Reviewer's report

Title: Diet and Lifestyle Interventions in Postpartum Women in China: Study Design and Rationale of a Multicenter Randomized Controlled Trial

Version: 2 Date: 4 February 2010

Reviewer: Justus Hofmeyr

Reviewer's report:

This is a well-written protocol using appropriate methodology.

Discretionary revisions:

1. The sample size is calculated to be adequate for only one of the health problems being investigated: Constipation. It would be useful to specify what the primary outcomes are, and ensure that the sample size is adequate for all primary outcomes.

2. I would strongly recommend to include a measure of postnatal depression (eg the Edinburgh postnatal depression inventory). On the one hand, more flexibility in food and activity may reduce depression. On the other hand, departure from cultural norms may increase depression.

Level of interest: An article whose findings are important to those with closely related research interests

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