Check out these tips below to ensure that your abstract is accepted for presentation at a Nutrition Society conference and published in the *Proceedings of the Nutrition Society*.

**Tips for writing an abstract**

1. Abstracts must include data, with appropriate statistical analysis, alongside hypothesis/objectives, methods, and conclusions.

2. Ensure that you have sought agreement from your co-author(s) and supervisor(s) where appropriate and have listed them.

3. It must be original data. Do not submit work that you have previously presented/published elsewhere.

4. Your work must be referenced. Guidelines on how to correctly reference are in the ‘Instructions to Authors’.

5. Be clear and concise. There is a strict 450-word limit – anything exceeding this will be rejected.

6. You must have the necessary Ethical approval. Ensure that you have met all of the ethical requirements.

7. Finally, read the ‘Instructions to Authors’. Consult the guidelines before any submission, even if you are familiar with the process.