Reviewer's report

Title: A daily glass of red wine associated with lifestyle changes independently improves blood lipids in patients with carotid arteriosclerosis. Results from a randomized controlled trial

Version: 1 Date: 10 August 2013

Reviewer: Ramon Estruch

Reviewer's report:

In this trial, the authors analyzed the effects of some lifestyle changes in order to upgrade the quality of the diet towards the traditional Mediterranean diet and to increase physical activity, as well as the moderate intake of wine in blood lipids. Although the effects of red wine on blood lipids are well known (see for instance Estruch R et al, Nutr Med Cardiovas Dis 2011;21:46-53), the additional effects of a moderate intake in a healthy diet (i.e. Mediterranean diet) are not so known. However, the authors should take into account the following in order to increase the quality of the manuscript:

Major points:
1. The authors should treat to determine the additional effect of red wine consumption on blood lipids in group of lifestyle changes. This impact should be remarked in the abstract and commented in the Discussion section.
2. The "atherosclerotic burden" of the population analyzed should be specified in order to better characterize the patients studied.
3. The characteristics of red wine administered should be included in the Material and Methods section.
4. The PP analysis may be omitted. The results do not differ substantially from those obtained in the ITT analysis.
5. The Methods section should be re-written and divided into different parts: Population analyzed, Intervention administered, analyses performed and statistical analysis.

Minor points
1. Abstract: Include the period of study and the duration of the intervention in "Methods". Omit the reference to ITT analysis in the "Results".
2. The reference no. 28 should be updated. In this study the aim was to analyze the effects of a Mediterranean intervention on a composite end-point that included myocardial infarction, stroke and cardiovascular death. Not only stroke.
3. The "definition of plaque" in the carotid ultrasonography should be included. The number and characteristics of the plaques detected should also be included in order to know the "atherosclerotic burden" of the population studied.
4. The number of subjects "eligible", the number of subjects finally included in the
study and the drop-outs should be specified.
5. At the end of the discussion, the strengths of the study should be remarked, not only the limitations.

**Quality of written English:** Acceptable

**Statistical review:** No, the manuscript does not need to be seen by a statistician.

**Declaration of competing interests:**

No conflict of interest related to this study.