Author's response to reviews

Title: The effects of functional fiber on postprandial glycemia, energy intake, satiety, palatability and gastrointestinal wellbeing: a randomized crossover trial

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Author's response to reviews:

Re: MS: 1881716398125341 The effects of functional fiber on postprandial glycemia, energy intake, satiety, palatability and gastrointestinal wellbeing: a randomized crossover trial

We have given careful consideration to the comments made by the reviewer and made the necessary changes to the manuscript as detailed following. We have also added the corresponding authors contact details on the title page, reformatted the references and the Tables to comply with the Journal requirements. We hope that this is all satisfactory and thank you for giving our manuscript your attention.

Regards,

Dr Bernard Venn

Reviewers comments

Major Compulsory Revisions

None. I think article is well written and well-done. The effect of fiber on glycemia, satiety and food intake, however, is not new. This study confirms what has been recognized as the major challenge to including more fiber in the diet; consumers rate the acceptability of high fiber products lower compared to comparable foods with a lower fiber content.

Our response

We thank the reviewer for the positive comments and note that no major revisions are required. In response to the comments relating to novelty; our slope analysis of the visual analog scale is in addition to the more commonly used area-under-the-curve. Some readers interested in VAS analysis may find this approach of interest. We acknowledge that one of the fiber breads (fruit fiber)
had poor palatability ratings consistent with the reviewers comment. The other bread however (FibreMax) was rated no differently in terms of smell, taste and overall palatability to the control bread. This is a significant finding as it demonstrates that adding functional fiber to bread in relatively large amounts may be an acceptable means of increasing fiber intakes for consumers with a preference for white, refined bread. It is also unusual to have data on such a wide range of outcomes (glycemia, energy intake, satiety, palatability and gastrointestinal wellbeing) in a relatively large sample. It is our hope that this message may make it, via the journal article, to fiber and bread manufacturers.

Reviewers comments
The author must respond to these before a decision on publication can be reached. For example, additional necessary experiments or controls, statistical mistakes, errors in interpretation.

Our response
We have commented in the Discussion on how development work to make the breads even more palatable is needed (lines 336-338). We are unclear as to what the reviewer is referring to with ‘statistical mistakes’ and ‘errors in interpretation’ as there are no specific examples given. Our statistician has reviewed the analysis and we have reviewed our interpretation of the data. We are happy to address specific concerns if these are made known to us.

Reviewers comments
- Minor Essential Revisions
The figure legend for Figure 1 defines VAS as visual acuity score. I believe it should be "Visual Analog Scale"

Our response
Thank you, we have corrected this

Reviewers comments
The author can be trusted to make these. For example, missing labels on figures, the wrong use of a term, spelling mistakes.

Our response
We have reviewed the manuscript. In figure 1, the line plots in graph A are theoretical VAS scores used to demonstrate that the AUC is not unique to a particular shape of the VAS response. As such, labels are not required. We have corrected the wrong use of a term (Visual acuity score changed to visual analog scale) on the legend to figure 1. We are not aware of spelling mistakes but will of course change spelling errors if these are specified.