Author’s response to reviews

Title: Characterization, dietary habits and nutritional intake of omnivorous, lacto-ovo-vegetarian and vegan runners – a pilot study

Authors:
Josefine Nebl (nebl@nutrition.uni-hannover.de)
Jan Philipp Schuchardt (schuchardt@nutrition.uni-hannover.de)
Paulina Wasserfurth (wasserfurth@nutrition.uni-hannover.de)
Sven Haufe (Haufe.Sven@mh-hannover.de)
Julian Eigendorf (Eigendorf.Julian@mh-hannover.de)
Uwe Tegtbur (Tegtbur.Uwe@mh-hannover.de)
Andreas Hahn (hahn@nutrition.uni-hannover.de)

Version: 2 Date: 29 May 2019

Author’s response to reviews:

Point-by-point response to the comments made by the reviewers

We thank the editor and the reviewers for their kind comments and the opportunity to revise our paper. The comments and suggestions have helped to improve the manuscript substantially. In the following, each comment is addressed separately.

Editor Comments:

Many thanks for addressing the majority of the reviewers comments. There are a further few comments that need to be addressed before the paper can be submitted. Furthermore, please take the time to thoroughly proof read the paper - ideally by a native English speaker.

Response: Thank you for this hint. The entire manuscript was edited by two independent native speakers and checked for grammar, language and style. We think that the manuscript has been significantly improved and hope that it will fulfil the requests.

Reviewer reports:

George Robinson (Reviewer 1): [Ref: Table 2, 3, 4 and 5]: Please provide actual "p" value rather than stating "not significant (n.s.)"
Response: We have replaced “n.s.” by the actual p-values.

[Ref: Lines 30 - 33]: Use of 'athlete' terminology is misleading as subjects were recreational runners, performing 30-60 min runs 2-5 times per week. See recommendation below.

"Background: In the western world, the number of people preferring plant-based nutrition is growing continuously. Vegetarianism and veganism is also becoming increasingly popular among individuals participating in sport. However, whether recreationally active vegetarian and vegan populations can meet their nutritional needs is not clear."

Response: The reviewer is right. We have adopted the formulation in this way.

Paola Rodriguez Giustiniani (Reviewer 2): Thank you for addressing most of the recommendations/suggestions that were made on the previous version of the manuscript. However, I still have some comments that, in my opinion, would improve the manuscript.

*L36: please check writing/grammar when you're describing the physical activity of the participants (2-5 times training sessions per week...change to: 2-5 training session per week)

Response: Done.

*L61: please separate keywords either with comma or semicolon, not both

Response: Done.

*L66: check grammar and writing style of the following sentences (add commas where needed and change words where corresponds as it does not read well):

These alternative diets are characterized by a predominance of foodstuffs derived from plants in varying amounts and ranges from abstaining from meat, meat products and fish and to complete rejection of animal products as applicable for vegans

Response: We adjusted the sentence, since two independent native speakers read throughout the entire manuscript and corrected the grammar and writing style.

*Please check the utilisation of the words supply and undersupply through the document. Consider changing these words.
Response: The utilization of the terms was checked by two independent native speakers and both confirmed that the use in this context is correct. One native speaker suggested to use “insufficient supply” instead of “undersupply”, so we changed the wording.

I believe the manuscript has been improved substantially, however, I recommend an additional check on grammar and writing style.

Response: Thank you for your comment. The entire manuscript was edited and proofread by two independent native speakers and checked for grammar and writing style. We think that the manuscript has been significantly improved and hope that it will meet requirements.