Reviewer's report

Title: Type of Vegetarian Diet, Obesity and Diabetes in Adult Indian Population

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Reviewer: Anoop Misra

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Reviewer's Comments
Type of vegetarian diet, obesity and diabetes in adult Indian population
The article aims to investigate the prevalence of obesity and diabetes among adult men and women in India following different types of vegetarian diet compared with that in non-vegetarian diet.

Major drawback
Authors have utilized cross-sectional data of National family health survey (2005-06) and self-reported diabetes status to assess the association between different types of diets and diabetes, which is methodologically not sound.

Comments:
Authors have compared non-vegetarians (64%), semi-vegetarian (5.2%), lacto-ovo vegetarian (3.2%), pesco-vegetarian (2.2%) and vegan (1.6%). It is erroneous to compare disproportionate samples (64% vs. 1.6%).
Authors should have not given the break-up of macronutrient intake i.e. that fat, carbohydrate and protein intake. Moreover, whether the study population was consuming excess calories needs to be specified.
Type of fat and carbohydrates consumed by the study population should also have been included.
Obesity and diabetes are affected by multitude of factors. It will be dangerous to reach such conclusions without critically evaluating the other confounding factors.
Authors accept that they have not included physical activity data as they accept that it may not be valid but do the authors consider that other secondary data and self-reported diabetes is reliable.
Authors have stated that in US the self-reported diabetes is in good agreement with medical records and the same relationship can be expected in Indian situation also. But this is not agreeable. Indian scenario is completely different the education and awareness levels are much lower than US population.

Quality of written English: Acceptable
Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests: 

none