

## ANSWERING REVIEWERS



### Paper 8068

2 April, 2013

Dear Editor,

Please find enclosed the edited manuscript in Word format (file name: paper 8068 revised.doc).

**Title: Relationship between taste sensitivity, nutritional status and metabolic syndrome: implications for success in weight loss dietary intervention**

**Author:** Simona Bertoli, Monica Laureati, Alberto Battezzati, Valentina Bergamaschi, Emanuele Cereda, Angela Spadafranca, Laila Vignati, Ella Pagliarini

**Name of Journal:** *World Journal of Diabetes*

**ESPS Manuscript NO:** 8068

The manuscript has been improved according to the suggestions of reviewers:

1 Format has been updated

2 Revision has been made according to the suggestions of the reviewers:

**Reviewer 02446317**

a) As suggested, in methods section we described the weight loss program sufficiently such it can be reproduced (104-110 lines). Moreover we better specified how was checked the compliance (111-113 lines).

b) We are agree with the comment about the inappropriate use of reference 28: we re-phrased from line 214 to line 216.

c) We reconciled statistics in conjunction with data in the tables. We rechecked the data and we have seen that really Kruskal, Wilcoxon and Pearson's correlation were not appropriately indicated in the tables (we revised tables from 2 until 5).

We revised english language following suggestions indicated (line 210 and 247).

**Reviewer 00541708**

None revision was requested

**Reviewer 00503748**

a) The reviewer asked to explain how we reduced caloric intake and to specify the amount of total calorie intake.

We described the caloric intake as the 90% of resting energy expenditure (REE) measured by indirect calorimetry: since REE represents the minimal energy necessary for vital function and contributes for about the 60% to determine the total energy expenditure, a caloric intake of 90% of REE really agrees with the maximal energy restriction possible with respect total energy expenditure. The composition in macronutrients is in agreement with Guide Lines for an Healthy Nutrition. (Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione (INRAN). Guides Lines for an Healthy Nutrition, 2003).

Total calorie intake was  $1309 \pm 114$  kcal/day for females and  $1650 \pm 114$  kcal/day for males.

b) The reviewer asked if we have some data concerning the effect of low sodium diet on BMI and Mets parameters. We don't have our data about the effects of a low sodium diet on body composition and Mets parameters. However Chen J et al (2009) showed that metabolic syndrome enhances blood pressure response to sodium intake; therefore the reduction in sodium intake could be an especially important component in reducing blood pressure in patients with multiple risk factors for metabolic syndrome. Moreover if we consider that various kinds of cold meats and salami or cheeses not only are high sources of sodium but also of fat and often are consumed too frequently by people overweight or obese, it would be an aim very interesting and with a lot of sense to study the effects of a low sodium diet on BMI and Mets.

c) The reviewer asked if we prescribed some program of activity physical. We did not prescribe any structured activity physical program.

#### **Reviewer 00608293**

- a) We modified the sentence "drop out since next visit" (line 35 and 152).
- b) We verified the association between each measure and appropriate reference; we added reference 21 and, consequently, we changed the numeration of following references.
- c) At lines 111-113 we better describe how was monitored the compliance to dietary program. As specified also for reviewer total calorie intake was  $1309 \pm 114$  kcal/day for females and  $1650 \pm 114$  kcal/day for males.
- d) We performed our study on the morning after 14-16 ore after last dinner; participants were asked not to smoke, eat or drink anything except water since awaking.
- e) We did not insert data about ematochemical values to don't charge excessively the text, however we are available to provid data to the reviewer.
- f) We are agree with the observation about the faible p-values to shown the trend (table 2): we modified at line 177. Moreover we added \* in table 3 to indicate significant correlation between BMI and GTAS and we added ~ at the place of \* for nutrimetabolic parameters.
- g) We showed at line 179  $p=0.06$  as p-value marginally significant.
- h) We described diet composition in Method section instead of Results as also suggested by other reviewers: we showed the macronutrient composition with SD because these data are obtained from mean of all calorie intakes defined on the basis of 90% of every REE measured.
- i) In table 5 statistic analysis referred to comparison between outcomes features of subjects that lose less than 5% and subjects that lose more than 5%. The comparison was made by unpaired Student t-test for continuous data or by chi-square test and not Wilcoxon for categorical data).
- f) We modified as suggested line 162 and lines 214-216.

3 References and typesetting were corrected

Thank you again for publishing our manuscript in the *World Journal of Diabetes*.

Sincerely yours,



Simona Bertoli M.D., Ph.D.

International Center for the Assessment of Nutritional Status (ICANS), Department of Food, Environmental and Nutritional Sciences (DeFENS), University of Milan Italy  
Via Botticelli 21, 20133 Milan, Italy.

phone: +39 02 503.16079 - Fax: +39 02 503.16077

E-mail: [simona.bertoli@unimi.it](mailto:simona.bertoli@unimi.it)