Author's response to reviews

Title: Effect of commercial breakfast fibre cereals compared with corn flakes on postprandial blood glucose, gastric emptying and satiety in healthy subjects: a randomized blinded crossover trial

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Author's response to reviews:

Dear Reviewers and Nutrition Journal Team, 2007.07.31 Malmo

I would like to thank you for your important and valuable comments regarding the content of the present manuscript. We have clearly been able to reply to all your questions and remarks, as follows below. I realize that the revised present form of the manuscript will improve the presentation of our work. Do not hesitate to contact me further if you have any additional questions. I am hoping for further cooperation in the future.

Reviewer 1, please notice that the changes have been done as required.

Major Compulsory Revisions

1. Our study includes a limited and selected number of subjects with individual data restricted to a small reference interval. Because of the small group of subjects participating in this study we preferred to use a non-parametric test as these data could not certainly be interpreted as having a Gaussian distribution. There were a significant difference between the GER between the cereal bran flakes and wholemeal oat flakes when we used Wilcoxon test. This has been stated in the results (line 182-183) and the discussion (line 216-218).
2. The reference Weickert et al. Br J Nutr has been added to our manuscript (line 237-240).
3. The comments about second meal effects have been added to the discussion (line 237-240) and the conclusion (line 250-251).
4. line 64, the insoluble fibre are changed to fibre and recommended references are added.

Minor Essential Revision
1. The manuscript has been reviewed and a language expert has made changes.
2. The information about the unpublished study has been deleted.

Discretionary Revision
The exact p-values are given in the abstract and in the results.

Reviewer 2, please notice that the changes have been done as required.

Major Compulsory Revisions
1. The method of blood glucose and satiety has been added to the abstract.
2. The satiety method has been explained in the method section.
3. We think it would be more appropriate to use the changes the satiety scores from a fasting value rather than the definitely values in each measured data due to different fasting values in each subjects at the start of the test. We have explained how the delta satiety scores and blood glucose values are calculated.

Minor Essential Revision
Table 1, there are already provided the amount of carbohydrates.
1. page 7, line 162 Table 1 is changed to Table 2
2. page 9, line 224 to is changed
3. page 10, the sentences has been deleted.
Table 3, the label has been changed.

Reference list. The names of the authors have been changed.

Discretionary Revision
It is now mentioned in the conclusion that we used the equal amount of flakes in the study.

Sincerely,
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