. In other words, the calculation section should represent its practicality in the context of the MS from a theoretical basis.

### **Results and Discussion**

Results and discussion may be presented in separate sections or combined into a single section, whichever format conveys the results lucidly. To avoid repetition of results in the discussion, a combined section of results and discussion is often more appropriate.

Results should be very concise and clear. Cite tables and figures consecutively in text with Arabic numerals. Do not intersperse tables and figures in text. While discussing findings, compare results with previous work and proposing explanations for the results observed. Extensive citations and discussion of published literature without importance to the experimental results should be avoided. Avoid speculation unsupported by the data obtained.

If author(s) choose to separate results and discussion sections, the results section should be very clear, comprehensive and concise. Repetition of results in the discussion section should be avoided. Discussion should clearly focus on the significance of the results of the work and the improvements over the already available knowledge.

### Conclusions

The main conclusions of the study may be presented in a short conclusions section, which may stand alone or form a subsection of the Discussion or Results and Discussion section. The conclusions section, as far as possible, should avoid presenting the results repetitively and must focus on the key takeaway from the study with emphasis on future prospects or requirements.

## 10.0 Scientific style

Please always use internationally accepted signs and symbols.

### 10.1 Units:

Always use the international system of units (SI). If other units are mentioned, please give their equivalent in SI. Use mg/Kg instead of ppm and  $\mu\text{g/Kg}$  instead of ppb.

Temperatures should be given in degrees Celsius ( $^{\circ}\text{C}$ ). The unit 'billion' is ambiguous and should not be used.

The following commonly used empirical units are permitted -

|                            |                    |   |                       |
|----------------------------|--------------------|---|-----------------------|
| cal = calorie              | kcal = kilocalorie | cm = centimeter                                       | cP= centipoise        |
| s = second                 | min = minute       | h = hour  | L = liter             |
| g = gram                   | M = molar          | mol = mole  | N = normal            |
| $^{\circ}\text{Bx}$ = Brix | Da = dalton        | Aw = water activity                                   | Mw = molecular weight |
| CFU = colony forming unit  |                    | % = percent (designate w/v, v/v or w/w in lower case) |                       |

Do not use a plural form for the symbols; for example, 5 kgs would be incorrect instead use 5 kg. Give a space between measurement and number (for example, 50 cm, 0.1 N) but no space between degree and sign (for example, 25  $^{\circ}\text{C}$ ) and % sign (for example, 50%). A range is formatted as 0.5- 1.0 g.

Unit expression should not be in the form of exponent (e.g.,  $\text{L min}^{-1}$  should be L/min). Centrifugation speed should be expressed as gravity (e.g.,  $10,000 \times g$ , not 10,000g or 10,000xg) and not rpm

### 10.2 Nomenclature

**Numerical data** should be reported with the number of significant digits that corresponds to the magnitude of experimental uncertainty.

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of chemical names, nomenclature of chemical compounds, isotopic compounds, optically active isomers, and spectroscopic data.

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### 10.3 Formula

Please use the standard mathematical notation for formulae, symbols, etc.: Italic for single letters that denote mathematical constants, variables, and unknown quantities Roman/upright for numerals, operators, and punctuation, and commonly defined functions or abbreviations, e.g., cos, det, e or exp, lim, log, max, min, sin, tan, d (for derivative) Bold for vectors, tensors, and matrices.

### 10.4 Analytical methods

If analytical method or measurement results thereof are reported they should also be accompanied by the associated measurement uncertainty, precision, reproducibility, repeatability, trueness, selectivity, sensitivity, and where applicable, information on method validation and the traceability to Certified Reference Materials (CRM).

## 11.0 References

Responsibility for the accuracy of references cited lies entirely with the authors. References taken from a review or other secondary source should be checked for accuracy with the primary source. The manuscript should be carefully checked to ensure that the spelling of authors' names and dates are exactly the same in the text as in the reference list. Ensure that every reference cited in the text is also present in the reference list at the end of the manuscript (and vice versa).

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Cite references in the text by name and year in parentheses. Some examples: 'Negotiation research spans many disciplines (Thompson 1990). This result was later contradicted by Becker and Seligman (1996). This effect has been widely studied (Abbott 1991; Barakat et al. 1995; Kelso and Smith 1998; Medvec et al. 1993)'.

All citations in the text should refer to -

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- (3) Three or more authors: first author's name followed by et al. and the year of publication. e.g., Barakat et al. 1995
- (4) Citations may be made directly or in parenthesis. e.g., "as demonstrated earlier (Thompson 1990). Further Barakat et al (1995) have recently shown..."
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**Journal article:** Author(s). Year in parenthesis, Article title (in sentence case). Journal title (abbreviated). Volume number: inclusive pages.

*Example*

Gamelin FX, Baquet G, Berthoin S, Thevenet D, Nourry C, Nottin S, Bosquet L (2009) Effect of high intensity intermittent training on heart rate variability in prepubescent children. *Eur J Appl Physiol* 105:731-738. doi: 10.1007/s00421-008-0955-8

**Article by DOI:** Author(s). Year in parenthesis, Article title. Journal title. doi

*Example*

Slifka MK, Whitton JL (2000) Clinical implications of dysregulated cytokine production. *J Mol Med*. doi:10.1007/s001090000086

**Reference to a book:** Author(s) or editor(s). Year in parenthesis, Title. Edition or volume. Publisher name, Place of publication.

*Example*

South J, Blass B (2001) The future of modern genomics. Blackwell, London

**Reference to a chapter in an edited book:** Author(s) of the chapter. Year in parentheses Chapter title. Volume (if relevant). In: Author(s) or editor(s) Title of the book. Edition number (if relevant) Publisher name, Place of publication. Inclusive pages of the chapter.

*Example*

Brown B, Aaron M (2001) The politics of nature. In: Smith J (ed) The rise of modern

genomics, 3rd edn. Wiley, New York, pp 230-257

**Online document** Author(s) year in parenthesis, Title URL. Accessed date.

*Example*

Cartwright J (2007) Big stars have weather too. IOP Publishing Physics Web.

<http://physicsweb.org/articles/news/11/6/16/1>. Accessed 26 June 2019

Always use the standard abbreviation of a journal's name according to the ISSN List of Title Word Abbreviations, see [www.issn.org/2-22661-LTWA-online.php](http://www.issn.org/2-22661-LTWA-online.php)

For authors using EndNote, Springer provides an output style that supports the formatting of in-text citations and reference list. EndNote style (zip, 3kB)

### **11.3 Text Formatting**

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- Use the automatic page numbering function to number the pages.
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- Use the equation editor or Math Type for equations.
- Save your file in docx format (Word 2007 or higher) or doc format (older version).

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- LaTeX macro package (zip, 182 kB)

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Tables should be used when the data cannot be presented clearly in the narrative, when many numbers must be presented, or when more meaningful inter-relationships can be conveyed by the tabular format.

- Tables should supplement, not duplicate, information presented in the text and figures.
- Tables should be simple and concise.
- All tables are to be numbered using Arabic numerals.
- Tables should always be cited in text in consecutive numerical order.
- Each table, should have an overall title explaining the components of the table and each column within the table must have a heading. The title should be understandable without reference to the text. Details should be put in footnotes, not in the title
- The table should contain sufficient experimental detail to be understood without reference to the text. Each table should be stand alone.
- 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.

### **13.0 Figures**

Figure should be in a high-resolution original form. It is preferable to place any key to symbols used in the artwork itself, not in the caption. Ensure that any symbols and abbreviations used in the text agree with those in the artwork.

### **13.1 Numbering**

- All figures are to be numbered using Arabic numerals.
- Figures should always be cited in text in consecutive numerical order.
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- Include the captions in the text file of the manuscript after References as “Figure captions”. Do not include in the figure file.
- Figure captions begin with the term Fig. in bold type, followed by the figure number, also in bold type (**Fig.1**)
- No punctuation (full stop) is to be included after the number, nor is any punctuation to be placed at the end of the caption (e.g. **Fig.1** Functional properties of bioactive peptides and hydrolysates).
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For the best quality final product, it is highly recommended to submit all of your artwork – photographs, line drawings, etc. – in an electronic format. Your art will then be produced to the highest standards with the greatest accuracy to detail. The published work will directly reflect the quality of the artwork provided.

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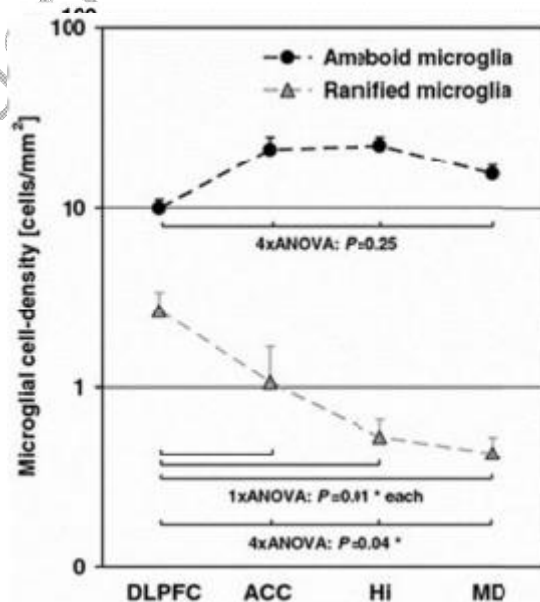
- Supply all figures electronically.
- Indicate what graphics program was used to create the artwork.
- For vector graphics, the preferred format is EPS; for halftones, please use TIFF

format. MS Office files are also acceptable.

- Vector graphics containing fonts must have the fonts embedded in the files.
- Name your figure files with "Fig" and the figure number, e.g., Fig1.eps.

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Definition: Black and white graphic with no shading (see figure below)



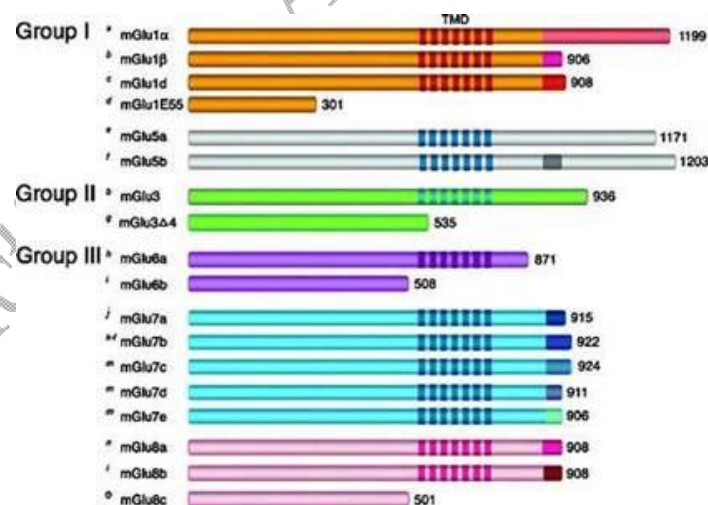
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- Vector graphics containing fonts must have the fonts embedded in the files.

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- Definition: Photographs, drawings, or paintings with fine shading, etc.
- If any magnification is used in the photographs, indicate this by using scale bars within the figures themselves.
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## Combination Art



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- Color art is published free of charge for online publication.
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- In order to give all abled and disabled persons access to the content of your figures, ensure that
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Supply all supplementary material in standard file formats. Please include in each file the following information: article title, journal name, author names; affiliation and e-mail address of the corresponding author.

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- Refer to the supplementary files as “Online Resource”, e.g., "... as shown in the animation (Online Resource 3)", "... additional data are given in Online Resource 4”.
- Name the files consecutively, e.g. “ESM\_3.mpg”, “ESM\_4.pdf”.
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