Reviewer's report

**Title:** Association of dietary pattern and body weight with blood pressure in Jiangsu Province, China

**Version:** 1  
**Date:** 28 March 2014

**Reviewer:** Jean Woo

**Reviewer's report:**

Major revisions:
Please carry out analysis as follows:
Calculate Odds ratio adjusting for confounding factors using BP as dependent variable;
Please address the research question of what is the highest attributable fraction for hypertension (body weight or dietary pattern): this provides important information for public health.

Minor essential revisions:
Introduction line 51: The increase in the prevalence of hypertension cannot be solely attributed to dietary pattern: changes in physical activity and perhaps excessive calorie intake (and increasing obesity and hence increasing BMI likely account for much of the change, since salt intake is a major contributor, and is known to be higher in the traditional Chinese diet compared with Western diets. Any shift towards a more Western diet is likely to reduce salt intake and BP prevalence would be expected to fall.

Methods line 115-120. This method of assessing salt intake is problematic and only takes into account added salt. What about sodium already in foods? 24 h urine sodium excretion will provide a more accurate representation of sodium intake. For example among Chinese in Hong Kong, the major food contributors to 24h urine sodium is soup and dim sum, the two combined contributing to about 30% of the 24h urine sodium value.

137.... dietary patterns. Reference should be made to other publications of dietary patterns among Chinese populations and a comparison of the findings discussed in this light in the Discussion section:
Chan et al Journal of the American College of Nutrition 2013 in press
Cheung et al Advances in Food and Nutrition Research 2014;71:137-63

Discussion 231-6: Westernized pattern of diet is associated with coronary heart disease: so a shift from traditional to Western diet also may have adverse effect.
237-248. All dietary methods are likely to underestimate sodium intake. Urine sodium should be used as the gold standard.
251: counter-intuitive, not contra-intuitive. This statement is problematic: salt intake is well known to be high in China because of the traditional diet: please refer to the Intersalt series of publications (Stamler et al)

256: discussion regarding vegetarian diet. Chinese vegetarian diet is not the same as Western Vegetarian diet, since it is predominantly based on soy products, which is tasteless. Therefore the sodium intake of Chinese vegetarians is high, affecting their BP and bone. Further more, vegetables tend to be stir fired, so that fat intake increases with vegetables intake, a finding contrary to Western populations. please include these comments:

Author search: Woo J; Kwok T; Sea M; key words vegetarians,


line 296-308: please refer to studies carreid out among the Hong Kong Chinese population for comparison.

line 317: limitations. Please highlight the problme with estimateion of salt intake method. Refer to toher studies examining deitary pattern and BP

Level of interest: limited

Quality of English: Adequate

Statistical review: not necessary

Declaration of competing interest: None

What next? Depends on authors response to comments

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 interest