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Welcome to *The Journal of Nutritional Physiology*

Nutritional physiology is the study of how the body processes food and utilises nutrients to maintain health, support growth, and perform bodily functions. The field has evolved over centuries, with key discoveries shaping our understanding of metabolism, digestion, and the role of nutrients in health, although it is hard to precisely identify its roots. Hippocrates, often touted as the father of modern medicine, clearly recognised the important link between diet and health, reportedly quoting "Let food be thy medicine and medicine be thy food". Sometime later, around 1620, the Italian physician Santorio Santorio (1561–1636; considered as the father of experimental physiology) invented a set of weighing scales to measure weight changes in the body, particularly in relation to food intake, excretion, and metabolism (Hollerbach, 2018). Following on from this, a significant focus upon the connection between food, energy and human physiology occurred in the 18th century, with, for example, the French chemist Antoine Lavoisier (1743–1794), alongside his colleague Armand Séguin (1764–1835) and his wife Marie-Anne-Pierette (1758–1836), studying animal metabolism to deepen our understanding of how the body uses oxygen to metabolise food to provide energy (Karamanou & Androutsos, 2013). It was around this time that a greater focus upon specific nutrients started to develop, with, for example, Scottish surgeon James Lind being credited with performing the first RCT in 1747 showing vitamin C rich citrus fruits were effective in promoting recovery from scurvy (Dresen et al., 2023).

Novel ways to study nutritional physiology were starting to be developed and experimental physiology was paving the way in investigating the effects of metabolism and specific nutrient intakes on the body. The study of nutritional physiology exploded during the 20th Century with more of a focus being placed upon the biochemical basis of nutrition, investigating, among other things, metabolic pathways, energy expenditure and the role of specific nutrients in human health.

The Physiological Society has had a long tradition of supporting nutritional physiology research. Indeed, the very first volume of the *Journal of Physiology* published research from William North of Cambridge University on the effects of diet, exercise, and starvation on nitrogen balance in humans (North, 1878). This area of research remains highly impactful, since nutritional provision has been shown to have a profound effect on human physiology, which in turn impacts health and disease risk. As a result, nutritional physiology continues to evolve as a scientific area of investigation, with the advent of genomics, metabolomics and other high-tech tools allowing an expansion of the research focus. Research is now placed at the intersection between diet, genetics and lifestyle, as well as upon the role of the microbiome in health and disease. In this age of molecular investigation, however, it is important that we do not ignore the impact of diet and nutrition on human physiology or how pathophysiology affects our nutritional status and food intake, particularly amidst changes to our environment.

Given this, there is no better time or opportunity to create a new journal tackling issues relevant to nutritional physiology. So, it is with great pleasure that we introduce our wider community of physiology and nutrition researchers to *The Journal of Nutritional Physiology*. Our vision is to turn *The Journal of Nutritional Physiology* into a leading scientific journal dedicated to the exploration of the complex interactions between nutrition and physiology. This peer-reviewed publication will serve as an essential platform for disseminating cutting-edge research, focusing upon how diet, nutrients, and metabolic processes influence human health and disease at the molecular, cellular and systemic levels. Much remains to be done and, as a discipline, nutritional physiology is expanding through several innovative concepts and areas of interest, all of which will fit nicely into our new journal. You can read the full aims and scope of the journal here and we welcome further thoughts or feedback on additional areas of interest to our readership.

Excitingly, we have now accepted for publication our first research article. Pratt et al. (2025) investigated the anabolic potential of a microflora (bacterial) protein designed to mimic 'high-quality' whey protein, showing that it represents a viable alternative protein source (comparable to whey protein) that may support skeletal muscle remodelling in young healthy adults. We also have a strong pipeline of additional manuscripts but, as with any journal, we are only as good as the submissions that we receive from you, our readership, and we welcome your contributions to our journal and the wider discipline.

As we start to receive more and more submissions and accept further published articles, we are also still in the process of completing the appointment of our Senior and Review Editors to the Editorial Board. Through our collective expertise and vision, and with the support from you, our community of physiologists and nutritionists and our readership, we hope that *The Journal of Nutriitonal Physiology* will become a critical resource for researchers, clinicians, and policymakers. As such, we invite you to help us in this endeavour by contributing your groundbreaking innovative and transformative studies to *The Journal of Nutritional Physiology* so that we may build upon what has come before in this fascinating area.

CRediT authorship contribution statement

Craig Sale: Writing – original draft, Writing – review & editing. **Franic Stephens:** Writing – original draft, Writing – review & editing. **Guilherme Artioli:** Writing – review & editing. **Heather Leidy:** Writing – review & editing.

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Declaration of competing interest

The authors declare the following financial interests/personal relationships which may be considered as potential competing interests: The authors of this manuscript include the Editor-in-Chief and the Senior Editors of *The Journal of Nutritional Physiology*.

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