Author's response to reviews

Title: Short term effects of a low-carbohydrate diet in overweight and obese subjects with low HDL-C levels

Authors:

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Author's response to reviews:

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Dear Editor:

Thank you for extending the time to submit our revised manuscript. The requested changes were made and highlighted with yellow in the revised manuscript. Point-by-point response is as follows:

Referee-1 report:
No concerns were raised. No response was given.

Referee-2 report:
We agree with Referee-2 in the requested changes.

Major points
1- Four figures were added and results were presented in both graphic format and tables.
2- Figure 1 illustrates individual data of basal and end-study daily energy intake. Figure 2 illustrates individual data of basal and end-study carbohydrate intake.
3- The change in daily energy intake, the change in daily carbohydrate intake and the change in HDL-C levels were calculated. A scatter plot of the change in daily energy intake and the change in HDL-C levels was added to the manuscript as Figure 3. A scatter plot of the change in daily carbohydrate intake and the change in HDL-C levels was added to the manuscript as Figure 4.

Minor points:
1- Seven subjects who did not follow the diet were removed from analysis. This was indicated in the first paragraph of the results section.
2- Correlations among the change in daily energy intake, the change in daily carbohydrate intake, HOMA and the outcome variables were calculated and presented in Table 6. The correlations were also discussed on page 11.
3- Suggested references on carbohydrate-restricted diets were added. Table 6 is now Table 7 and studies of Jeff Volek and Eric Westman are included in Table 7 in the revised manuscript. Page 12 and 13 give information about the studies that Referee-2 suggests [1-6] and another new study by Volek et al. [7] on vascular endothelial function as assessed by flow-mediated dilatation.

We thank to Referee-2 for helpful comments and suggestions for improvement of our manuscript.

References