Reviewer's report

Title: Nutrition in primary and secondary prevention of cardiovascular risk in the continental and Mediterranean regions of Croatia

Version: 1 Date: 08 May 2017

Reviewer: Umberto Barbero

Reviewer's report:

Sikic et al. wrote an interesting paper based upon their observational study aimed to evaluate the effect of Mediterranean and continental nutrition on cardiovascular risk in patients with acute and chronic coronary. Using a questionnaire they concluded how the Mediterranean diet was associated with reduced risk of developing cardiovascular disease. This effect was more evident in secondary prevention.

The article is well written and the topic really interesting, stressing the importance of make patients aware of their CV condition and showing how reaching this goal may would change patients lifestyle. I think the paper is suitable for publication in Your journal after some minor issues would be solved.

Background section, page 4, line 48-56: the authors refer to the effect of Mediterranean diet on inflammatory proteins and on the effect on CVD: this is true, however the author cited only two study, dated 2004. I think that newer evidences are available today, especially from meta-analysis in the field (see Barbero U, D'Ascenzo F, Nijhoff F, et al. Assessing Risk in Patients with Stable Coronary Disease: When Should We Intensify Care and Follow-Up? Results from a Meta-Analysis of Observational Studies of the COURAGE and FAME Era. Scientifica (Cairo). 2016;2016:3769152. or Neale EP, Batterham MJ, Tapsell LC. Consumption of a healthy dietary pattern results in significant reductions in C-reactive protein levels in adults: a meta-analysis. Nutr Res. 2016 May;36(5):391-401.): these evidence should be discussed.

in the results section, line 29-30 "although there was a trend for patients who had risk factors to eat healthier". p-value should be added (to define a trend, p<0.1 is needed).

Authors should add the prevalence of smoke and the relation with the results they presented to explore if some strange results, as the olive oil one, are related to other well known risk factors other than the metabolic ones.
Are the methods appropriate and well described?  
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?  
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?  
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Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?  
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I am able to assess the statistics

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