Reviewer’s report

Title: A healthy diet with and without grains and dairy in patients with type-2 diabetes: study protocol for a randomized cross-over pilot trial

Version: 2 Date: 25 November 2013

Reviewer: Harald Sourij

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Major Compulsory Revision:

This study protocol by Fontes-Villalba et al. describes in detail an interesting dietary intervention in subjects with type 2 diabetes. The major problem of this study seems to be the short intervention period of 4 weeks and the primary outcome of HbA1c change. The sample size is based on an estimated HbA1c difference of 0.6% between the two groups, which seems to be over-optimistic, in particular with this short intervention period. However, I appreciate that this is a pilot trial rather than a definitive study.

A few minor issues should be addressed:

1.) Abstract/Discussion: please delete second "term"
2.) p9: HbA1c >= 6.0% equals 42 mmol/mol rather than 52 mmol/mol
3.) Some details with regard to the patients included are missing: Is insulin treatment allowed? If so, how will insulin titration be handled? Is there an upper boundary for HbA1c?
4.) Primary outcome: are the authors comparing the change of HbA1c over the intervention period or the HbA1c at the end of each period only?
5.) Authors mention in the legend of table 3 alcohol but do not list it in the table.
6.) Table 2: Diet B contains no legumes - please check the p value of 0.07.
7.) The introduction section could benefit from some shortening which would make it more focused.

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.