Reviewer's report

Title: The Dutch Healthy Diet index (DHD-index): an instrument to measure adherence to the Dutch guidelines for a healthy diet

Version: 1 Date: 18 January 2012

Reviewer: Jean Freeland-Graves

Reviewer's report:

No. Location Minor Comments:
1 p2. L.19 This conclusion is too vague about the results. Nothing is mentioned here about page 15, l.3-4 of the inability of the CO to discriminate
2 P3,L.18 These are not the major differences. 2010 American guidelines do not limit acid foods, and emphasize balancing calories to manage weight and building healthy eating patterns.
3 p4., l. 13 Clarify what is meant by “Due to revisions”
4 p5. l.8 Identify which micronutrients were selected
5 p5.,l.9-10 What were the specific criteria for rejection with a quality check?
6 p6,l.14 Appendix A gives range of 30 – 40; here it says 30-35 g dietary fiber
7 p6,l.14-15 This sentence is unclear as the energy recommendation is not listed as a & Table 1 component for Table 1. Explain precisely how energy “was used in the index.”
Previously it said that there were 10 components, with a maximum score of 100 points (p5, l.18).
8 p6, l. 20 Please clarify whether the Dutch guidelines for a Healthy Diet permit the use of fish oil capsules as a substitute for eating portions of actual fish.
9 p7,l.3 The guideline of limiting acids foods is not understood at this point how it relates to healthy eating – only in the discussion. Can you add a bit of information in the introduction?
10 p9, l.9 This explanation is difficult to follow.
11 p10,l.11 “Following a diet regime” is not in the methods. Please add how this
was determined.

12 P11,L.17 Specify whether the association is positive or negative for each.

13 p13,l.19 Unclear what is meant by “have a more nutrient composition”

14 Table 1 Consumption Occasions sounds like a unit, not a food component as are the other components listed. Suggest changing the name to Acid Foods or something similar here and throughout text

15 Reference 15 The reference and related text should use the newer 2010 dietary guidelines of the USA – not this old 2005 pdf.

16 Reference 16 Lacks page numbers

17 Reference 38 Lacks volume and page numbers

**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:**

No conflicts of interest