Reviewer's report

Title: Effect of Consumption of micronutrient enriched wheat steamed bread on postprandial blood glucose in healthy and diabetic subjects

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Reviewer: Salwa Rizkalla

Reviewer's report:

The authors of the present manuscript aimed to evaluate the postprandial blood glucose excursions following the consumption of different types of steamed bread in both healthy and type 2 diabetic subjects.

Some concerns must be addressed in the revised manuscript:

In the abstract: What is the type of subjects in the first study, normal weight healthy subjects? This should be cited in the abstract.

The clinical characteristics of the diabetic subjects should be cited. Were they taking medications for diabetes? If yes, this should be mentioned.

Did the subjects are randomized or not? What was the interval between each test? Comments are needed.

In the introduction: the 3rd paragraph and in the discussion. The authors should include the fact that some studies suggest that refining of cereals and wheat may increase the glycaemic response to the food and in turn increase the risk of diabetes (Liu et al., 2000). Glycaemic index of wheat bread may be lowered and influenced by baking process and the bread fermentation (Eur J Clin Nutr 2007; 61:175-83). Other studies suggested that benefits from cereal products may relate only to whole grains and cereal fibres (Liu et al., 2003). Then the authors may add here the speciality of their tested breads and focus on the differences between their study and other studies comparing different kinds of bread. Give some words on type of carbohydrate complex or not in the introduction also.

As mentioned in page 3, LGI breakfast could be of benefit but also a whole day LGI diet for 4 weeks was able to improve glycemic control, glucose utilization, and lipid profile in type diabetic men (Diabetes Care 2004, 27:1866-72).

What is the difference between this study and other studies comparing different kinds of bread? This should be also commented

More information on the specificity of each type of bread used should be given in the text.

Were there any precaution took for the time of blood sampling in relation with the menstrual cycle (during the oestrogen or progesterone phases)?

Did the authors give the subjects any recommendations concerning the last meal taken in the day preceding the experiment?
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