Reviewer's report

Title: Evaluation of effectiveness of class-based nutrition intervention on changes in soft drink and milk consumption among young adults.

Version: 1 Date: 4 May 2009

Reviewer: Martha Archuleta

Reviewer's report:

This article provides an interesting and useful concept of using undergraduate nutrition classes to not only provide students with an academic background in nutrition, but also to enhance positive behavior change in the students.

Major Compulsory Revisions

1. It is unclear if the authors set out to specifically look at change in soft drink and milk intake, or if that decision was made after the fact. The class appears to be focused on disease prevention and promote more healthful intake of a variety of types of foods, including fruits and vegetables, whole grains and milk. It is unclear why beverages were the focus of the paper as compared with the broader diet. It appears that the 3-day diet records included all foods, not just beverages. Either an explanation of why the focus was only beverages, or the results of the 3-day diet analysis with further interpretation of these results needs to be included in the paper.

Minor Essential Revisions

1. In Background, p. 3, define soft drinks- do these include soda, other sweetened beverages and also sports drinks?

2. In Methods, p. 4, line 97. It gives the total number of subjects as 90 and the ages of student as between 19 and 24, while in the abstract it states that there are 80 subject and the ages are 18-24.

3. In Methods, p. 5, line 103, clarify when BMI was assessed- at the beginning of the study, the end or both.

4. In Discussion, p. 8 and 9. While it is important that milk consumption increased, overall milk consumption was much lower than recommended levels. This needs to be addressed in the paper. It would be good to compare total calcium consumption in the study population with recommendations and discuss the implications of this level of calcium consumption.

5. In Discussion, p. 10, lines 217-219. This sentence is hard to follow. It needs some commas, or to be rewritten as two sentences.

6. In Discussion- Have other researchers used similar undergraduate nutrition classes as an intervention to improve diet patterns? If so, provide a summary of
these results. If there is no other similar literature, indicate that.

Discretionary Revisions

1. In Background, p. 3, lines 74-77, give changes in quantities over time in addition to change in ratios.

2. In Methods, p. 5 line 122, provide a short description of the interactive hands on activities and dietary feedback.

3. In Discussion, p. 8 lines 180-181, give an indication of the level of soft drink consumption other researchers reported and how much lower the results from this study were.

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

**Quality of written English:** Acceptable

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

**Declaration of competing interests:**

I declare that I have no competing interests.