Reviewer's report

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

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Reviewer: Renata B Levy

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Fruit and vegetable intake and characteristics associated among adolescents from southern Brazil.

The paper aim is to assess the intake of fruits and vegetables and their association with sociodemographic characteristics among adolescents from southern Brazil, I consider an important topic for nutrition and public health.

The paper had reviewed the classification that used to includes rice and beans as part of the 5 a day, as we suggested doing.

Minor Essential Revisions

Material and methods

Diet Evaluation:
3th paragraph: You used the world “leguminous” seem wrong to me. It is not part of 5 a day.

Results/ Discussion
3th paragraph: “Vigorous physical activity can probably explain the consumption of fruit per day, which could have contributed to five days” How can physical active explain the consumption of fruit?

3th paragraph: “body mass index was positively associated with five-a-day” AND Figure 2 “intake 40% higher than those with normal BMI.” For those analyses, you must control for the total energy intake. It is reasonable to assume that those who have the higher IMC are those that eat more everything, including fruits and vegetables. To say, that there is a positive association over the consumption of fruit and vegetables and IMC, you must control for total energy intake.

Another hypothesis for the positively association between five a day and IMC, that can’t be discarded is reverse causality. It is possible that those who have the higher IMC are eating more fruit and vegetables because they are trying to lose weight. In a cross-sectional study this can’t be discarded.

Discussion
2nd paragraph: “in the absence of information aiming the population, potatoes, rice and beans could be seen as belonging to the group of plant origin, and
counted as five-a-day servings.” AND 6th paragraph: “In addition to increasing consumption of fruits and vegetables, young people should be informed that rice and beans are not part of five serving per day. Both affirmation needs references, I don’t think this doubts exist.

6th paragraph: “Finally, the diversity of fruit and vegetables can be an additional barrier to success” Why should it be an additional barrier?

Quality of written English: Acceptable

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