Reviewer's report

Title: Preventing weight gain: the delivery of a randomized controlled intervention in community based women

Version: 1 Date: 30 September 2008

Reviewer: Alison Booth

Reviewer's report:

This paper is clearly written and methods are well described. I have a few minor suggestions for revision.

Suggestions -
* To describe in the methods each stage (1-5) of the stage of change
* To clarify that the stage of change was only used to assess their level of motivation and not for tailoring the intervention (if this was the case)
* To clarify when reporting the results that they are reporting for both groups combined
* Include 'baseline'to the title of table 2.

Question -
* How was fat and energy estimated from the FFQ? How accurate is this measurement?

Level of interest: An article of importance in its field

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