

## A Guide to

### ***Journal of the Academy of Nutrition and Dietetics* Citation for Nutrition**

#### **Introduction**

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This guide explains how to use the *Journal of the Academy of Nutrition and Dietetics* style of citation for academic works. The Academy of Nutrition and Dietetics dictates the rules one needs to follow when writing an academic paper within the discipline of nutrition. Referencing not only applies to research papers but also applies to editorials, commentaries, discussions, lab reports, and any other type of paper in which one uses, or refers to, another author's ideas and research. **One must also remember to reference any type of definition, fact, statistic, or figure used in a paper, regardless of how well-known it may be.**

Referencing is necessary because it allows the reader of the academic work access to the literature that the author used to write his paper. Thus, if the reader so desires, he has the materials available to investigate the topic of the paper in more detail. Another reason why referencing is important is that it provides a foundation on which the author can make certain assertions. Knowing that an author's ideas, arguments, and claims are based on previous research and scientific evidence makes the paper valid.

#### **JAND Citation Style: In-Text Citation**

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*JAND* format makes use of in-text citation as opposed to footnotes or endnotes to cite the source of content information. Such in-text citation is indicated by placing a number corresponding to the source's reference list number as a superscript at the end of the cited information. The first time a source is referenced in a paper, it is given the number one (1). The second source is, subsequently, given the number two (2). This numerical numbering is continued for each new source that is cited. Each time a single source is referenced in the work, its original reference number is cited throughout the entire paper. **Thus, sources are numbered consecutively as they appear in the paper, not alphabetically, and each source maintains the same citation numeral throughout the entire paper.**

Example 1: In 2010, the Academy of Nutrition and Dietetics Informatics Committee redefined nutrition informatics as "the effective retrieval, organization, storage and optimum use of information, data and knowledge for food and nutrition related problem solving and decision making."<sup>1</sup> Additionally, at this time, Dr. Nancy Collins defined nutrition informatics in simplistic terms as "the intersection of information, nutrition, and technology."<sup>2</sup>

Example 2: Children with high intakes of fiber consumed more fruit, vegetables, bread and grains; whereas, children with low intakes of fiber consumed more high-fat foods.<sup>3</sup>

Note that the superscript reference number goes outside of the sentence's closing punctuation. Additionally, in-text citation should use close-up reference citations "1,2" not "1, 2". If two references are cited, separate them by a comma, not a hyphen. A hyphen is used only for a range of 3 or more references. Correct: <sup>1,2</sup> or <sup>1-3</sup>. Incorrect: <sup>1, 2</sup> or <sup>1-2</sup>.

## **JAND Referencing Style: Reference List**

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All referenced materials, such as journals and books, cited within the body of the academic work are listed at the document's end under the title "REFERENCES." References should be listed in consecutive numerical order, that is, in the order that they appear in the academic work.

**References should be single-spaced within each listing and double-spaced between each listing.**

*JAND* follows the American Medical Association (AMA) style (*AMA Manual of Style*, 10th ed) for formatting references. For works that contain more than six authors, list the first three authors' names followed by *et al.* **Moreover, always list the authors' names in the order that they appear in the published article.** Do not list them alphabetically. The order of the names is significant because it is determined by the authors' roles in conducting the research. Thus, the first name listed would be the lead researcher.

**When listing the author's name, the last name is written first and then the initial of the first name and middle name (if applicable).** There should not be a comma after the last name, just a space; do not include a space or a period between the first and middle initials. Forenames and credentials are never written out.

### **Examples of References**

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These examples of references illustrate how to cite most sources in the reference list.

#### **Books**

1. Whitney E, Rolfes SR. *Understanding Nutrition*. 13<sup>th</sup> ed. Belmont, CA: Cengage; 2013.
  - When listing the author's name, the last name is written first and then the initial of the first and middle name (if applicable). There should not be a comma after the last name, just a space; do not include a space or a period between the first and middle initials. Forenames and credentials are never written out.
  - The title of the book should be capitalized and either italicized or underlined.
  - There is always a colon after the publication site, and there is always a semicolon after the publisher.
  - When specific page numbers are referenced, a colon follows the publication date, with the page numbers following, no space between the colon and the page number. Complete page numbers are always listed, such as "526-527", not "526-27."
  - There is only one space between elements.

#### **Scholarly Journal Articles**

1. Seagle HM, Strain GW, Makris A, et al. Position of the American Dietetic Association: weight management. *J Am Diet Assoc*. 2009;109(2):330-346.
  - When listing the author's name, the last name is written first and then the initial of the first and middle name (if applicable). There should not be a comma after the last name, just a space; do not include a space or a period between the first and middle initials. Forenames and credentials are never written out.

- With the exception of the first word and proper nouns, the title of the article should be in all lowercase letters.
- Abbreviate periodical titles according to the US National Library of Medicine's (NLM) abbreviations, which can be found using the NCBI database search found at <http://www.ncbi.nlm.nih.gov/nlmcatalog/journals>. If a title does not appear using this search, provide the complete title.
- One-word journal titles are written in full. Examples: *Pediatrics*, *Cancer*, *Diabetes*.
- Periodical and book titles should be italicized.
- Note that there is no space between the year (1996), the volume (150), or the page numbers (257-259). Complete page numbers are always listed, such as "257-259", not "257-59."
- If the reference material is a supplement, cite as such: 1996;(suppl):S257-S259.
- There is only one space between elements.

### **Scholarly Article Published Electronically Ahead of Print**

1. Gupta RS, Springston EE, Smith B, et al. Geographic variability of childhood food allergy in the United States [published online ahead of print May 17 2012]. *Clin Pediatr*. 2012. <http://cpj.sagepub.com/content/early/2012/05/14/0009922812448526.long>. Accessed July 17, 2012.

### **Government Publications**

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7<sup>th</sup> Edition. Washington, DC: U.S. Government Printing Office; 2010.

### **Internet Sites**

1. DeNoon DJ. FDA Panel Opposes New Type of Diabetes Drug. WebMD Web site. <http://diabetes.webmd.com/news/20110719/fda-panel-9-6-no-vote-on-new-type-diabetes-drug>. Published July 19, 2011. Accessed August 19, 2011.
  - Always include the entire URL (address), followed by a period, and the access date. Web site material that is only online (i.e. not an online version of a journal or other print publication) should include author or organization, the title of the page, the URL, and the access date. The title should not be italicized.
  - Published and updated dates, if available, and access dates for Internet sites cited must be included. For example: Smith J. Risk Factors for Cancer. Cancer Risk Factors Web site. <http://www.cancerriskfactors.gov>. Published December 1, 2000. Updated January 15, 2008. Accessed February 1, 2008.

### **Additional Examples of References**

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The following website provides examples of citations for other common types of references.

<http://www4.samford.edu/schools/pharmacy/dic/amaquickref07.pdf>