Reviewer’s report

Title: Efficacy of a 3-month lifestyle intervention program using a Japanese-style healthy plate on body weight in overweight and obese diabetic Japanese subjects: A randomized controlled trial

Version: 3 Date: 10 October 2014

Reviewer: Yoshio Nakata

Reviewer’s report:

Minor Essential Revisions
1. P6, L11-15: Dietary intake and steps were assessed only in the intervention group. It should be shown.
2. P6, L32-35: There were no participants lost to follow-up. ITT using last observation carried forward was not necessary. The sentences should be deleted.
3. P7, L6: Table 1 => Table 2
4. P7, L26-29: Dietary intake was assessed only in the intervention group. It should be shown.
5. P8, L13-34: References 29-34 => 31-36
6. P9, L8-9: An additional study should compare the dietary intervention with the healthy plate with the dietary intervention without the healthy plate.

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.