

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

British Journal of Nutrition
Volume 131, 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

Molecular Nutrition

- Dietary palm oil enhances Sterol regulatory element-binding protein 2-mediated cholesterol biosynthesis through inducing endoplasmic reticulum stress in muscle of large yellow croaker (*Larimichthys crocea*)
Zengqi Zhao, Baolin Li, Qiang Chen, Xiaojun Xiang, Xiang Xu, Shangzhe Han, Wencong Lai, Yueru Li, Wei Xu, Kangsen Mai and Qinghui Ai 553
- Effect of probiotics on postmenopausal bone health: a preclinical meta-analysis
Shibani Bose and Kunal Sharan 567

Metabolism and Metabolic Studies

- Sex differences in iron status during military training: a prospective cohort study of longitudinal changes and associations with endurance performance and musculoskeletal outcomes
Thomas J. O'Leary, Sarah Jackson, Rachel M. Izard, Neil P. Walsh, Charlotte V. Coombs, Alexander T. Carswell, Samuel J. Oliver, Jonathan C. Y. Tang, William D. Fraser and Julie P. Greeves 581
- Effects of epicatechin on cardiovascular function in middle-aged diet-induced obese rat models of metabolic syndrome
Kylie Connolly, Romeo Jr Batacan, Douglas Jackson and Andrew Stuart Fenning 593
- Effects of diets containing fish oils or fish oil concentrates with high cetoleic acid content on the circulating cholesterol concentration in rodents. A systematic review and meta-analysis
Margrete Mjaatveit, Helle Oldernes and Oddrun Anita Gudbrandsen 606
- Fat-free mass may play a dominant role in the association between systolic blood pressure and body composition in children and adolescents
Shikai Yu, Song Zhao, Jiamin Tang, Yifan Zhao, Chong Xu, Moran Li, Yawei Xu and Yi Zhang 622

Developmental Biology

- Diet and deprivation in pregnancy: a rat model to investigate the effects of the maternal diet on the growth of the dam and its offspring
Halil Dasgin, Susan M. Hay and William D. Rees 630

Nutritional Endocrinology

- High-dose cholecalciferol supplementation to obese infertile men is sufficient to reach adequate vitamin D status
Rune Holt, Mads Joon Jorsal, Sam Kafai Yahyavi, Simeng Qin, Anders Juul, Niels Jørgensen and Martin Blomberg Jensen 642
- The effect of *Abelmoschus esculentus* L. (Okra) extract supplementation on glycaemic control, inflammation, kidney function and expression of PPAR- α , PPAR- γ , TGF- β and Nrf-2 genes in patients with diabetic nephropathy: a triple-blind, randomised, placebo-controlled trial
Omid Nikpayam, Maryam Saghaei-Asl, Ehsan Safaei, Nazgol Bahreyni, Vahideh Sadra and Parina Asgharian 648

Human and Clinical Nutrition

- Efficacy and safety of *n*-3 fatty acids supplementation on depression: a systematic review and dose-response meta-analysis of randomised controlled trials
Reyhane Norouziasl, Sheida Zeraattalab-Motlagh, Ahmad Jayedi and Sakineh Shab-Bidar 658
- Increasing fibre intake in the UK: lessons from the Danish Whole Grain Partnership
Neil Bernard Boyle, Katie Adolphus, Samantha J. Caton, Fiona C. Croden, Louise Dye, Amy Glass, Kate Halliwell, Gitte L. Hansen, Lotte Holm, Peter Jackson, Fiyin Makinwa, Bente Stærk and Nicholas Wilkinson 672
- Characterisation of Indian gut microbiome for B-vitamin production and its comparison with Chinese cohort
Nisha Chandel, Pramod R. Somvanshi and Vivek Thakur 686

Dietary Surveys and Nutritional Epidemiology

- Mental health in society's margins: poor *n*-3 PUFA intake and psychological well-being of homeless youth
Sarah Beth Dunn, Tonya S. Orchard, Rebecca Andridge, Susan M. Rymut, Natasha Slesnick and Irene E. Hatsu 698
- Ten2Twenty-Ghana: a randomised controlled trial on the efficacy of multiple micronutrient-fortified biscuits on the micronutrient status of adolescent girls
Fusta Azupogo, Abdul-Razak Abizari, Edith J. M. Feskens, Hans Verhoef and Inge D. Brouwer 707
- Associations of childhood diet quality scores with arterial stiffness and carotid artery intima-media thickness in adolescence/early adulthood: findings from the ALSPAC cohort
Genevieve Buckland, Kate Northstone, Pauline M. Emmett and Caroline M. Taylor 720

Corrigendum

- Dietary palmitic acid to oleic acid ratio modulates energy metabolism and biological rhythms in young healthy Japanese males – CORRIGENDUM
Katsuhiko Yajima, Shuto Chiba, Insung Park, Hitomi Ogata, Momoko Kayaba, Asuka Ishihara, Yoshiaki Tanaka, Zhang Simeng, Seol Jaehoon, Masanori Katakura and Kumpei Tokuyama 736

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