

Reviewer's report

Title: Subjective satiety and other experiences of a Paleolithic diet compared to a diabetes diet in patients with type 2 diabetes

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Reviewer: Kerin O'Dea

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This paper is reporting on satiety measures from a previously published paper in 2009 (Reference 3) of a randomized cross-over study comparing a Paleo diet with a standard diet for diabetes in relation to impact on CVD risk factors. It provides essentially similar findings previously reported for another group of subjects comparing a Paleolithic diet with a Mediterranean-type diet in patients with ischemic heart disease (Reference 1).

In terms of the actual satiety rating scale (RS), there were no significant differences between the two diets. The only way the authors could find a significant difference was to analyse the data in terms of energy density. There is no question that a restricted diet such as this particular version of the Paleo diet will result in reduced energy intake, and of course that will be beneficial for people with diabetes. However, the subjects found the diet very difficult to adhere to long term. Diets must be acceptable to patients over the long term if they are to provide effective long-term therapy.

The general questions asked at the end of the diet were open-ended and therefore difficult to compare directly. I think the data may have been over-interpreted.

I found this paper very difficult to review as a stand-alone document. I had to go back to the detailed metabolic and anthropometric data published in the original 2009 paper. Ideally these data on satiety should have been included in that original 2009 manuscript.