Reviewer’s report

Title: Normal/high-fat milk consumption is associated with higher lean body and muscle mass in Japanese women aged between 40 and 60 years: a cross-sectional study

Version: 0 Date: 24 Oct 2017

Reviewer: Zuzanna Goluch-Koniuszy

Reviewer’s report:

The research topic undertaken by the authors is valid and current. In my opinion, the reviewed article is educational. However, it requires minor corrections and additions in the sections MATERIALS AND METHODS and RESULTS, as suggested below.

Comments:

TITLE: Correct

ABSTRACTS: Correct.

INTRODUCTION: Correct.

MATERIALS AND METHODS

The authors did not explain in what conditions the anthropometric measurements, necessary for body composition estimates with the use of bioelectrical impedance analysis (BIA), were made. What was the equipment used to measure body height? Were anthropometric measurements and body composition estimates done in the morning? Were the patients prepared for measurements (on an empty stomach, after urination and defecation)? Did they do any stretching exercises? Were they administered any diuretic medicine or/and liquids including caffeine 24 hours before the body composition estimates?

The measurement of body height and weight need to be detailed, as an error of 2.5 cm may affect measurement of the amount of water in the body by 1 litre, and an error of 1 kg in body weight affects the measurement of the total water content by 0.2 l, which also affects the measurement of body fat content by 0.7 kg. This information has to be included so that the reader does not doubt the reliability of the performed measurements and the results of the body composition estimates.

Moreover, please add information that the body composition estimate with bioelectrical impedance analysis (BIA) was made on Tanita MC190-EM apparatus in a tetrapolar setting.

RESULTS
The authors did not provide information whether, in spite of the observable differences between groups of women (depending on the consumption milk with various fat content), the content of lean body mass, body fat and body water were appropriate for the subjects' age and sex. It has been proven that BMI is not univocal to the appropriate body composition.

DISCUSSION: Correct

REFERENCES:

Number 16: incomplete

Number 29: please provide DOI

Number 31: please correct the spelling of D3

Almost 40% of literature is more than a decade old. Please refer to the manuscript for the publications of the last ten years.

TABLES: Tables 1 and 2 are missing the unit for Visceral fat level

FIGURE: Correct.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

No

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

No

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

Quality of written English
Please indicate the quality of language in the manuscript:
Acceptable

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