Reviewer's report

Title: Adherence of pregnant women to Nordic dietary guidelines in relation to postpartum weight retention: Results from the Norwegian Mother and Child Cohort Study

Version: 1 Date: 27 November 2013

Reviewer: Marlein Ausems

Reviewer's report:

The article deals with an important and interesting topic, namely the relation between adherence of diet and weight retention postpartum. The intermediate role of gestational weight gain is also considered.

Some points to consider (following the reviewer's form):

1. The question posed by the authors might improve by including the relation between diet adherence and gestational weight gain.

2. Considering weight retention postpartum and diet adherence the methods section is carried out in detail, however the construct GWG remains unclear. It is stated that excessive GWG is based on the updated IOM criteria, more details about the construction is necessary.

3. Data are sound, except for the GWG results. Also attention should be paid to table two, the description of the BMI categories is incorrect.

4. Apparently sufficient

5. In the discussion lines 355-357 are unclear, as these results can not be found in the results section (total energy intake). Another question remains: 'What about the generalizability of the results to other countries with different nutrition recommendations (e.g. lower vegetables fruit norms)?' Another point of discussions are implications for future interventions. What would the authors recommend to stimulate healthy GWG, weight postpartum?

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'