

Directions to Contributors can be found at journals.cambridge.org/bjn

British Journal of Nutrition
Volume 131, 2024 ISSN: 0007-1145

**Publishing, Production, Marketing, and
Subscription Sales Office:**

Cambridge University Press & Assessment
Journals Fulfillment Department
University Printing House, Shaftesbury Road
Cambridge CB2 8EA, UK

For Customers in North America:

Cambridge University Press & Assessment
Journals Fullfillment Department
1 Liberty Plaza
Floor 20
New York, NY 10006
USA

Special sales and supplements:

This Journal accepts relevant advertisements and inserts. We also provide bulk reprints of suitable papers to meet teaching or promotional requirements. The journal also publishes supplements on behalf of academic and corporate collaborators. Please contact Sarah Maddox at the Cambridge address for further details. E-mail: special_sales@cambridge.org

Subscription information:

British Journal of Nutrition is an international journal published by Cambridge University Press on behalf of The Nutrition Society. The twelve issues starting January 2024 comprise Volume 131, the twelve issues starting July 2024 comprise Volume 132.

Annual subscription rates:

Volumes 131/132 (24 issues):
Internet/print package £1955/\$3810
Internet only: £1296/\$2529

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

Back volumes are available. Please contact Cambridge University Press for further information.

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.

US POSTMASTERS: please send address corrections to *British Journal of Nutrition*, Cambridge University Press & Assessment, 1 Liberty Plaza, Floor 20, New York, NY 10006, USA.

Directions to Contributors are available from the Society at the address below or can be found on the Society's website at <http://www.nutritionociety.org>.

Offprints: The author (or main author) of an accepted paper will receive a copy of the PDF file of their article. There will be an option to purchase paper offprints, these should be ordered at proof stage. No page charges are levied by this journal.

Copyright: As of 1 July 2000 the copyright of all articles submitted to *British Journal of 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 Publications 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.

British Journal of Nutrition is covered in Current Contents®/Agriculture, Biology & Environmental Sciences, SciSearch®, Research Alert®, Current Contents®/Life Sciences, Index Medicus® (MEDLINE®), AGRICOLA®, CAB Abstracts™, Global Health, BIOSIS® Database, EMBASE/Excerpta Medica and Elsevier BIOBASE/Current Awareness in Biological Sciences, CINAHL, and Chemical Abstracts Service.

British Journal of Nutrition, published by Cambridge University Press on behalf of the Nutrition Society

Printed and bound by CPI Group (UK) Ltd, Croydon, CR0 4YY

Volume: 131 Number: 10

METABOLISM AND METABOLIC STUDIES

The Mini Nutritional Assessment combined with body fat for detecting the risk of sarcopenia and sarcopenic obesity in metabolic syndrome
Chi-Hua Yen, Yi-Wen Lee, Wei-Jung Chang and Ping-Ting Lin 1659

Association of the short-chain fatty acid levels and dietary quality with type 2 diabetes: a case-control study based on Henan Rural Cohort
Jia Li, Yuqian Li, Shuhua Zhang, Chongjian Wang, Zhenxing Mao, Wenqian Huo, Tianyu Yang, Yan Li, Wenguo Xing and Linlin Li 1668

Association between dietary macronutrient composition and plasma one-carbon metabolites and B-vitamin cofactors in patients with stable angina pectoris
Marianne Bråtveit, Anthea Van Parys, Thomas Olsen, Elin Strand, Ingvild Marienborg, Johnny Laupsa-Borge, Teresa Risan Haugsgjerd, Adrian McCann, Indu Dhar, Per Magne Ueland, Jutta Dierkes, Simon Nitter Dankel, Ottar Kjell Nygård and Vegard Lysne 1678

HUMAN AND CLINICAL NUTRITION

Nutritional composition of ultra-processed plant-based foods in the out-of-home environment: a multi-country survey with plant-based burgers
R. E. Vellinga, H. L. Rippin, B. G. Gonzales, E. H. M. Temme, C. Farrand, A. Halloran, B. Clough, K. Wickramasinghe, M. Santos, T. Fontes, M. J. Pires, A. C. Nascimento, S. Santiago, H. E. Burt, M. K. Brown, K. H. Jenner, R. Alessandrini, A. M. Marczak, R. Flore, Y. Sun and C. Motta 1691

Comparison of international height and BMI-for-age growth references and their correlation with adiposity in Brazilian schoolchildren
Mariane Helen de Oliveira, Roberto Fernandes da Costa, Mauro Fisberg, Luiz Fernando Martins Kruehl and Wolney Lisboa Conde 1699

Delivery of a telehealth supported home exercise program with dietary advice to increase plant-based protein intake in people with non-alcoholic fatty liver disease: a 12-week randomised controlled feasibility trial
Christine L. Freer, Elena S. George, Sze-Yen Tan, Gavin Abbott and Robin M. Daly 1709

Association between *n*-3 PUFA and lung function: results from the NHANES 2007–2012 and Mendelian randomisation study
Jingli Li, Jian Sun, Lingjing Liu, Chunyi Zhang and Zixiang Liu 1720

Effects of physical form of β -lactoglobulin and calcium ingestion on GLP-1 secretion, gastric emptying and energy intake in humans: a randomised crossover trial
Jonathan D. Watkins, Harry A. Smith, Aaron Hengist, Søren B. Nielsen, Ulla Ramer Mikkelsen, John Saunders, Francoise Koumanov, James A. Betts and Javier T. Gonzalez 1730

Salivary iodide status as a measure of whole body iodine homeostasis?
Eatedal Eenizan Alsaedi, Peter Rose and Simon J. M. Welham 1740

Nature of the evidence base and approaches to guide nutrition interventions for individuals: a position paper from the Academy of Nutrition Sciences
Mary Hickson, Constantina Papoutsakis, Angela M Madden, Mary Anne Smith, Kevin Whelan on behalf of the Academy of Nutrition Sciences 1754

Obituary
Paul Trayhurn 1774

DIETARY SURVEYS AND NUTRITIONAL EPIDEMIOLOGY

Spicy food consumption reduces the risk of ischaemic stroke: a prospective study
Jiale Li, Changping Xie, Jian Lan, Jinxue Tan, Xiaoping Tan, Ningyu Chen, Liuping Wei, Jiajia Liang, Rong Pan, Tingping Zhu, Pei Pei, Dianjianyi Sun, Li Su and Lifang Zhou 1777

High starch intake favours body weight control in neutered and spayed cats living in homes fed *ad libitum*
Camila Goloni, Letícia G. Pacheco, Letícia W. Luis, Stephanie S. Theodoro, Lucas B. Scarpim, Daniela Dalpubel, Meire Gallo Rosenburg, Isabelle C. Jeusette, Celina Torre, Gener T. Pereira and Aulus C. Carciofi 1786

The association between dietary patterns and disease severity in patients with ulcerative colitis
Mohammad Reza Amini, Zeinab Khademi, Marieh Salavatizadeh, Niloufar Rasaei, Nasser Ebrahimi-Daryani, Ahmad Esmailzadeh and Azita Hekmatdoost 1803

Interplay between polygenic variants related immune response and lifestyle factors mitigate the chances of stroke in a genome-wide association study
Sunmin Park 1813