Reviewer's report

Title: Controlled Testing of Novel Portion control Plate Produces Smaller Self-selected Portion Sizes Compared to Regular Dinner Plate

Version: 0 Date: 26 Jan 2017

Reviewer: Ingrid H M Steenhuis

Reviewer's report:

Study into the effects of a portion control plate. Limitations are the external validity and the fact that the intervention is actually a mix of instruction, plate size, and plate type. Literature is used somewhat selectively in some parts of the paper.

Line 154: "The recommendation to use smaller plates appears supported by a recent meta-analysis which concluded that larger plate sizes result in greater self-selected portion sizes and food consumed, but that plate size did not affect consumption of fixed portion sizes from different sized plates 13"

There are still contradictory results and conclusions about the influence of plate size in the literature. In the introduction of this paper, only one reference is used, in favor of what the authors expect, i.e. that plate size is of influence. Please include other papers, to give a more comprehensive state of the art on this topic:


Will smaller plates lead to smaller waists? A systematic review and meta-analysis of the effect that experimental manipulation of dishware size has on energy consumption.

Robinson E1, Nolan S, Tudur-Smith C, Boyland EJ, Harrold JA, Hardman CA, Halford JC.

Line 180: selection of smaller portions?

Line 182: Why are instructions used in addition to the plate? In this way the specific effect of the plate itself cannot be determined.
Line 192: Was a delay of only 10 minutes between both conditions sufficient? Was this pilot tested?
Line 196: University students seem not the most suitable group for this intervention?
Line 236: Can a plate of 30.48 cm diameter be considered as 'standard'? Or would it be a large plate anyway? Based on what is this the standard?
Line 290: the effects are contributed to the portion control plate. However, this cannot be concluded from this study, since also plate size was manipulated. So what exactly is the definition of a portion control plate? Is it the use of a plate designed with the Ebbinghaus and Delboeuf visual illusions, is it the size of the plate or both?
Line 333: I think this is a rather strong conclusion, based on the limited data of the study.
Line 337: There are more studies available on portion control practices than the ones on pre-portioned meals and liquid meal replacements.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.
Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.
Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.
Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.
I recommend additional statistical review

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Please indicate the quality of language in the manuscript:
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