Reviewer’s report

Title: The association between adherence to the Mediterranean diet and hepatic steatosis: cross-sectional analysis of two independent studies, the United Kingdom Fenland Study and the Swiss CoLaus Study

Version: 0 Date: 11 Oct 2018

Reviewer: Stefano Bellentani

Reviewer’s report:

The authors compared 2 validated and large cohorts to verify if the Mediterranean Diet could be useful to prevent steatosis. They used a well-validated markers (FLI= Fatty liver Index) and hepatic US to reach the diagnosis and a semi-quantitative Food Questionnaire to check the diet of the population. They found that a greater adherence to the Mediterranean diet was associated with lower likelihood of hepatic steatosis, and clearly showed that improving dietary quality via the Mediterranean diet could be an effective strategy to prevent the occurrence and development of hepatic steatosis. The paper is a good paper and it deserves publication without any other modification.

Are the methods appropriate and well described?
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Yes

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