Author’s response to reviews

Title: Western and Modern Mexican dietary patterns are directly associated with incident hypertension in Mexican women: a prospective follow-up study

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Response to reviewers

We thank the assistant editor and the reviewers for their time and valuable input on our manuscript. We believe we have answered all the comments. We look forward to reading your feedback.

Reviewer #1: Dear Authors,

Thank you very much for answering all my questions. My concerns have been addressed overall satisfactorily.

Referring to the extra analyses using the less strict definition of hypertension, I suggest to at least add these stronger associations in the text without showing the table.
Based on your suggestions we added the following sentences:

Line 208 in Methods. To assess whether our findings were sensible to the hypertension definition, we also used an alternative definition of hypertension as those participants who responded having had a diagnosis of hypertension regardless of medication use (n=3,650 incident cases).

Line 275 in Results. When we used the less strict definition of hypertension, the associations with dietary patterns were stronger, in the same direction, and significant with all dietary patterns without changes in our main conclusions. Fruits & Vegetables pattern OR comparing extreme quartiles: 0.87 (95%CI: 0.79,0.96), P-trend: 0.002; Western pattern OR comparing extreme quartiles: 1.20 (95%CI: 1.08,1.34), P-trend: 0.0009; Modern Mexican pattern OR comparing extreme quartiles: 1.19 (95%CI: 1.07,1.32), P-trend: 0.001. Moreover, after further adjustment by BMI, as in the main analysis, the association with the Modern Mexican dietary pattern lost significance.

If you agree with me that the weaker associations for the stricter hypertension definition may also be due to the short follow-up time of 1.7 years, I would suggest to add this to the conclusions as well.

R: We agree with the reviewer, hence we added this sentence in line 377: Also, underestimation of the associations may have resulted from a short follow-up time.

Many thanks for the opportunity to review your interesting paper.

R: Thank you for the valuable feedback.