Author’s response to reviews

Title: The relationship between the leptin/ghrelin ratio and meals with various macronutrient contents in men with different nutritional status: a randomized crossover study.

Authors:

Edyta Adamska-Patruno (edyta.adamska@umb.edu.pl)
Lucyna Ostrowska (lucyna.ostrowska@umb.edu.pl)
Joanna Goscik (joanna.goscik@umb.edu.pl)
Barbara Pietraszewska (b.pietraszewska@o2.pl)
Adam Kretowski (adamkretowski@wp.pl)
Maria Gorska (mgorska25@wp.pl)

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Author’s response to reviews:

We wish to thank the Editor and Reviewer for their contributions. Our manuscript has been significantly improved by incorporating your suggestions. We have submitted a revised version with suggested corrections, and please find below our responses to the Editors and Reviewer comments.

Reviewer reports: Reviewer #1: Thank you for addressing feedback provided from the first review. A few minor corrections are required which have been identified in the revised manuscript.

Line 72: Refrain from using "etc."

Answer: The “etc.” has been removed (please see the line 72).

Line 73: Add "the" after "In".

Answer: The ”the” has been added (please see the line 73).

Line 74: Include "in this process", or similar, to follow after "participate".

Answer: The ”in this process” has been added (please see the line 74).
Line 90: Replace "since it reduces" with "suggested to reduce" or similar.
Answer: The "since it reduces" has been replaced as suggested (please see the line 90).

Line 131: Do the authors mean "test", not "tested meals"?
Answer: Yes, we meant “test meals”, it has been corrected (please see the line 131).

Line 216: Replace "to" with "of an" or similar.
Answer: The “to” has been replaced with “of an” (please see the line 216).

Lines 227-228: Awkward and unclear sentence particularly with the use of "with their higher ratio".
Answer: The sentence has been reconstructed, and the confusing part has been removed (please see the line 227).

Line 229: Replace "ratio and hunger" with "ratio to hunger".
Answer: The “ratio of hunger” has been replaced with “ratio to hunger” (please see the line 229).

Line 231: Unclear what "reversed ratio" refers to.
Answer: The sentence has been reconstructed, and the confusing part has been removed (please see the line 230).

Lines 238-244: Limitations addressed are weak, more needs to be included and expanded on to describe implications to study findings. The 1st limitation essentially describes compliance, therefore this could benefit from being re-written with more clarity within this context, then describe implications to the study. Second limitation addressed is important to expand upon as the age difference was a significant result and surely has impacted results. Other limitations should be included, e.g. men only study sample, small sample size, potential for different results if test meal was not in liquid form.

Answer: The paragraph describing study limitations has been reconstructed and expanded. The implication of the 1st limitation has been added. It has been underlined which results might be affected by the age differences between normal body weight and overweight/obese study groups, and the other possible limitations have been mentioned as suggested, with the short explanations (please see the lines 238-253).
Line 250-251: This is too strong a recommendation to be put forward. Please revise wording of sentence.

Answer: The sentence has been reconstructed for: “(...) the recommendation for overweight/obese men to choose meals with lower carbohydrate content, could be a practical implication of this study.” (please see the line 259-260).

Tables 3 & 4: Please refrain from using "*p" as the asterix is conventionally used to represent a significant value within tables or figures. Suggest replacing with alternative symbol. Study group numbers should also be included in title of table to distinguish between the two tables.

Answer: The “*p” and “**p” symbols in Table 3 and in Table 4 have been replaced with the alternative ones “†” and “‡”. The study group numbers have been mentioned in the titles of Table 3 and Table 4.