Title: Changing perceptions of hunger on a high nutrient density diet

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Author's response to reviews:

Dear Editors:

We have addressed all of the revisions requested in this version of our manuscript, detailed as follows:

1. The abstract has been included on page 2.
2. Running head and line numbers have been removed.
3. A Conclusions section has been included as the last section of the text.
4. A Competing Interests section has been included at the end of the manuscript.
5. An Authors' Contributions section has been included at the end of the manuscript.
6. An Acknowledgement section has been included at the end of the manuscript.
7. We have removed Figure 10, as it would not upload correctly. The list of figures has been revised appropriately.

With many thanks for your feedback,

Dr. Barbara Sarter