Reviewer’s report

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

Version: 0 Date: 15 Sep 2018

Reviewer: Magdalena Gornicka

Reviewer’s report:

Title and conclusion: the study concerned only to men

Background: the lack of the aim of this study and identify the validity of the subject.

Methods: In my opinion, the description of composition of model meals should be more precise - kind of fat and carbohydrate is needed. Moreover tested hypotheses were too simple, may be body composition should be added. Authors wrote in Background that p.4; 89-90: "Leptin secretion is proportional to total amount of adipose tissue", but it did not include in analysis. Figure 1 not presented the study design, it does not take into account visits and examinations.

Results: In table 3 and 4, please provide explanations of all symbols and statistical tests. I think that the data contained in Figures 2 and 3 can be added to Tables 3 and 4.

Generally, due to the modest number of results and analyzes, both their description and discussion are simplified and bring nothing new. The final conclusion recommending the avoidance of HC-meals by obese people with frequent insulin resistance, is too obvious.

Level of interest
Please indicate how interesting you found the manuscript:

An article of limited interest

Quality of written English
Please indicate the quality of language in the manuscript:

Needs some language corrections before being published

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