

Reviewer's report

Title: Effects of a fibre enriched milk-drink on insulin and glucose levels in healthy subjects

Version: 1 **Date:** 7 July 2009

Reviewer: Keith Martin

Reviewer's report:

The manuscript by Lummela et al. entitled "effects of a fibre enriched milk drink on insulin and glucose levels in healthy subjects" describes the glucose and insulin responses and subjective satiety ratings of three milk products. The results demonstrate a reduced insulin response and no differences for glucose and subjective satiety ratings.

There are several points requiring clarification, modification, and/or editing as shown below.

Minor Compulsory Revisions:

1. The authors state in the conclusion of the abstract that the present study results suggest an effect on insulin "metabolism." This seems to be an overstatement and perhaps could be modified to suggest effects on insulin "response."
2. On page 3 (line 20), the concluding statement that dairy products can be considered as an ideal component of diets is not supported by the paragraph in which it appears. It is stated on line 17 that the area is "controversial." As a result, the wording should be changed.
3. On page 4 (lines 4-5), it is not clear what the sentence beginning "Therefore..." is stating as it is currently written. Could this sentence be clarified?
4. It is stated on page 6 (line 21) that fibre enrichment did not affect the taste of the milk drink. Since this is the first mention and is in the Methods section, could this statement be qualified as to how this conclusion was determined?
5. On page 7 (line 1), the centrifuge speed is given as "U/min." Is this standard nomenclature?
6. On page 9 (line 6), it is stated that the amount of carbohydrates consumed was higher than.... This effect was significantly higher ($p=0.03$). Since the authors comment elsewhere of differential effects, i.e., more satiating, could the term or p value be included with the aforementioned statement indicating that the carbohydrate effect was, in fact, significant?
7. It would be helpful to add a table of subject characteristics to the manuscript. It is stated that the BMI mean was 24.6 with a range of 20-30 and the mean age

was 48. Were the data sets uniformly distributed? Alternately, a standard deviation or error could be added.

8. In table 3, the means of the fiber-enriched group (231) and fat-free group (197) are significantly different. What is the p value for the comparison of the fiber enriched group (231) and the lactose free group (195). An initial impression is that this would also be $p < .05$. An additional minor point here is that the format, i.e., bolding, is different for this table than the others.

Discretionary Revisions

9. For figure 1, lines connecting the symbols would highlight the reported results making it easier to view. This is cosmetic and at the authors/editor's discretion.

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Needs some language corrections before being published

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

I declare that I have no competing interests.