***Welcome to Stillman Translations preliminary onboarding assessment!***

*This assessment has 5 sections. Make sure to follow the instructions and complete all the information needed.*

*The goal of this request is to analyze your performance and your potential.*

*Breathe in and out, and do your best. Hope we can count on you soon!*

**SECTION 1. INSTRUCTIONS**

Below you will find a special instruction for section 3:

\*Please make sure target text mirrors source format.

\*Normalize spaces.

**SECTION 2. GLOSSARY**

*In this section, you are required to complete this task:*

*\*Extract four terms (cells 1 to 4) from the text in Section 3 that you consider are worth being in the glossary.*

|  |  |  |
| --- | --- | --- |
|  | **Source** | **Target** |
| 1 | Micronutrient deficiency | Carencia de micronutrientes |
| 2 | Intracellular micronutrient status | Estado intracelular de los micronutrientes |
| 3 | DRI | Ingestas alimentarias de referencia (DRI) |
| 4 | lipophilic serum vitamin concentrations | concentraciones séricas lipofílicas de vitaminas |

**SECTION 3. TRANSLATION**

Please, add your sample translation below (between 300-500 words). Bear in mind this should be the best sample of your work!

|  |  |
| --- | --- |
| **Source** | **Target** |
| **Abstract**  **Background**: The prevalence of micronutrient deficiencies is higher in obese individuals compared to normal weight people, probably because of inadequate eating habits but also due to increased demands among overweight persons, which are underestimated by dietary reference intakes (DRI) intended for the general population. We therefore evaluated the dietary micronutrient intake in obese individuals compared to a reference population and DRI recommendations. Furthermore, we determined the micronutrient status in obese subjects undergoing a standardized DRI-covering low-calorie formula diet to analyze if the DRI meet the micronutrient requirements of obese individuals.  **Methods**: In 104 subjects baseline micronutrient intake was determined by dietary record collection. A randomly assigned subgroup of subjects (n = 32) underwent a standardized DRI-covering low-calorie formula diet over a period of three months. Pre- and post-interventional intracellular micronutrient status in buccal mucosa cells (BMC) was analyzed, as well as additional micronutrient serum concentrations in 14 of the subjects.  **Results**: Prior to dietetic intervention, nutrition was calorie-rich and micronutrient-poor. Baseline deficiencies in serum concentrations were observed for 25-hydroxyvitamin-D, vitamin C, selenium, iron, as well as ß-carotene, vitamin C, and lycopene in BMC. After a three-month period of formula diet even more subjects had reduced micronutrient levels of vitamin C (serum, BMC), zinc, and lycopene. There was a significant negative correlation between lipophilic serum vitamin concentrations and body fat, as well as between iron and C-reactive protein.  **Conclusions**: The present pilot study shows that micronutrient deficiency occurring in obese individuals is not corrected by protein-rich formula diet containing vitamins and minerals according to DRI. In contrast, micronutrient levels remain low or become even lower, which might be explained by insufficient intake, increased demand and unbalanced dispersal of lipophilic compounds in the body. | **Resumen**  **Introducción**: La prevalencia de carencia de micronutrientes es mayor en los individuos obesos en comparación con personas de peso normal, probablemente debido a los hábitos alimentarios inadecuados, así como también a la mayor demanda entre las personas con sobrepeso que son subestimadas en las ingestas alimentarias de referencia (DRI), destinadas a la población general. Por ende, evaluamos la ingesta alimentaria de micronutrientes en los individuos obesos, en comparación con la población de referencia y con las recomendaciones de las DRI. Además, determinamos el estado de micronutrientes en los sujetos obesos sometidos a una dieta hipocalórica estandarizada y a base de fórmula que cubre las DRI para analizar si los valores de las DRI cumplen los requisitos de los micronutrientes en los individuos obesos.  **Métodos**: Se determinó la ingesta basal de micronutrientes en 104 sujetos, de acuerdo con la recolección de registros alimentarios. Un subgrupo de sujetos (n=32) asignado aleatoriamente se sometió a una dieta hipocalórica estandarizada a base de fórmula que cubre las DRI por un período de tres meses. Se analizó el estado intracelular de los micronutrientes, antes y después de la intervención en las células de la mucosa yugal (BMC), así como las concentraciones séricas de micronutrientes adicionales en 14 de los sujetos.  **Resultados**: Previo a la intervención dietética, la alimentación tenía un contenido alto de calorías y bajo de micronutrientes. Se observaron las carencias basales en las concentraciones séricas en busca de 25-hidroxivitamina D, vitamina C, selenio, hierro, así como de ß-caroteno, vitamina C y licopeno en las BMC. Después de un período de tres meses de dieta a base de fórmula, incluso más sujetos redujeron los niveles de micronutrientes de vitamina C (suero, las BMC), zinc y licopeno. Hubo una correlación negativa significativa entre las concentraciones séricas lipofílicas de vitaminas y la grasa corporal, así como entre el hierro y la proteína C reactiva.  **Conclusiones**: En el presente estudio piloto, se muestra que la carencia de micronutrientes de los individuos obesos no se corrige con una dieta a base de fórmula rica en proteínas, que contenga vitaminas y minerales de acuerdo con las DRI. Al contrario, los niveles de micronutrientes permanecen bajos o disminuyen más, lo que podría explicarse con la ingesta insuficiente, la mayor demanda y la dispersión desequilibrada de lipófilos compuestos en el cuerpo. |

**SECTION 4. QUESTIONS AND COMMENTS**

We also need to check your capacity to spot potential issues beforehand.

In the table below, please list your questions and comments in relation with this test:

1. Challenging sections from the source text or sections you are unsure of should be copied or inserted into the **Source Text** column.

2. Write your translation in the **Target Text** column.

3. Doubts and comments should be written in English.

|  |  |  |
| --- | --- | --- |
| Source Text | Target Text | Question / Comment  (in English) |
| standardized DRI-covering low-calorie formula diet | dieta hipocalórica estandarizada y a base de fórmula que cubre las DRI | Special attention must be payed to adjectives because their order is different in each language. |
| n = 32 | n=32 | Signs and numbers also must be checked because spacing, for instance, is different in each language. |
| The present pilot study shows… | En el presente estudio piloto, se muestra | This example is tricky because in the English language there is no problem with giving agency to the non-agentic noun “study”, whereas in the Spanish language that would represent a mistake, so “se” is used to remove agency from the noun “estudio”. A literal translation would be “In the present pilot study, it can be showed that…” |

**SECTION 5. REFERENCES**

In the table below, please list the reference material you have consulted to carry out this test.

1. Please introduce the **Reference source** (including publisher and full title as appropriate) in the first column.
2. Specify if your reference source is general or specific. If specific, clarify which term or section the reference covers.

|  |  |
| --- | --- |
| Reference Source | General / Specific (Term) |
| Portal Terminológico de la FAO | General |
| Global Nutrition Report Glossary | General |
| A Dictionary of Food and Nutrition  By David A. Bender | General |

Thanks!