Reviewer's report

Title: Effect of dietary intervention on serum lignan levels in pregnant women- a controlled trial

Version: 1 Date: 16 September 2010

Reviewer: Denise P Gigante

Reviewer's report:

The paper is relevant, original and very well done. I have a few comments

Minor essential revisions

1) Only in the methods section, I realized that the main goal of this intervention was to provide recommendations for gestational weight gain and physical activity counseling that were previously published.

In this paper, there is an additional objective and, in my opinion, it should be presented in the Introduction.

2) Variables should be described in the Methods. I couldn’t understand all categories of smoking and education.

3) Weight and height were self-reported by participants from intervention and control group? And was the same FFQ applied for both groups? It could be added in the Methods.

4) The numbers in the third paragraph of the results are a few different from those presented in the Table 3. May the authors revise these numbers?

5) The description of which variables were included in each adjusted analysis should be clearer in the text and in the Table 3.

Discretionary revisions

6) Could the authors compare some characteristics obtained in the clinics from all women contacted (n= 174 in IG and 149 in CG) and those who were included as participants (n=97 IG and n=93 CG)? If available, it could be presented in a table.

7) The discussion section is good; however I would add two more limitations:

7.1) Weight and height were self-reported

7.2) To report the intake in FFQ at end point (when the intervention in dietary counseling had been done) could be a limitation; otherwise as participants from control group had also received some dietary and physical activity counseling, it could become the groups comparable.
Level of interest: An article of outstanding merit and interest in its field

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