**Author's response to reviews**

**Title:** Eating Patterns of Turkish Adolescents Compared With Recommendations

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**Version:** 3  **Date:** 3 September 2010

**Author's response to reviews:** see over
Dear Editor in chief,

Re: Eating Patterns of Turkish Adolescents Compared With Recommendations

Thank you for giving me the opportunity to review our manuscript for publication in your journal. The changes in the manuscript have been reviewed and approved by all the authors. There are no conflicts of interest surrounding its publication. It has not been published in any other journals, nor its being considered for publication anywhere else. My response to the reviewer’s comments is attached below.

Sincerely yours
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Reviewer's report
Title: Eating Patterns of Turkish Adolescents Compared With Recommendations
Version: 2 Date: 14 June 2010
Reviewer: Won S. Song

Overall the method section should be improved to strengthen the paper.

1. Be specific with the "Recommendations" used in the title, or avoid the term to make the title more meaningful for the purpose of the study.

   We preferred to avoid the term and changed the title as: Eating Patterns of Turkish Adolescents: A cross-sectional Survey

2. Indicate why Turkish children's diet is evaluated by the U.S. Food Guide Pyramid.

   We have not came across a Turkish food guide pyramid. Therefore we need to choose a foreign one. Since US food pyramid is cited a lot and healty diet advices of dieticians and doctors are inconcordance with the US pyramid(eat most from the whole grains and less from fat and sugar), we preferred to use it.

3. Make it clear why you discarded 14 question items of the SEP and selected only 7 questions. How did you choose the particular questions. Justification of the selected variables should be explained.
These variables were chosen because they refer to healthy eating behaviours according to literature. But related to 5th comment, we decided not to use HEPS scoring. (see reply to 5th comment)

4. A variable "Main meals per day" seem to be douuble counted by "Skipping main meals"

We would like to thank the reviewer for his careful interpretation. We also agree that there is a doublcation. Sincend we omitted HEPS scoring, there is no such doublcation in the new version.

5. Explain the validity and reliability of the student's report and the survey Questionnaire

HEPS were developed to be used as a tool to summarize our data, our intention was not to create a scale that has high validity and reliability. Therefore the HEPS has only content validity. We understand that using a scoring and not being able to show its validity is rather confusing for the readers. As a result, we omitted HEPS scoring and analysed each item of HEPS separately. We reorganized our results section accordingly. Since item-per-item comparative analysis of HEPS with background variables did not give any significant differences, HEPS items were given as descriptive statistics, mainly on table 2.

6. Add references for the overweight and obesity classification (Methods, First paragraph)

References were added to the mentioned paragraph.

7. The children reported that their parents influence their dietary intake the most. It is expected when the majority of the children (about 80%) eat meals with their family.

This comment is added as a last sentence of the second paragraph of discussion section.

8. Explain the significance of eating dinner after 9:00 pm (Table 2) vs. later than 23:00 (Table 1) and why there are two different hours.

Table 1 is changed completely. So there is no two different hours any more for this variable in text.

9. Table 2 is difficult to follow. Put all the variables first and then the scales and data.

Changed according to recommendation. Some components are omitted from the table and added to text (first paragraph, results section). Also some of the HEPSv items of the previous version were displayed on the table 2. To shorten this long table, background variables were separated and given on a different table (table 1).
10. Table 3 needs sample sizes for each categories and footnotes on variables and statistics. Change the typo errors.

_Since we omitted HEPS scoring, table 3 is changed completely. Sample size and footnotes added. typo errors corrected._

11. The higher HEPS scores that are associated with overweight and obesity should be thoroughly explained. Why shouldn't this relationship be interpreted that obese children are more knowledgeable and exhibit better eating behaviors.

_Since HEPS scoring is omitted totally due to validity and reliability issues, mentioned association is not present in the text anymore. Inspite of this knowledge of the Food Guide pyramid and eating according to its recommendations were analysed in subgroups. This analysis also gives an interesting result that obese or overweight participants know the pyramid better but no difference with their peers for eating according to the food guide pyramid. This relation is interpreted as overweight children know better but they do not have a better eating behavior._

Correct several typo and grammatic errors throughout the paper.

_We reevaluated the language of the text for grammatic and typo errors and corrected them._

**Level of interest**: An article whose findings are important to those with closely related research interests

**Quality of written English**: Needs some language corrections before being published

**Statistical review**: Yes, and I have assessed the statistics in my report.

**Declaration of competing interests**: 'I declare that I have no competing interests'