

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

British Journal of Nutrition
Volume 121, 2019 ISSN: 0007-1145

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

Cambridge University Press
Journals Fulfillment Department
UPH, Shaftesbury Road
Cambridge CB2 8BS, UK

For Customers in North America:

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

Publisher: Cambridge University Press

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 2019 comprise Volume 121, the twelve issues starting July 2019 comprise Volume 122.

Annual subscription rates:

Volumes 121/122 (24 issues):
Internet/print package £1550/\$3021
Internet only: £1077/\$2100

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, 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.nutrition society.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 is printed on acid-free paper from renewable sources. Printed in the UK by Bell & Bain Ltd., Glasgow.

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.

Review-Systematic with Meta-Analysis

Efficacy and safety of iron supplementation in patients with heart failure and iron deficiency: a meta-analysis
Shuo Zhang, Fengxiao Zhang, Meng Du, Kun Huang and Cheng Wang 841

Metabolism and Metabolic Studies

Adaption of body zinc pools in weaned piglets challenged with subclinical zinc deficiency
Daniel Brugger and Wilhelm M. Windisch 849

Nutritional Endocrinology

A randomised controlled trial comparing the efficacy of micellised and fat-soluble vitamin D3 supplementation in healthy adults
Raman K. Marwaha, Tanvi Dev, Ambrish Mittal, Kalaivani Mani, Archana Narang, Preeti Arora, Anne Singh, Aditi Chadha, Navin Dang, Meetu Goel, Vinod K. Sharma and Gomathy Sethuraman 859

Human and Clinical Nutrition

Growth in early life and physical and intellectual development at school age: a cohort study
Chao Li, Lingxia Zeng, Duolao Wang, Stephen Allen, Shabbar Jaffar, Jing Zhou, Tao Chen, Victoria Watson and Hong Yan 866

Dietary patterns and hearing loss in older men enrolled in the Caerphilly Study
Nicola E. Gallagher, Chris C. Patterson, Charlotte E. Neville, John Yarnell, Yoav Ben-Shlomo, Anne Fehily, John E. Gallacher, Natalie Lyner and Jayne V. Woodside 877

Iron status and associations with physical performance during basic combat training in female New Zealand Army recruits
Nicola M. Martin, Cathryn A. Conlon, Rebecca J. M. Smeele, Owen A. R. Mugridge, Pamela R. von Hurst, James P. McClung and Kathryn L. Beck 887

Dietary Surveys and Nutritional Epidemiology

Prevalence and predictors of vitamin D deficiency in a nationally representative sample of adults participating in the 2011–2013 Australian Health Survey
Eva Malacova, Peihua (Rachel) Cheang, Eleanor Dunlop, Jill L. Sherriff, Robyn M. Lucas, Robin M. Daly, Caryl A. Nowson and Lucinda J. Black 894

Does breast milk adiponectin affect BMI and cardio-metabolic markers in childhood?
Lenie van Rossem, Henriette A. Smit, Eef G. W. M. Lentjes, Inge Maitimu-Smeele, Bert Brunekreef, Gerard H. Koppelman and Alet H. Wijga 905

Whole grain, bran and cereal fibre consumption and CVD: a systematic review
Eden M. Barrett, Marijka J. Batterham, Sumantra Ray and Eleanor J. Beck 914

Research Article

Insulin-like growth factor I, binding proteins -1 and -3, risk of type 2 diabetes and macronutrient intakes in men
Minna E. Similä, Jukka P. Kontto, Jarmo Virtamo, Katja A. Hätönen, Liisa M. Valsta, Jouko Sundvall and Satu Männistö 938

Behaviour, Appetite and Obesity

A single day of mixed-macronutrient overfeeding does not elicit compensatory appetite or energy intake responses but exaggerates postprandial lipaemia during the next day in healthy young men
Kevin Deighton, Andy J. King, Jamie Matu, Oliver M. Shannon, Oliver Whiteman, Alice Long, Matthew D. Huby, Miroslav Sekula and Adrian Holliday 945

Sex difference of the predictive value of BMI, waist circumference and percentage body fat mass for gallstone disease
Hsin-Yin Hsu, Chun-Yuan Huang and Lee-Ching Hwang 955

Cambridge Journals Online For further information about this journal please go to the journal website at: journals.cambridge.org/bjn