Reviewer’s report

Title: Determinants of eating patterns and nutrient intake among adolescent athletes: a systematic review

Version: 0 Date: 21 May 2017

Reviewer: Birgit-Christiane Zyriax

Reviewer's report:

Re: Determinants of eating patterns and nutrient intake among adolescent athletes: a systematic review

Dear authors,

The topic of the article is interesting, since participation in sports activities may influence food choice of athletes.

The point, that food patterns are also determined by other factors including age, sex, socioeconomic or cultural background is well taken.

Methods namely the search strategy, the review process and data extraction are adequate.

Line 164 ff

The authors reported that the most common instruments to assess nutrient intake in the selected studies were food records, followed by a self-reported questionnaire and food weight methods. This issue is of major interest!

Food records and food weight protocols including less than 2 or 3 days are not at all representative to calculate the average nutrition intake. As to the self-reported questionnaires: Were these instruments validated? Please clarify this point by adding further information at the beginning of the section outcomes and determinants.

Please be aware, that using non-representative instruments to estimate food intake may have contributed to conflicting results with regard to energy or nutrient intake, e.g. Coutinho et al (54) line 201

Line 220ff
Ziegler et al. please add a short information how meal patterns and menu settings were associated with nutrient intake. In addition, all data is based on observational studies. Therefore, the term „influences“ (line 222) should be avoided.

Line 273ff

Several limitations of the included studies are well described by the authors! However, the limited evidence should also be considered in the conclusion (Line 313) e.g. future research should...

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