Reviewer’s report

Title: "Can You Keep it Real?" Practical, and Culturally Tailored Lifestyle Recommendations by Mexican American Women Diagnosed with Type 2 Diabetes: A Qualitative Study

Version: 0 Date: 25 Dec 2016

Reviewer: Mohamad Al-Tannir

Reviewer's report:

This article has a significant rationale as diabetes is a public health problem worldwide and the threat of diabetes dominates more in Mexican American women in their daily lives as they have higher prevalence rates than their male counterparts. The diabetes management presents difficulties for both clinicians and patients. One of the most challenging behaviour of diabetes self management to tackle is diet that is influenced by social and cultural factors, which synergistically play a major role in the ultimate health outcomes of diabetics.

I suggest to add in the conclusion section recommendations to further conduct a larger scale quantitative data about social and cultural factors influencing the control of diabetes in this specific study population.

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.

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.

Not relevant to this manuscript

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

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