Author's response to reviews

Title: The development and evaluation of the Australian Child and Adolescent Recommended Food Score: a cross-sectional study

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Dear Editor

We submitted a pre-submission enquiry to the Nutrition Journal on the 1st March after submitting our abstract. We were advised to progress the submission.

We feel that this article, which describes the development, evaluation and performance of a brief tool to assess diet quality in children and adolescents, is important. In clinical practice it is very burdensome to evaluate usual dietary intake. There is a need to have simple tools that can rank individuals and provide rapid feedback on the likely need to improve dietary patterns, or otherwise.

We feel this tool challenges current approaches to evaluating dietary patterns in children. Diet is commonly not measured at all in studies, due in part to the cost and burden on both participants and researchers, and also the level of expertise needed for data analysis and interpretation. The derivation of brief tools that can be widely used and that are valid will ensure dietary patterns are more commonly assessed. There is also a need for tool capable of providing immediate feedback to participants to help them improve the nutritional quality of usual dietary patterns.

Regards

Professor Clare Collins

On behalf of all authors