American Society for Nutrition
NUTRITION 2026 Abstract Submission Checklist
Submission Deadline: **Monday, March 9, 11:59 PM ET**
Questions? Contact education@nutrition.org

This checklist is intended to serve as a practical guide to help authors prepare clear and complete abstracts; not all items apply to all submissions. Consult the Abstract Submission Guidelines and Instructions for more information.

Important: *Abstracts without results will be rejected. Statements such as "results will be presented at NUTRITION 2026" are not sufficient.*
Exception: *Protocol abstracts do not require results and should be submitted to the Protocols topical area. Protocols must be noted in the abstract title.*

Abstract Title
- ☐ Title Case used (e.g., Capitalize major words such as nouns, verbs, adjectives, adverbs, and pronouns)
- ☐ ≤ 150 characters (excluding spaces)
- ☐ Clear and short; study design can be included, though, optional

Abstract Length & Structure
- ≤ 2,000 characters (excluding spaces) to cover all required sections. The abstract title will not be counted towards this character limit.
  - Objectives
  - Methods
  - Results (*Results are required for all submissions except protocol abstracts.)*
  - Conclusions
  - Funding Sources
  - AI Disclosure (if applicable)

Objectives
- ☐ Clearly states the specific objective(s) or hypothesis
- ☐ Background text not required; brief introductory text may be included to frame the objective

Methods
- ☐ Study design clearly identified (e.g., randomized controlled trial, prospective cohort, cross-sectional, animal, in vitro, systematic review, meta-analysis)
- ☐ Eligibility criteria and the sources and methods used to select the study sample (cells, animals, humans, or primary research articles) described
- ☐ Primary outcome(s) defined
- ☐ Dietary interventions or nutritional assessment methods described (if applicable)
- ☐ Data analysis or synthesis methods described (descriptive and/or statistical)

Results
- ☐ Initial and analytical sample sizes reported
- ☐ Key sample characteristics described
- ☐ If applicable, effect sizes or estimates of association must be reported with measures of variability or uncertainty included (e.g., confidence intervals)
- ☐ Do not report results using P-values alone
- ☐ If no statistical analysis, results must be clearly presented in a narrative or descriptive synthesis

Conclusions
- ☐ Must be supported by the reported results
- ☐ Must address the stated objective(s)
- ☐ Summarizes and translates results in 1–2 sentences
- ☐ Causal language used only when justified by study design
- ☐ No overgeneralized or unsupported policy/practice claims

Funding Sources
- ☐ All funding sources disclosed (Grant numbers should not be included in the abstract as this could impact the efficacy of a blinded abstract review process)
- ☐ If none, state: "No external funding"

AI Disclosure
- ☐ If generative or AI-assisted tools used, a statement identifies the tool(s) and use, and confirms authors' responsibility for accuracy, originality, and integrity
  This declaration does not apply to the use of basic tools for checking grammar, spelling, etc.

Final Quality Check
- ☐ Ensure that relevant text is in the correct heading (i.e., don't describe methods in the results section)
- ☐ No images, tables, or graphs included
- ☐ Written in English and proofread for clarity and grammar
- ☐ Abbreviations defined at first use
- ☐ Special characters display correctly (e.g., α, β)
- ☐ No author names or affiliations included in abstract body to ensure double-blinded review process
- ☐ Abstract includes results (exceptions apply only to protocol abstracts)
- ☐ Submitted by the presenting author; presenting author commits to present if accepted

Additional Recommendations
- ☐ Use people-first language (e.g., "people with diabetes" instead of "diabetics")
- ☐ Ask a peer or mentor to review your abstract before submission

Top Reasons Abstracts Are Rejected

Inappropriate Text in Required Sections
Abstracts must include appropriate text relevant to each abstract section. For example, don't describe methods in the results section.

Methods Too Vague to Evaluate
Abstracts that do not clearly describe study design, outcomes, sample, or analytic approach cannot be adequately reviewed for scientific merit.

Missing or Insufficient Results
Abstracts must report results. Statements such as "results will be presented" are not acceptable. Protocol abstracts are the only exception and must be clearly identified in the title and submitted to the Protocols topical area.

Conclusions Not Supported by the Results
Overstated, causal, or policy-oriented conclusions that are not justified by the study design or presented findings.

Additional Resources for Further Guidance on Research Reporting Methods

- NUTRITION 2026 Abstract Submission Guidelines and Instructions
- ***For Population Science***: STROBE checklist for conference abstracts
- ***For Human Trials:*** EQUATOR abstract checklist for journal articles
- ***For Animal Models:*** American Society for Nutrition Journal modifications to the Modified ARRIVE Guidelines 2.0 Checklist
- ***For Systematic Reviews:*** PRISMA abstract checklist for journal articles
- ***For Scoping Reviews:*** PRISMA Extension for Scoping Reviews

