Reviewer’s report

Title: Nutrient Intakes and Sources of Fiber Among Children with Low and High Dietary Fiber Intake: The 2016 Feeding Infants and Toddlers Study (FITS), a Cross-sectional Survey

Version: 0 Date: 12 Jul 2019

Reviewer: Kim V. E. Braun

Reviewer's report:

In this manuscript the authors aimed to compare characteristics and nutrient intakes between high and low intakes of fiber, determine food sources of fiber, and examine the differences between age groups.

They reported that children in the highest quartile of fiber intake had lower intakes of fat and saturated fat and higher intakes of certain beneficial nutrients and foods. Overall, analysis are conducted well, and it is a well-written manuscript. I have the following comments:

- Line 27-28: "Increased dietary fiber intake in children may offer health benefits including improved overall diet quality"
  Improved diet quality can lead to health benefits, however, diet quality is not a health benefit itself. Please rephrase.
- In the abstract it would be much more interesting to report actual differences in intakes rather than p values.
- Line 259: "In conclusion, young children in the U.S. fall short on dietary fiber." This seems to be overstated. It can be said with certainty that this is the case for the current study population, but not for all young children in the US as they were not all included in the study. It is merely a speculation.
- Table 1: what does the SE represent? For instance, in the group of 12-23.9 months with fiber intake <25th percentile 53.7% is male with an SE of 4.2. The SE does not seem to have any meaning here and should be left out.
- Table 3: Some of the numbers of subcategories do not seem to add up. In the 1st age group (<25th percentile) 9% comes from grains, of this 5% is sweetened and 8% is whole grain, which seems to exceed the initial 9%. Please clarify.
- Table 3: Why are meat and other protein sources categorized together? This means meat is in the same category as legumes. In light of studying fiber sources, these should be separated from each other as these have a very different fiber content.
- Lines 77-78: "mean intake was 10±0.1g per day for children aged 12-23.9 months" this differs from the value presented in the results. It is based on the same study population, why is it different?
- Please specify that fat regards total fat throughout the manuscript.
- One of the aims of the study is to determine the characteristics of those with a low intake versus those with a high intake. However, no statistical tests are performed to examine how characteristics differ from each other and findings are not interpreted in the discussion section. As this could be useful in terms of targeting certain groups in public health strategies, this should be studied in more detail.
Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Unable to assess

Are the conclusions drawn adequately supported by the data shown?
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Acceptable

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