Reviewer's report

Title: Mediterranean Diet Effect: An Italian picture

Version: 1 Date: 9 August 2011

Reviewer: Barbara Burlingame

Reviewer's report:

1. The question posed by the authors is interesting, novel, and well defined.
2. Most of the methods are appropriate and well described, and sufficient details are provided to replicate the work, with the exception of the MDS. This statement in Methods is confusing: “According to the proposed method, for comparison purposes the nutrients intake was corrected for energy intake of 2500 kcal / day for men and 2000 kcal / day for women.” It would be useful to have a sentence explaining the rationale. Were intakes corrected as presented in tables 2 and 3? It seems not, but if they were, a footnote would be helpful.
3. The data seem sound, but please double check the units for Vitamin E (µg/day) in Table 3; probably should be mg/day.
4. The manuscript adheres to the relevant standards for reporting and data deposition.
5. The discussion and conclusions are well balanced and adequately supported by the data.
6. The title and abstract accurately convey what has been found.
7. The writing is not entirely acceptable. There are many typographical errors, spelling errors and Italian words, in both text and tables. For example, table 4 has some typographical errors (e.g., vegetables should be vegetables; diary should be dairy) and Italian words (e.g., Alcool).

Level of interest: An article of importance in its field

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

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.