Reviewer's report

Title: Adherence to Mediterranean and low-fat dietary interventions in thoracic transplant recipients: a randomized feasibility study

Version: 0 Date: 18 Dec 2017

Reviewer: Elizabeth Sarma

Reviewer's report:

This randomized feasibility study examines adherence to a low-fat diet and a Mediterranean diet among heart and lung transplant patients. Results showed that participants assigned to the Mediterranean diet or low-fat diet had an increase in the median adherence score at each of follow-up time points, though this was more pronounced in the Mediterranean diet group, and a decrease in weight and serum triglyceride levels. Though the manuscript is well written and the study addresses a gap in the literature by examining adherence to dietary changes among lung transplant patients, I have a few concerns with the manuscript in its current form.

1. The details of the intervention administration require greater clarification. For example, when were the sessions held (e.g., during a routine outpatient visit)? Who administered the intervention (e.g., dietitian)? Was it administered in groups? How many participants brought an adult member of the same household to the baseline session? Were follow-up questionnaires sent via mail or completed at the hospital? If they were completed at the hospital, was it part of a routine visit? Were all participants available for the additional advice and support provided at later intervals? What was the content of this additional support? When did study recruitment end?

2. Though heart and lung transplants are both thoracic transplants, the authors need to be explicit about the rationale for combining the two types of transplant patients. That is, are these patients similar enough to be combined? Also, if the literature is lacking for lung transplant patients, then why include heart transplant patients in the study population?

3. On p. 6, line 66, please provide examples of competing dietary issues.

4. In the Methods, please specify that the trial was registered retrospectively.

5. For the one-sided t-tests reported for the FFQ and study questionnaires (p. 8, line 129; p. 9, line 142), it would be more appropriate to say that the two methods were not significantly different.
6. An additional limitation of the study is healthy volunteer bias. Of the 116 people contacted, 64 refused participation. How representative in this sample of the general thoracic transplant population?

7. Please double check the lines in the tables.

8. On p. 16, line 277, the authors are missing an "and".

9. In Figure 1, some of the font appears to be a different size. Also, please provide a reason for the loss to follow-up of the 1 lung transplant patient in the Mediterranean diet.

10. In Figure 2, 100 should be the maximum on the y-axis, since the scales were standardized to be out of 100.

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

An article whose findings are important to those with closely related research interests

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/](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.