Reviewer's report

Title: Fruit and vegetables intake among elderly Iranians: a theory-based interventional study using the Five-A-Day program

Version: 1 Date: 5 February 2011

Reviewer: AeWha Ha

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1. Title: Fruit and vegetables intake among elderly Iranians: a theory-based interventional study using the Five–A-Day program

2. Overall Evaluation:
This is a control versus experimental study to see the effects of education regarding the importance of FV consumptions in elderly Iranians. This study has a potential to provide well organized study methods of control-experimental design and the encouraging data that stage of change model can be used as nutrition education. However, there are some corrections needed before publication.

3. Major Compulsory Revisions:
   # This paper needs careful English proofreading and editing. (esp. discretion on usage of periods and commas, as well as capital letters where the sentence begins) Furthermore, ‘intervention group’ is a better term than ‘intervention arm’.
   # Methods: It is not clearly presented in the method section how the food-safety related stages of change questionnaire was composed and validated. Did you use one question with 5 types of choices, or did you use many questions with 5 choices for determining state of change? Further elaboration is necessary.
   # Methods: It is necessary to elaborate more in detail about types of questions regarding self-efficacy, perceived benefits and barriers.
   # Methods: for the part of FV consumptions, you need to also explain how you calculated and compared the FV consumption between two groups. Did you use total score of FV consumption, or did you compare individual items of FVs to see the differences between groups?
   # Results: More comparison tables of Mean and SD of perceived benefits, barriers, self efficacy, and food consumption between two groups need to be added. In addition, a separate result table of FV consumption written with Mean & SD or frequency is needed.
   # P22: The format of table 3 is need to be corrected in order to consistent with other tables (Table1, or table 2).
   # The result will be clearer if you show the correlation table between stage of changes and benefits/ barrier/ self-efficacy/ FV consumption.
**Level of interest:** An article of importance in its field

**Quality of written English:** Needs some language corrections before being published

**Statistical review:** Yes, and I have assessed the statistics in my report.