Reviewer's report

Title: Fruit and vegetable intake and characteristics associated among adolescents from southern Brazil

Version: 2 Date: 19 July 2012

Reviewer: Renata B Levy

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Dear Authors,

The article biggest problem is still there. You did not solve it. Was the classification of beans and rice as part of Day 5. The concept of the 5 a Day is recommended by WHO and adopted by several countries, including Brazil. The food guide for Brazilians that the authors mention also adopts this same recommendation. There is nothing to suggest in the guide that rice and beans is part of this indicator.

The third guideline - guideline corresponding to fruit and vegetables also indicates what should be considered fruit and vegetables. I quote below the picture taken from page 163 of the Food Guide's population, translated to English to facilitate the understanding of the editors. I highlight the sentences that directly address the issue for easy reading.

Copied portion of the Brazilian Guide Below

"What are Fruit and Vegetables for the Purpose of this Orientation Guide?

Vegetables are plants or plant parts that serve for human consumption. The parts that are normally eaten are the leaves, fruits, stems, seeds, tubers and roots (Philippi, 2003).

What is called "green" are the edible portions of the plant such as leaves, buds, flowers, or stems. We use the term "vegetable" when the parts are the edible fruits, seeds or parts that are developed on earth. Fruit is the pulp that surrounds the seeds of plants and has flavor, is rich in juice, and tastes sweet. (Philippi, 2003).

The variety of this food group is immense, some having only local or regional occurrence. Those more readily available are, for example: Vegetables: spinach, watercress, celery, lettuce, chicory, broccoli, kale, cauliflower, endive, spinach, mustard, cabbage, arugula, parsley and celery, as well as carrots, beets, zucchini, squash, cucumber, onion.

Fruit: cherry, orange, tangerine, banana, apple, mango, lemon, papaya and many others.

In the Brazilian food guide plant foods such as tubers and roots are considered foods high in carbohydrates (Guideline 2), as well as beans and other grains.
Legumes are considered rich in vegetable protein (Guideline 4), therefore they are not included in this guideline.

Encouragement for the consumption of these food groups is mainly concentrated in their natural forms. Products with a high sugar content such as fruit jellies and drinks flavored with fruit and pickled vegetables with high salt content are not part of the range of foods whose consumption is being encouraged in this guideline.

Therefore, it is important to describe the consumption of rice and beans apart from the consumption of fruit and vegetables; it is not admissible to include these items in a five days group, which is an international standard measure. Wrongly adding the consumption of rice and beans to that of fruit and vegetables leads to a misinterpretation of the pattern of consumption found in the paper.

**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.