OPEN PEER REVIEW

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As a new feature for progressing towards transparency, we decided to open a new window for all of our editors as well as authors titled "**Open Peer Review**". We hope by this new facility, our reviewers will be more motivated and authors will be more satisfied with the review process. We believe that publishing our peer review reports could make a transparent and clear environment for all our efforts within a journal, but not all reviewers tend to publish their comments.

What is "Open Peer Review" process?

An "Open Peer Review" process is making the details of all review process (including reviewers, associate editors, and EICs comments) as "Public" as it is agreed by EIC, Authors, and reviewers.

Advantages of "Open Peer Review" process

- More transparency, constructiveness and tactful comments of the peer review process: leads to an increase in the quality of reviews
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- Education of both authors and new students
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https://sites.kowsarpub.com/kowsar/knowledgebase/category/tree.html#opr.html

Asian Journal of Sports Medicine
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Peer Review Report for "Sport Types and Time Spent Playing Sport Are Associated with Eating Pattern Among Young Brazilian Athletes"

Author(s): Matias Noll, Ana Paula Rodrigues, Erika Aparecida Silveira

Review Timeline:

Submit Date: 22 Jul 2019
Revised Date: 13 Oct 2019
Accepted Date: 26 Oct 2019

Revision (0)

Here, you can see the **Reviewers**, **Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

REFEREE: Reviewer | Revision (0)

6 Aug 2019

Dear AE,
This is a descriptive study reporting on the frequency of meals, unhealthy and healthy food intakes among 248 Brazilian young athletes. The main findings showed that there were different patterns in food frequency relative to different sports and behaviors. The study's protocol appears well conducted. However, the following specific comments need to be addressed by the authors.
1- The title of the article should read as: Sport types and time spent playing sport are associated with eating pattern among young Brazilian athletes.
2- Better to use sport type instead of modality throughout the text.
3- Please use healthy food items instead of healthy food markers throughout the text.
4- What is the definition used for breakfast in term of protein content and timing of breakfast on weekdays and weekends?
5- In the results section, line 143, the authors said there was a low consumption of raw salads, however, over 76% consumed raw salad for 3 or more days per week (in fact about 53% of them consumed such foods 5 or more days per week).
6- Why the percentages in table 2, under "Have breakfast" or "lunch/dinner" in all the variables do not sum to 100%? The same things in table 3.
7- In the discussion section, lines 159-160: the authors stated that "We found a positive

association between the time spent practicing sports and the regular consumption of healthy food markers.". This appears correct with raw salad consumption but the opposite trend was seen with fruit intake frequency (see table 3). Can you explain these contrasting results?

8- Since there are limited studies involving young athletes in Brasil to compare these finding with, it may be a good idea to do the comparison with studies involving young Brazilian non-athletes.

9- What are the study's recommendations for future research in this area?

Thanks.

REFEREE: Associate Editor | **Revision (0)** 26 Aug 2019

Dear EIC,

This manuscript was reviewed by our reviewer(s). The reviewer(s) have raised concerns regarding the manuscript, and therefore, the paper is not acceptable for publication in this format. However since the reviewers do find some merit in the paper, I would be willing to reconsider if the authors wish to undertake major revisions and re-submit, addressing the referees' concerns.

Thanks.

REFEREE: EIC | **Revision (0)** 26 Aug 2019

Dear Author,

Thank you for submitting your manuscript to Asian J Sports Med. I now have the reports of the Referees, which suggest that your manuscript might be suitable for publication following a number of revisions. I attach some reviewer comments and invite you to submit a revised version of your manuscript addressing the points made.

Thanks.

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Revision (1)

Reply to Reviewers

Ideally, the reviewing process can significantly improve the submitted manuscripts by allowing the authors to take into account the advice of reviewers. Author(s) must reply to all reviewers' comments in a separate Word file, point by point. A "**Reply to Reviewers**" document is submitted along with revised manuscript during submission of revised files, summarizing the changes that the authors made in response to the reviewers' comments. The responses to reviewers' comments specifies how the authors addressed each comment the reviewers made.

You can read the authors' responses to the reviewers' comments in the next page.

Asian J Sports Med
Editor-in-Chief

Dear Prof. Vahid Ziaee,

Re: Asian J Sports Med | ID: 96561, rev [0] | Manuscript Needs Major Revision

Please find attached a revised version of our manuscript “Time spent practicing and sport modality are associated with eating pattern from young athletes”, which we would like to resubmit for publication as an original article in Asian J Sports Med.

Your comments and those of the reviewers were highly insightful and enabled us to greatly improve the quality of our manuscript. In the following pages are our point-by-point responses to each of the comments of the reviewers as well as your own comments.

Revisions in the text are shown using red font. We hope that the modifications in the manuscript and our accompanying responses will be sufficient to make our manuscript suitable for publication in Asian J Sports Med.

We look forward to hearing from you at your earliest convenience.

Yours sincerely,

Reviewers' Comments:

Reviewer 1:
Time spent practicing and sport modality are associated with eating pattern from young athletes

This is a descriptive study reporting on the frequency of meals, unhealthy and healthy food intakes among 248 Brazilian young athletes. The main findings showed that there were different patterns in food frequency relative to different sports and behaviors. The study’s protocol appears well conducted. However, the following specific comments need to be addressed by the authors.
1- The title of the article should read as: Sport types and time spent playing sport are associated with eating pattern among young Brazilian athletes.

Authors: Thank you for your in-depth review. We have accepted your suggestion.

2- Better to use sport type instead of modality throughout the text.

Authors: As suggested, we have replaced the terms throughout the text.

3- Please use healthy food items instead of healthy food markers throughout the text.

Authors: Thank you for your suggestion. We have replaced the terms throughout the text.

4- What is the definition used for breakfast in term of protein content and timing of breakfast on weekdays and weekends?

Authors: The questionnaire does not evaluate the food consumed and therefore it is not possible to evaluate the consumption of macro and micronutrients. All athletes are regularly enrolled in school and study in the mornings, so we consider breakfast between 6 and 8:59am (Coulthard, Palla, & Pot, 2017)*. At the weekend it was considered the same timing of breakfast.*

The indication of being the first meal of the day was not placed because many young people in Brazil skip breakfast.

Coulthard, J. D., Palla, L., & Pot, G. K. (2017). Breakfast consumption and nutrient intakes in 4–18-year-olds: UK National Diet and Nutrition Survey Rolling Programme (2008–2012). *British Journal of Nutrition*, *118*(4), 280–290. https://doi.org/10.1017/S0007114517001714

5- In the results section, line 143, the authors said there was a low consumption of raw salads, however, over 76% consumed raw salad for 3 or more days per week (in fact about 53% of them consumed such foods 5 or more days per week).

Authors: Thank you for your in-depth review. We have accepted your suggestion. We have removed these terms in the results section.

6- Why the percentages in table 2, under "Have breakfast" or "lunch/dinner" in all the variables do not sum to 100%? The same things in table 3.

Authors: Only "Total" column totaling 100%. For example, from our sample (248 athletes), 48.5 have participated in "Only 1 competition per year".

The following column, the column "%" (yellow color in the tables bellow), represents the prevalence from this answer. For example, from all athletes that have participated in "Only 1 competition per year", how many "Have breakfast [a]". The same occurs in the table 2 and table 3 for the others variables. These prevalence supports the prevalence ratio results.

Table 2. Association (χ^2) and prevalence ratio between meal consumption and independent variables.

Variables	Total	Have breakfast [a]		Lunch/dinner with parents [a]		Eating in front of the TV [b]	
	%	%	PR (95%CI)	%	PR (95%CI)	%	PR (95%CI)
Competition			p=0.590		p=0.156		p=0.623
Only 1 per year	48.5	46.6	1.02 (0.94–1.12)	60.3	1	23.3	1
≥2 per year	51.5	43.1	1	69.1	1.05 (0.98–1.13)	26	1.06 (0.83–1.36)

Table 3. Association (χ^2) and prevalence ratio between irregular consumption of healthy food items and independent variables.

Variable	Total	Bean consumption [a]		Raw salad consumption [a]		Vegetable consumption [a]	
	%	%	PR (95%CI)	%	PR (95%CI)	%	PR (95%CI)
Competition			p=0.298		p=0.159		p=0.774
Only 1 per year	48.5	20	1.04 (0.96–1.13)	42.1	1	79.8	1
≥2 per year	51.5	14.9	1	51.2	1.06 (0.98–1.16)	81.3	1.01 (0.95–1.07)

7- In the discussion section, lines 159-160: the authors stated that "We found a positive association between the time spent practicing sports and the regular consumption of healthy food markers.". This appears correct with raw salad consumption but the opposite trend was seen with fruit intake frequency (see table 3). Can you explain these contrasting results?

Authors: As we can see in the Table 5 (bellow), irregular consumption of raw salad and fruits are associated with time spent practicing the sport type. Our results show that athletes who practiced sports for more than ten years had a higher regular consumption of raw salad and fruits. These findings suggest that sports have a positive effect on eating pattern.

Table 5. Adjusted prevalence ratio for sports variables and meal consumption characteristics, healthy food items, and unhealthy food consumption.

Variable	Irregular meal consumption [a]		Irregular healthy food items [a]			
	Have breakfast	Lunch/dinner with parents	Bean consumption	Raw salad consumption	Vegetable consumption	Fruit consumption
	Adjusted PR (95% CI)	Adjusted PR (95% CI)	Adjusted PR (95% CI)	Adjusted PR (95% CI)	Adjusted PR (95% CI)	Adjusted PR (95% CI)
Practice						
0–1 years				**1.34 (1.14–1.58)**		**1.43 (1.17–1.73)**
>1–5 years				**1.42 (1.21–1.67)**		**1.36 (1.23–1.65)**
>5–10 years				**1.43 (1.22–1.69)**		**1.28 (1.05–1.57)**
>10 years				1		1

8- Since there are limited studies involving young athletes in Brasil to compare these finding with, it may be a good idea to do the comparison with studies involving young Brazilian non-athletes.

Authors: Thank you for your suggestion. We have included phrases with data from Brazilian non-athletes' adolescents.

Lines 191 to 194: "Our results show that athletes who practiced sports for more than ten years had a higher regular consumption of raw salad (92.3%) and fruits (69.2%). This regular consumption prevalence is much higher than Brazilian adolescents. Azeredo et al (29), who evaluated the eating pattern with the same questionnaire, showed that fewer than one third present a regular consumption of raw salad and fruit. Our findings suggest that sports have a positive effect on eating pattern".

9- What are the study's recommendations for future research in this area?

Authors: We have suggested nutritional programs conducted that can improve performance and health from athletes and that researchers should be perform longitudinal studies.

Lines 223-231: "Once this relationship is thoroughly understood, efficient nutritional programs conducted by nutritionist can then be performed improving performance and health from athletes. In emerging countries, such information is crucial for improving the performance in the athletes and for promoting healthy habits that will benefit athletes throughout their life. Hence, nutrition and health promotion programs should not only focus on the specific nutrients, but also on food intake and eating practices (11,24). Overall, we believe that our findings may help researchers, coaches, and health professionals to conduct more specific interventions. Future research about eating patterns should evaluate these variables by longitudinal design to improve cause and effect results."

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Revision (1)

Here, you can see the **Reviewers**, **Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

REFEREE: Associate Editor | **Revision** (1) 26 Oct 2019

Dear EIC,
The authors have modified the manuscript accordingly and has provided specific answers in an accurate manner. I suggest that this version is suitable for publication in the Asian J Sports Med.
Thanks.

REFEREE: EIC | **Revision** (1) 26 Oct 2019

Dear Author,
It is a pleasure to accept your manuscript in its current form for publication in the Asian J Sports Med.
Thanks.