

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

British Journal of Nutrition
Volume 132, 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 Fulfillment 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.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 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: 132 Number: 9

NUTRITIONAL ENDOCRINOLOGY

Association between nutritional status indices and non-alcoholic fatty liver disease in older adults: insights from the National Health and Nutrition Examination Survey 2017–2018

Haisheng Chai, Sicheng Gao, Yaoyao Dai, Jinhua Dai, Gang Zhao and Junfeng Zhu 1123

The relationship between the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet and metabolic health status in adolescents with overweight and obesity: results from a cross-sectional study in Iran

Maryam Khakbaz, Donya Poursalehi, Saeideh Mirzaei, Ali Asadi, Masoumeh Akhlaghi and Parvaneh Saneii 1134

HUMAN AND CLINICAL NUTRITION

Body composition estimation from mobile phone three-dimensional imaging: evaluation of the USA army one-site method

Christine M. Florez, Christian Rodriguez, Madelin R. Siedler, Ethan Tinoco and Grant M. Tinsley 1143

Effect of the Mediterranean diet on the faecal long-chain fatty acid composition and intestinal barrier integrity: an exploratory analysis of the randomised controlled LIBRE trial

Benjamin Seethaler, Maryam Basrai, Audrey M. Neyrinck, Walter Vetter, Nathalie M. Delzenne, Marion Kiechle and Stephan C. Bischoff 1152

Interaction between green tea and metformin and its effects on oxidative stress and inflammation in overweight women: a randomised clinical trial

Carolina de Oliveira Vogado, Monalisa Alves Ferreira, Eduardo Yoshio Nakano, Sabrina Azevedo, Kelly Grace Magalhães, Sandra Fernandes Arruda and Patrícia Borges Botelho 1173

Several meta-analyses missing from an umbrella review of *n*-3 fatty acids on depression symptoms: comments concerning Lu *et al.*

Igor Eckert 1182

DIETARY SURVEYS AND NUTRITIONAL EPIDEMIOLOGY

Dietary pattern trajectories in French adults of the NutriNet-Santé cohort over time (2014–2022): role of socio-economic factors

Hafsa Toujgani, Justine Berlivet, Florine Berthy, Benjamin Allès, Joséphine Brunin, Hélène Fouillet, Mathilde Touvier, Denis Lairon, François Mariotti, Julia Baudry, Emmanuelle Kesse-Guyot and the TRANSFood Consortium 1184

Association between dietary tea consumption and non-alcoholic fatty liver disease: a study based on Mendelian randomisation and National Health and Nutrition Examination Survey (2005–2018) association between tea and non-alcoholic fatty liver disease

Shuyu Liu, Quanpeng Li, Peng Chen, Yuting Wang, Xianxiu Ge, Fei Wang, Mengyue Zhou, Jianing Xu, Yingting Zhu, Lin Miao and Xueting Deng 1194

Associations of saccharin intake with all-cause, cardiovascular and cancer mortality risk in USA adults

Ya Gao, Li Yin, Yuntao Zhang, Xianzhi Li and Lin Liu 1205

Sleep apnoea symptoms and sleepiness associate with future diet quality: a prospective analysis in the Bogalusa Heart Study

Kaitlin S. Potts, Maeve E. Wallace, Jeanette Gustat, Sylvia H. Ley, Lu Qi and Lydia A. Bazzano 1214

BEHAVIOUR, APPETITE AND OBESITY

A 6-month randomised controlled trial to compare the effectiveness of telenutrition v. telenutrition supported by telemonitoring and health coaching in a weight loss programme: a study protocol

Noura M. S. Eid, Ebtisam A. Al-ofi, Sumia Enani, Rana H. Mosli, Raneem R. Saqr, Karimah M. Qutah and Sara M. S. Eid 1224

Association between sleep timing and meal and snack patterns in schoolchildren in southern Brazil

Denise Miguel Teixeira Roberto, Emil Kupek, Mariana Winck Spanholi, Stella Lemke, Luciana Jeremias Pereira, Patricia Faria Di Pietro, Francilene Gracieli Kunradi Vieira and Patricia de Fragas Hinnig 1233

Comparative effects of tea and coffee drinking on body weight in adults: a systematic review and network meta-analysis of randomised trials

Ahmad Jayedi, Reyhane Norouzi, Azadeh Aletaha, Amin Mirrafiei, Akbar Soltani and Sakineh Shab-Bidar 1245

Weight loss maintenance in primary health care: a randomised controlled trial

Patrícia Pinheiro de Freitas, Mariana Souza Lopes and Aline Critine Souza Lopes 1255