Reviewer’s report

Title: Food availability of glucose and fat, but not fructose, increased in the US between 1970 and 2009: Analysis of the USDA Food Availability Data System

Version: 1 Date: 8 January 2013

Reviewer: M. Daniel Lane

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The paper, however, fails to deal with a segment of the population that is known to be the highest consumers of fructose (and probably the most susceptible to its effects), i.e. the youth segment of the population. This group may be the most vulnerable to the effects of fructose. If data/results are available on this aspect of the ‘fructose issue,’ its inclusion in the paper would add greatly to the impact of the paper. Clearly, the consumption of fructose by the youthful segment of the population warrants study. The authors should at least discuss this issue in the Discussion of their paper.

It should be noted that recent studies with rodents and humans have shown definitively described direct effects of fructose per se (administered directly or in the diet) on the brain that enhance appetite. On the other hand glucose similarly administered, suppresses appetite. These facts should be mentioned in the Discussion. A few references to some of these studies are listed below:


Purnell, JD, Fair, DA. Fructose Ingestion and Cerebral, Metabolic, and Satiety Responses. JAMA, 2013; Vol 309: 85-86.
