Reviewer's report

Title: Factors that influence dietary behavior toward iron and vitamin D consumption based on the theory of Planned Behavior in Iranian adolescent girls

Version: 0  Date: 05 Dec 2018

Reviewer: Mostafa Gouda

Reviewer's report:

The manuscript tried to investigate the effects of dietary pattern and behavior relation with iron and vitamin D consumption in Iranian girl's. Currently, many works are available about the food intake potential on the health of humans with vitamins and elements deficiencies. In this work, a cross-sectional nutritional method was used to characterize the changes. These results may provide a potential approach in characterizing the effects of diet style on to human health. Therefore, I suggest it can be accepted after revising.

In the abstract section, the background needs to be more shrunked and precised. Also, the conclusion and signification need to be more clarified.

Page 3, Line 54: "Children who are entering adolescence need to have an adequate consumption of micronutrient because they are going through many significant physical and intellectual changes", add this reference in which it compares the effect of dietary pattern on the children health:


Page 3, Line 57: "The transition to adulthood is also considered to be a critical time for dietary intervention to improve long-term health behavior and responsibility for diet" add this references in which it is confirming that the dietary intervention can improve the long-term health behavior in adulthood:

Mostafa Gouda, Moustafa A, Hssein L, Hamza M (2016). Three week dietary intervention using apricots, pomegranate juice or/and fermented sour sobya and impact on biomarkers of


Page 3, Line 68: "Studies show that vitamin D deficiency among women population more the men in Iran since they are less exposed to sunlight due to the hijab veil" need more clarification because as you are studying the adolescents and you mentioned "Hijab viel" in which it mainly covering the head, not the entire body and not the only reason as references 12 and 13 mentioned. I suggest you to recheck the above sentence with finding the prober explanation for the differences in the Vitamin D levels between males and females.

Also, in Page 3, Line 69: "more the" should be "more than the".

Generally, in introduction section, more details about the relations between Vit. D and Iron deficiency should be added. And some explanation about foodstuffs with the relationship to health and specially deficiencies need to added.

Some references can be used for this section:


Page 7, Line 144: " 12.76(0.63), 43.32(5.64), and 39.22(5.41)" spaces need to be rechecked and for such errors in all the manuscript.

Figure 1 resolution need to be rechecked and adjusted.
**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

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