The British Journal of Nutrition is an international, peer-reviewed journal publishing original peer-reviewed papers, review articles, short communications and technical notes on human and clinical nutrition, animal nutrition and basic science as applied to nutrition. Correspondence is encouraged in a Nutrition Discussion Forum. The Journal recognizes the multidisciplinary nature of nutritional science and encourages the submission of material from all of the specialties involved in research and clinical practice. The Journal also publishes supplements on topics of particular interest.

Published twice monthly by Cambridge University Press on behalf of The Nutrition Society. The British Journal of Nutrition is available online to subscribers at journals.cambridge.org/bjn. Tables of contents and abstracts are available free at the same website.

Editor-in-Chief
P C Calder, School of Medicine, University of Southampton, Southampton, UK

Deputy Editors
F Bellisle, DVA, University of Burns, Glasgow, France
D R Jacobs Jr, School of Public Health, University of Minnesota, Minneapolis, MN, USA
R J Wallace, Gut Health Programme, Rowett Institute of Nutrition and Health, University of Aberdeen, Aberdeen, UK
S J Whiting, College of Pharmacy and Nutrition, University of Saskatchewan, Saskatoon, Sask., Canada
J K Friel, Institute of Ageing and Chronic Disease, University of Liverpool, Liverpool, UK

Reviews Editors
D J Milward, Faculty of Health and Medical Sciences, University of Surrey, UK
P Aggett, School of Medicine and Health, Lancaster University, Lancaster, UK

Systematic Reviews Editor
M Makrides, Women’s and Children’s Health Research Institute and University of Adelaide, Adelaide, Australia

Editorial Board
J J Anderson, Chapel Hill, NC, USA
T Austin, Norwich, UK
J H Beattie, Aberdeen, UK
G Bell, Stirling, UK
M Blaut, Bergholz-Rehbruecke, Germany
S B Pedersen, Aarhus, Denmark
C Bellisle, Norwich, UK
G C Burdge, Aberdeen, UK
A Buyken, Dortmund, Germany
A Cassette, Belgium
K D Cashman, Cork, Ireland
R S Chapkin, College Station, TX, USA
J M Coughlin, Madison, WI, USA
M A Dalen, Trondheim, Norway
J J Doherty, Oxford, UK
A M Lopez-Sanchez, Madrid, Spain
J A Lovegrove, Reading, UK
R M Maier, Basel, Switzerland
J P McCarron, Liverpool, UK
S Millward, Reading, UK
J M Montem, Madrid, Spain
A M Minihane, Norwich, UK
A Mori, Perth, Australia

British Journal of Nutrition
An International Journal of Nutritional Science
Volume 106, 2011 ISSN: 0007-1145

Aims and Scope
The British Journal of Nutrition is an international, peer-reviewed journal publishing original peer-reviewed papers, review articles, short communications and technical notes on human and clinical nutrition, animal nutrition and basic science as applied to nutrition. Correspondence is encouraged in a Nutrition Discussion Forum. The Journal recognizes the multidisciplinary nature of nutritional science and encourages the submission of material from all of the specialties involved in research and clinical practice. The Journal also publishes supplements on topics of particular interest.

Applications for membership are invited from anyone whose work has contributed to the scientific knowledge of nutrition, whether or not in the British Isles. There is also a student membership scheme with reduced subscriptions. The British Journal of Nutrition is published twice monthly by Cambridge University Press on behalf of The Nutrition Society. The British Journal of Nutrition is available online to subscribers at journals.cambridge.org/bjn. Tables of contents and abstracts are available free at the same website.

British Journal of Nutrition
An International Journal of Nutritional Science
Volume 106, 2011 ISSN: 0007-1145

Editor-in-Chief
P C Calder, School of Medicine, University of Southampton, Southampton, UK

Deputy Editors
F Bellisle, DVA, University of Burns, Glasgow, France
D R Jacobs Jr, School of Public Health, University of Minnesota, Minneapolis, MN, USA
R J Wallace, Gut Health Programme, Rowett Institute of Nutrition and Health, University of Aberdeen, Aberdeen, UK
S J Whiting, College of Pharmacy and Nutrition, University of Saskatchewan, Saskatoon, Sask., Canada
J K Friel, Institute of Ageing and Chronic Disease, University of Liverpool, Liverpool, UK

Reviews Editors
D J Milward, Faculty of Health and Medical Sciences, University of Surrey, UK
P Aggett, School of Medicine and Health, Lancaster University, Lancaster, UK

Systematic Reviews Editor
M Makrides, Women’s and Children’s Health Research Institute and University of Adelaide, Adelaide, Australia

Editorial Board
J C J Halford, Liverpool, UK
E Hester, Madrid, Spain
D Hoffman, New Brunswick, NJ, USA
J F Johnson, Boston, MA, USA
S J Kaukin, Saint-Piere-Nivelle, France
D S Kelley, Davis, CA, USA
C W C Kessaai, Toronto, Ont., Canada
J P Lallies, Rennes, France
A Laviaro, Rome, Italy
H J Lightowler, Oxford, UK
A M Lopez-Sanchez, Madrid, Spain
J A Lovegrove, Reading, UK
R D Matts, West Lafayette, IN, USA
C Mayer, Aberdeen, UK
S McCann, Buffalo, NY, USA
I M Chang, Saltic, USA
D M Keenan, Boston, MA, USA
S McLehan, Nottingham, UK
D McKnight, College Station, TX, USA
J G Mercier, Aberdeen, UK
A M Minihane, Norwich, UK
T A Mori, Perth, Australia

Publications Staff
C Goodstein (Publications Manager), C Jackson (Deputy Publications Manager), L Weeks, Eliot Hedges (Publications Officer) and S Hui and D Owen (Publications Assistants)

The Nutrition Society has as its objective the advancement of the scientific study of nutrition and its applications to the maintenance of human and animal health.

Application of membership is invited from anyone whose work has contributed to the scientific knowledge of nutrition, whether such work has been in the laboratory, the field or the clinic, and whether experimental, clinical, agricultural or statistical in nature. There is also a student membership scheme with reduced subscriptions.

Downloaded from https://www.cambridge.org/core. IP address: 54.70.40.11. All use subject to https://www.cambridge.org/core/terms. EULIPRODUCT EDITOR, Cambridge University Press. The Edinburgh Building, Shaftesbury Road, Cambridge CB2 2RU, UK; Tel: +44 1223 325802, email byproduction@cambridge.org

British Journal of Nutrition operates an online submission and review system (JournalsPress). Authors should submit to the following address: info@bjn.msubmit.net. If any difficulties are encountered please contact the Publications Office (details above) immediately.

Professor Philip Calder
Editor-in-Chief
British Journal of Nutrition
The Nutrition Society
10 Cambridge Court
210 Shepherds Bush Road
London W6 7NJ
Tel: +44 (0)20 7605 6655
Fax: +44 (0)20 7602 1756
Email: edifice@nusoc.org

Notes that authors will be charged 350 GBP for the publication of colour figures. Authors from countries entitled to free journal access through HINARI will be exempt from these charges.

References
References should be based on the numbered system. When an article has more than ten authors, only the names of the first three should be given followed by et al, but give abbreviated journal titles and conform to the following style:


Citation should be numbered consecutively in the order in which they first appear in the text using superscript Arabic numerals in parentheses, e.g. (1). The complexity of this approach to referencing has recently been highlighted (2)–(5). If a reference is cited more than once the same number should be used each time.

Referees. Authors are asked to submit the names of up to four referees who would be well-qualified to review the paper, however, no more than one reviewer will be used. The email addresses and institutions of the named referees should be given.

Proofs. PDF page proofs will be emailed to authors for checking, and should be returned within 3 days by fax or Email to our Production Editor, Cambridge University Press. The Edinburgh Building, Shaftesbury Road, Cambridge CB2 2RU, UK; Tel: +44 1223 325802, email byproduction@cambridge.org

Typescripts. The British Journal of Nutrition operates an online submission and review system (JournalsPress). Authors should submit to the following address: info@bjn.msubmit.net. If any difficulties are encountered please contact the Publications Office (details above) immediately.

Professor Philip Calder
Editor-in-Chief
British Journal of Nutrition
The Nutrition Society
10 Cambridge Court
210 Shepherds Bush Road
London W6 7NJ
Tel: +44 (0)20 7605 6655
Fax: +44 (0)20 7602 1756
Email: edifice@nusoc.org


All use subject to https://www.cambridge.org/core/terms. EULIPRODUCT EDITOR, Cambridge University Press. The Edinburgh Building, Shaftesbury Road, Cambridge CB2 2RU, UK; Tel: +44 1223 325802, email byproduction@cambridge.org

Published twice monthly by Cambridge University Press on behalf of The Nutrition Society. The British Journal of Nutrition is available online to subscribers at journals.cambridge.org/bjn. Tables of contents and abstracts are available free at the same website.
Contents

Foreword.
P. J. Aggett

Guidelines for the design, conduct and reporting of human intervention studies to evaluate the health benefits of foods.

A standardised approach towards PROving the efficacy of foods and food constituents for health CLAIMs (PROCLAIM): providing guidance.

Published on behalf of The Nutrition Society by Cambridge University Press
ISSN 0007-1145

© ILSI Europe 2011

Downloaded from https://www.cambridge.org/core. IP address: 54.70.40.11, on 29 Apr 2018 at 04:49:19, subject to the Cambridge Core terms of use, available at https://www.cambridge.org/core/terms. https://doi.org/10.1017/S0007114511006064