Reviewer's report

Title: Freeze-dried strawberry powder improves lipid profile and lipid peroxidation in women with metabolic syndrome: baseline and post intervention effects

Version: 2 Date: 25 August 2009

Reviewer: Diane L McKay

Reviewer's report:

Major compulsory revisions:

The writing is much improved in this revision. However, there are still a number of grammatical errors that must be addressed.

In the Methods section, it is still unclear how the authors determined which flavonoid-rich foods to exclude. How did they assess the "daily/frequently consumed foods" in the diets of the test subjects?

Although the Methods now indicate that subject blood pressures were assessed with an automated device, they still do not specify the amount of time at rest prior to taking these measurements, nor do they indicate the number of measurements taken at each visit.

With regard to reporting the change in ellagic acid (not "ellagic acids"), the authors should clearly indicate the baseline value they used to calculate the change over the 4 wk study. Did they use 0 as the baseline value, or 3.2 ng/mL (the lower limit of detection for the assay)? Since the SE is rather large, and the baseline value is ambiguous, please consider expressing this change as % or n of subjects who had increased values at wk 4. Did everyone improve an equal amount, or did just a couple of subjects have an extraordinarily high increase? Can this change be correlated with any of the other observed changes?

In the Discussion, please indicate that the cholesterol-lowering effects of the product "may be attributable" to either their phytosterol, fiber or phytochemical composition, rather than "have been attributable." The mechanism of action was not examined in this study.

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Needs some language corrections before being published

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.