Reviewer's report

Title: Adolescent Nutritional Awareness and Use of Food Labels: Results from the National Nutrition Health and Examination Survey

Version: 1 Date: 18 August 2011

Reviewer: Ian J Griffin

Reviewer's report:

Using a subset of the NHANES study population, the authors have collected data on knowledge of federal nutrition guidelines/recommendation, the use of nutrition labels and the risk of overweight or obesity. The main conclusion is that knowledge of the 5-a-day program was associated with a reduced risk of obesity, obesity individual were more likely to check some items on the nutrition label (especially Mexican American subjects). Otherwise, neither knowledge of federal nutrition guidelines nor the use of nutrition labels were associated with the risk of obesity of overweight.

MAJOR REVISIONS:

RESULTS:
1. There are several numerical errors in the results section, for example I doubt that the SD of subjects’ age is only 0.06y. Similarly, the CI for knowledge of the food pyramid can not be 9.8-94.4%.

RESULTS:
2. Much of the first paragraph of the results duplicates information in table 2 and can be omitted.

TABLE 3
3. P-values for the overall ethnicity effects are needed as well as the post-hoc p-values. Also results of the overall p-value (all ethnicities combined) comparing knowledge of the different programs could be given in the text

DISCRETIONARY REVISIONS

ABSTRACT:
4. If use of the nutrition label did not reduce the risk of obesity why are interventions needed to increase the use of nutrition labels?

DISCUSSION
Some of the discussion is really speculative and editorializing e.g. recommending the inclusion of the “let’s move” program.

TABLE 2:
5. Using the same heading for the two sections of the table doesn’t work well
6. Can the authors give the % for all four answers to the label reading behavior. Maybe this information would be more easily given as a stacked bar-graph.
Level of interest: An article of limited interest

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

I declare that I have no competing interests