Author’s response to reviews

Title: Reducing GHG emissions while improving diet quality: exploring the potential of reduced meat, cheese and alcoholic and soft drinks consumption at specific moments during the day

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Version: 2 Date: 29 Aug 2017

Author’s response to reviews:

One of the reviewers wrote that "I still think there could be more discussion of the magnitude of these dietary changes and the difficulty of behavior change and that the changes recommended may be difficult to achieve but the paper does mention it.”

In response to this we have added line 457-463 to the Discussion section:

Future research would also be necessary to determine how the subgroup of the population included in this study could be moved to adopt the dietary changes proposed. A long-term approach is needed to change consumer values, and a positive attitude towards sustainable food consumption may not be enough to change dietary behaviour [37]. Health-related arguments may be more effective than environmental motives to promote sustainable consumption [38]. Even more than individual approaches, there is a need for social and institutional changes that facilitate environmentally friendly food consumption [37].

We hope this addition is a sufficient clarification of the fact that dietary change (in the direction of more environmentally sustainable consumption) is difficult to achieve.

Editor Comments:

1. Please remove the cover letter and response to reviewers from the file inventory, as they are no longer needed at this stage of the editorial process.

   -> we have removed these files
2. Please use the following headings in the abstract: Background, Methods, Results, Conclusions.

-> we have adjusted the headings

3. Please name the ethics committee that approved the original study and the secondary data analysis in the present study (or deemed the secondary analysis exempt) in the ethics declaration.

-> we have clarified in the Declarations section that approval by an ethics committee was not applicable to this research

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