Reviewer’s report

Title: Feasibility and Acceptability of a Beverage Intervention for Hispanic Adults: A Protocol for a Pilot Randomized Controlled Trial

Version: 0 Date: 04 Nov 2017

Reviewer: Esther Molina Montes

Reviewer’s report:

This study describes in a comprehensive manner an intervention study aimed at reducing obesity prevalence among the Hispanic population living in the US by changing habits of beverage consumption. The authors describe all study phases, potential biases, control of all the aspects related to the recruitment and intervention, and the expected impact. The study is moreover well-written and synthesized, though the style could be tailored to fit it to a scientific publication.

Few additional comments to improve the current version of the manuscript are:

Introduction:

- Is the data on obesity prevalence among Hispanics related to the US? This could be made clear. However, the obesity epidemic is also affecting many other populations. While the authors justify that the Hispanic population is more prone to consume SSB, other populations could also benefit from an intervention based on restricting consumption of these beverages. This could be mentioned as well.

- What is Mediterranean lemonade made of? While this is described later on, it is unclear from the beginning whether this is a certainly a healthy beverage.

Methods:

- With the defined selection criteria, some potential obese subjects won’t be recruited. Could the authors justify the convenience of some of these criteria, such as for example diabetes? Would these conditions (criteria) self-reported by the participants or a physician?

- What data source (i.e. food composition database) was used to estimate energy and nutrient intake?

- The authors do not report how they are going to measure the biochemical parameters (glucose, cholesterol, hs-CRP, etc.). For this purpose, sampling of biological samples would be needed before and after the intervention. This is, however, not sufficiently described. Besides, apart from these parameters, is weight change over the intervention study and follow-up an additional endpoint?
- What is meant with mixed models under the presence of missing values? Would the authors carry out imputation of these values?

- Level of interest
Please indicate how interesting you found the manuscript:

An article of importance in its field

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

Acceptable

Declaration of competing interests
Please complete a declaration of competing interests, considering the following questions:

1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

2. Do you hold any stocks or shares in an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

3. Do you hold or are you currently applying for any patents relating to the content of the manuscript?

4. Have you received reimbursements, fees, funding, or salary from an organization that holds or has applied for patents relating to the content of the manuscript?

5. Do you have any other financial competing interests?

6. Do you have any non-financial competing interests in relation to this paper?

If you can answer no to all of the above, write 'I declare that I have no competing interests' below. If your reply is yes to any, please give details below.

I declare that I have no competing interests

I agree to the open peer review policy of the journal. I understand that my name will be included on my report to the authors and, if the manuscript is accepted for publication, my named report including any attachments I upload will be posted on the website along with the authors' responses. I agree for my report to be made available under an Open Access Creative Commons CC-BY license (http://creativecommons.org/licenses/by/4.0/). I understand that any comments
which I do not wish to be included in my named report can be included as confidential comments to the editors, which will not be published.

I agree to the open peer review policy of the journal