Reviewer's report

Title: Effects of lifestyle changes including physical activity and specific dietary intervention in the management of patients with chronic hepatitis C

Version: 2 Date: 22 April 2013

Reviewer: Amedeo Lonardo

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MAJOR COMPULSORY REVISIONS

1. HAVE THE MANUSCRIPT REVISED BY A NATIVE ENGLISH

2. replace “prudent” with normogluclidic low-calorie whereever indicated below:
   PAGE 1 Objective and Intervention
   PAGE 3 Trial overview
   PAGE 5 Title and text; under heading “Low fat diet”
   PAGE 9 Lines 1 and 6
   PAGE 10
   TABLE 1
   TABLE 2
   TABLE 3
   TABLE 4
   TABLE 5
   TABLE 6
   FLOW DIAGRAM

3. PAGE 1: are both background and introduction necessary? I think a single paragraph may suffice. Report how fibrosis was detected.

4. PAGE 2 reducing ---> REDUCTION OF

5. PAGE 2 - Delete the following sentences: “Nutritional therapy should be an essential component of care for people infected with hepatitis C because this medical condition through its associated entities should be considered as a metabolic disease. Present study establishes the positive impact of an educational program in management of patients with hepatitis C.”

6. PAGE 2 - “Chronic hepatitis C (CHC) can be considered a metabolic liver disease which implies:
   insulin resistance (IR), increased prevalence of impaired glucose tolerance or type 2 diabetes mellitus (T2DM), changes in lipid metabolism, and a high
prevalence of steatosis [3].
Nutritional therapy should be an essential component of care for people infected with HCV, because this condition should be considered as a metabolic disease, and from this point of view, the diet should provide proper energy and nutrient support. Obesity is involved in the pathogenesis of hepatic steatosis and fibrosis progression, so one of the important objectives of nutrition management is weight control."

Comment: Please avoid repeating twice that hepatitis C is/can be considered a metabolic disease: once is enough.

7. PAGE 11: Delete the following sentences, which are not based on findings reported here “Priorities for the treatment of chronic hepatitis C virus include proper diet, physical activity and management of its clinical associated conditions. Diet therapy in chronic hepatitis C should provide a balanced nutritional intake, reduce the effects of the associated metabolic disorders and delay the progression to cirrhosis or hepatocellular carcinoma.”

**Quality of written English:** Not suitable for publication unless extensively edited

**Statistical review:** Yes, but I do not feel adequately qualified to assess the statistics.

**Declaration of competing interests:**

No conflicts of interest to declare.