Reviewer's report

Title: Mediterranean Diet Effect: An Italian picture

Version: 1 Date: 7 September 2011

Reviewer: Maria Cristina Polidori

Reviewer's report:

This is a useful observational study on the role of adherence to the MeDi on the oxidant/antioxidant balance of the organism and on some cardiovascular risk indexes. The authors should

1) carefully comment on the following:
   i. the statistical power or methodological/sponsoring reasons why out of 300 subjects the half was selected for the study; ii. why was gamma-tocopherol not assessed, as several studies show its importance possibly even higher than alpha-; iii. how did FRAP and TAC correlate with the antioxidant/oxidant/inflammation indexes measured; iv. the limitations of the total antioxidant capacity measurements; v. the importance of controlling the oxidant/antioxidant balance for diet but also for physical activity, job, alcohol consumption, smoking habit; the subjects who have a high ADI have often a better lifestyle in general and are more health-conscious;

and

2) carefully check style throughout the text, in particular i. there are several sentences in Italian, especially figures and tables ii. the tables are not formatted iii. the figure is presented twice, once before and once after the reference list.