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**Abstract.** Each paper must commence with a carefully prepared, accurate, informative abstract, in one paragraph, that is complete in itself and intelligible without reference to text or figures, starting with the objective followed by the key findings and ending in clear conclusion. It should not exceed 250 words.

**Key Words.** Authors should supply two or three key words or phrases (each containing up to three words) for the subject index of the volume.

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1. Goel V, Cheema SK, Agellon LB, Oraikul B & Basu TK (1999) Dietary rhubarb (*Rheum rhabonticum*) stalk fibre stimulates cholesterol 7 $\alpha$ -hydroxylase gene expression and bile acid excretion in cholesterol-fed C57BL/6J mice. *Br J Nutr* **81**, 65–71.
2. Jenkins DJ, Kendall CW, Marchie A *et al.* (2003) The effect of combining plant sterols, soy protein, viscous fibres, and almonds in treating hypercholesterolemia. *Metabolism* **52**, 1478–1483.
3. Brandtzaeg P (2003) Role of local immunity and breast-feeding in mucosal homeostasis and defence against infections. In *Nutrition and Immune Function*, pp. 273–320 [PC Calder, CJ Field and HS Gill, editors]. Wallingford, Oxon: CAB International.
4. Stock M & Rothwell NJ (1982) *Obesity and Leanness: Basic Aspects*. London: John Libbey.

Citations should be numbered consecutively in the order in which they first appear in the text using superscript Arabic numerals in parentheses, e.g. 'The conceptual difficulty of this approach has recently been highlighted<sup>(1,2–4)</sup>'. If a reference is cited more than once the same number should be used each time.

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**Royal Society of Medicine, London,  
6–7 December 2016**

**Conference on ‘Diet, nutrition and  
mental health and wellbeing’**

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