Reviewer's report

Title: Food sources of energy and nutrients in the diets of infants and toddlers in urban areas of China, based on one 24-hour dietary recall

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Reviewer: Luise Marino

Reviewer's report:

This paper describes a cross sectional analysis of energy and nutrients consumed amongst infants and toddlers in urban areas of China, using a one 24 hour dietary recall. The paper is novel in as much as there is a paucity of information on the dietary consumption amongst this age group in China, as such this is a valuable piece of research and provides insight in the dietary habits of young children in a rapidly changing population.

Minor essential revisions
To strengthen the paper the methods require further brief details i.e. the development of sample weights, the adjustment for over sampling, non response and undercoverage amongst some of the groups. What dietary reference values were used and how were these divided? How were the volunteers trained and what was used for reporting portions sizes and was training provided? The use of vitamin supplements is reported but there is no mention of how this data was collected.

Macro & micronutrients
These could should be split into milk and non milk sources and it would be useful to describe these according to the different age categories within the text, especially as infant / breast milk is the principle source of macro & micronutrients at 6 - 11 months of age, whereas at 24 - 35 months of age milk only represents 8% of the source of fat, 3% of the source of carbohydrate and 7% of the source of protein.

Carbohydrates:
The addition of fibre would be valuable and a table outlining the source of fibre should be added.

Fats:
It would be ideal to break these down into total fat, saturated and cholesterol as described by the authors in other similar work. A table including the sources of saturated fats would be of value.

Micronutrient intakes:
It would be useful for the authors to make reference to other studies of micronutrient intake amongst young children in China as by way of a comparison
to their findings.


The phenomenon of micronutrient deficiency among children in China: a systematic review of the literature. Wong AY1, Chan EW1, Chui CS1, Sutcliffe AG2, Wong IC1.

Referencing
page 19: line 3 - although supplements may be beneficial to prevent deficiencies?

page 19 line 17 - a reference needs to be added for "infancy and early childhood periods are critical periods for forming lifelong dietary habits".

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:

I declare I have no competing interests