Tutorial: Submitting articles to *Meat and Muscle Biology*

This tutorial provides instructions on submitting articles to *Meat and Muscle Biology* through the Iowa State University Digital Press. Information about the journal, including the *Meat and Muscle Biology* Style Manual, and Checklist and Template, is available at [https://www.iastatedigitalpress.com/mbb](https://www.iastatedigitalpress.com/mbb).

**Register for an account**
Visit [https://www.iastatedigitalpress.com/mbb](https://www.iastatedigitalpress.com/mbb) and click on the Login | Register link in the top right corner of the site. To create a new account, click on Register a new account at the bottom of the Log in box.

![Login Screen](https://example.com/login.png)

**Note:** If you published an article in *Meat and Muscle Biology* under the previous publisher, ACSESS, or have published in the Iowa State University Animal Industry Reports, you may already have an account in the system. If this is the case, please click on “Forgotten your password?” to reset your password.
Begin your submission
The first screen of the submission process outlines Meat and Muscle Biology’s requirements for authors and other information to help you submit your manuscript. This page includes the following sections:

- **Publications Fees**: Article processing charges associated with publishing an article in MMB
- **Submissions Checklist**: Information on formatting manuscripts for submission to the journal
- **Copyright Notice**: Terms of copyright for publishing in MMB
- **Competing Interests**: A form to indicate whether any authors have any conflicts of interest in the publication of the article
- **Comments to the Editor**: A form to include any comments for the editor to consider

To start the submission, you must check the boxes available to indicate that you:

- Agree to the outlined publication fees;
- Confirm the article adheres to the Submissions Checklist; and
- Agree to the copyright notice.

When you have agreed to the above, click **Start Submission**.
**Enter article information**

The next screen is a form to enter information about the article. This form contains the following fields (fields marked with an * are required):

- **Title**: Enter the title of the article in Title Case
- **Abstract**: Enter a brief summary of the article. It is recommended to use “Paste as plain text” if copying the abstract directly from a word processor.
- **Language**
- **Section**: Select the appropriate section for your submission.
- **License**: *Meat and Muscle Biology* publishes under a Creative Commons Attribution (CC BY 4.0) license.
- **Keywords**

Click **Save and Continue** when the article information is complete.
Enter author information
On this screen, you will enter information about the author(s) of the article and select a corresponding article.

- If the person submitting the article is also an author, click the **Add Self as Author** button under the Add Authors header.
- If an author has previously published in Meat and Muscle Biology or through the Iowa State University Digital Press, you can search for existing authors by entering their email address.
- If the author is new to Meat and Muscle Biology, you can enter their information by clicking the **Add New Author** button.

You can delete or reorder author under the Current Authors heading.

- To remove authors, click on the blue trash bin icon next to the author’s email address
- To reorder authors, click on the up/down arrows next to the author’s name

To select a corresponding, select an author from the drop-down menu under “Select main author.”

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harrison W. Inefuku</td>
<td><a href="mailto:hinefuku@lastate.edu">hinefuku@lastate.edu</a></td>
</tr>
</tbody>
</table>

When the author information is complete and accurate, click **Save and Continue**
Adding a new author
The Add New Author form contains the following fields (fields marked with an * are required):

- **Salutation**—Available options are Miss, Ms, Mrs, Mr, Dr, Prof
- **First Name**—It is recommended to enter in a full name, rather than initials.
- **Middle Name**
- **Last Name***
- **Biography**
- **Institution**—Enter the name of the parent institution (e.g., Iowa State University instead of Iowa State University Department of Animal Science). Avoid using acronyms.
- **Department**
- **Country**
- **Twitter Handle**
- **Linkedin Profile**
- **Website**
- **ORCiD**
- **Email***

Click the **Add Author** button on the bottom right corner of the form when complete.
Upload files
On this screen, you will upload your manuscript file, as well as any figures and data files associated with your articles. Upload the manuscript under Manuscript File and any supplemental files under Figures and Data Files.

When all files associated with your articles have been uploaded, click Save and Continue.

Review
This is the final screen of the submission process. Please check the information displayed to make sure everything is accurate. To make revisions, click on the appropriate link in the navigation bar at the top of the page.

If all the information displayed is correct, click Complete Submission.