Reviewer's report

Title: Influence of two breakfast meals differing in glycemic load on satiety, hunger, and energy intake in preschool children

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Reviewer: FRANCESCA SCAZZINA

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Major Compulsory Revisions

The work by LaCombe and Ganji deals with the effects of breakfast meals with different Glycemic Load (GL) on satiety, hunger and energy intake at subsequent lunch.

The study design is a randomised crossover, which is always the best choice when testing physiological effects in vivo. However, the study suffers from several flaws.

· When comparing the effects of different GL one should try to rule out every other variable which could influence the study outcomes. In this occasion, the authors actually compared two DIFFERENT breakfasts, varying in GL, GI, macronutrient and energy content. The authors state "Therefore, the significant difference observed between the test breakfast meals in hunger before lunch could be due to significant differences in the macronutrient intakes associated with two test breakfast meals". I absolutely agree, and this is a clear drawback of this scientific work. A strategic approach to study the effect of GL could have been that applied by us in our work recently published on NMCD (Scazzina F, Del Rio D, Benini L, Melegari C, Pellegrini N, Marczzan E, Brighenti F. Nutr Metab Cardiovasc Dis. 2009 Oct 14. Epub ahead of print).

· One should always consider the relevance of the measured variables, as statistically significant differences are not always enough to reach clear conclusions. The 5-point scale used in measurement of hunger before breakfast and lunch are, as stated by the authors themselves, largely inappropriate and not really sensitive. Therefore, a 0.7 difference in such a scale [(1 = very empty, 3 = empty, 5 = a little empty, 7 = normal-not empty/full, 9 = not empty all)] could be significant, but sure enough is not
physiologically relevant.

**Level of interest:** An article of limited interest

**Quality of written English:** Acceptable

**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