Reviewer’s report

Title: Does the ingestion of a 24 hour low glycaemic index Asian mixed meal diet improve glycaemic response and promote fat oxidation? A controlled, randomized cross-over study.

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Reviewer: OA Obeid

Reviewer's report:
The study addressed an important issue that is related to the impact of glycemic index of food on the 24hr glycemic response (monitoring of blood glucose for 24 hrs. The work was further supported by information on energy metabolism (carbohydrate, fat and protein oxidation).

The title of the manuscript is too general and need to reflect the work. The design of the experiment is good in terms of outcome measurements. however, the design of meals was not well controlled. meals were different in terms of their content of different macro and micro-nutrients. Different sources of protein and fats; these may have impact on postprandial glucose levels. this issue was not discussed. it would have been better to use the same sources of macro and micro-nutrients and modify the type of carbohydrates to manipulate GI. in the current work, it would be difficult to attribute the observed changes to the differences in GI only.

it is appreciated that the investigators are aiming at having a pragmatic intervention by using local food, but they should comments on the limitation and the potential impact of the use of different foods.

the data on postprandial oxidation is not clear, does this cover the time between the two meals, or how many hours after meal ingestion..

Looking at total oxidation over 10 hours of about 750 Kcal, it is rather bit low for 10 day hours, since the remaining time (14 hours) would mainly cover the dinner and sleeping time.

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