Author’s response to reviews

Title: Cultural differences in food and shape related attitudes and eating behavior are associated with differences of Body Mass Index in the same food environment: A cross-sectional study of Kiribati and European seafarers on merchant ships. Results from the Seafarer Nutrition Study.

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Author’s response to reviews:

Gloriana Rodriguez-Arauz (Reviewer 1): No further comments are made to the authors.

Dayna Lee-Bagley, PhD (Reviewer 2): Thank you for the revisions. My concerns have been addressed. I have a few minor recommendations on the revised paper.

Thank you very much for the following recommendations which we were happy to follow.

On page 5 the authors appear to use "disinhibition" and "tendency to overeat" interchangeably without being clear that these two are linked. They provide the necessary link on Page 7 line 16-17. This explanation should be provided the first time they use these terms (on page 5).

To clarify this, we inserted the following sentence on page 5 (lines 18-19):
Therefor we use “disinhibition” and “tendency to overeat” interchangeably in this paper (see methods section)

on Page 6, line 8: "because we felt that five or four subjects respectively one subject is not a sufficient sample size..." is not clear. Suggested change: "because we felt that five or less subjects per group was not a sufficient sample size..."

We changed the sentence accordingly (page 6, line 10)
page 13 line 9. "eating alone or eating in the cabin is a rare exception". This sentence is confusing because the authors appear to be describing how the ship eating conditions are different than traditional Kiribati eating conditions. However, it would seem that eating alone would be unusual for Kiribati and thus offering it as an example of differences between eating conditions does not make sense. I may also have misunderstood what the authors were trying to say with that sentence. I would delete or clarify.

We deleted the sentence (p 13, line 5), as the main point (meals are eaten together with other crew members) is already covered in the previous sentence.

Page 14, line 23. "in parallel, such environments have...". It's unclear to me which environments the authors are referring to (i.e. new environments or traditional environments). Please clarify.

To clarify this we changed the sentence to (p. 14, line 19):
In parallel, such food scarce environments have traditionally established the ideal of large body sizes

page 14, line 26 "it is not surprising that people use these opportunities.." please add "to overeat".

Done

Figure 2 and 3. In black and white the distinction between dots is not clear. Can the authors change the dots so that they are distinguishable in black and white?

We changed the shape of the point markers for Kiribati to squares and the regression line to an interrupted line, so that Kiribati and Europeans should be distinguishable in black and white.