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: 1 Date: 20 Apr 2017

Reviewer: Linda Baumann

Reviewer's report:

This is an improved revised version of the qualitative study of 12 Texan Mexican-American women who have had a diagnosis of type 2 diabetes more than 10 years. The purpose of the study was to engage in a dialogue about how to provide more contextually relevant information about diabetes self-management, specifically diet or floodways. My greatest difficulty with the paper is the lack of evidence for certain statements. The authors have a tendency to create a black-white contrast between perspectives of providers and patients and I would argue that the contrast lines are blurred, with both perspectives working simultaneously.

I would suggest addressing the following points,

1. In the abstract there are no sources provided for the quotes used as examples of broad recommendations, or that these recommendations are ineffective. Ineffective based on what measure? Cite a source or eliminate these statements.

2. p4, ln 36, reference is made to the physiologic focus of the 'extant literature on diabetes', but what literature are you citing. There is vast evidence and a body of literature about the positive impact of diabetes education or self-management studies. Can we do better? Absolutely! but progress is being made.

3. p6, ln 28 how can you say your data suggests more 'practical' approaches to healthy eating. Not sure what you are comparing this to, eliminate the word.

4. p7, ln 30, regarding the sample, if you selected women who 'expressed commitment to wellness' how did you determine that they had expertise in DM self-management, just having the disease longer doesn't make one better at managing it. Clarify this statement or criteria.

5. p14, ln 32, evidence is not just collecting a 'larger data set'. It is the quality of the research design and analysis.

6. p15, ln 19 delete 'afflicted'
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.

Unable to assess

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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