Author’s response to reviews

Title: A school-based intervention improved dietary intake outcomes and reduced waist circumference in adolescents: a cluster randomized controlled trial.

Authors:

Angelica Ochoa (angelica.ochoa@ucuenca.edu.ec)
Rosmarijn Verstraeten (roosmarijn.verstraeten@gmail.com)
Lieven Huybregts (l.huybregts@cgiar.org)
Silvana Donoso (silvana.donosom@ucuenca.edu.ec)
Susana Andrade (susana.andrade@ucuenca.edu.ec)
John Van Camp (john.vancamp@ugent.be)
Patricia Ramírez (patricia.ramirez@ucuenca.edu.ec)
Carl Lachat (carl.lachat@ugent.be)
Lea Maes (lea.maes@ugent.be)
Patrick Kolsteren (patrick.kolsteren@ugent.be)

Version: 2 Date: 02 Nov 2017

Author’s response to reviews:

- Abstract: the 2nd sentence of the introduction is cut off - please also consider something along the lines of dietary patterns that are not in line with dietary guidance rather than 'unhealthy diets' as the latter is open to interpretation

Changes have been made accordingly

- Please provide a rationale for the use of the average of 2 recalls in the methods and in the discussion, expand upon the considerations in terms of how this might have affected your results, particularly with respect to estimating % consumers.

Adaptations has been made in the methods as well as in the discussion. Changes are highlighted with track changes in the main manuscript. We explain:
We acknowledge a number of limitations. The 24-hour recalls were applied only during week. Although the average of two recalls is appropriate to estimate mean group intake [29], it does not allow estimating usual individual intake and the proportion of individuals at risk of inadequate intake [29]. The main purpose of the study however, was to assess differences between the intervention vs. control group.