Reviewer’s report

Title: Associations between dietary patterns and blood pressure in a sample of Australian adults

Version: 1 Date: 18 Nov 2019

Reviewer: Micah Leshem

Reviewer's report:

I recommend the following changes:

1) Including this (or similar) would be helpful for clarification: "39% of the sample on hypertensive medication is consistent with the incidence of hypertension in the adult community in this age group (about 34% of Australians aged 18 and over have high blood pressure, based on measured data from the 2017-18 Australian Bureau of Statistics National Health Survey, and this increases with age. The mean age in this study was 55 years).

Participants also needed to have been on the AHT medication for enough time (screening question) that their blood pressure was stable (usually still in the hypertensive range or at least above recommended levels, but certainly lower than without the medication!!)."

2) re the issue of electrolytes and BP, apart form Na & K, I would nevertheless relate to calcium as a known moderator of BP (and Mg++?). If there is no data, then a comment would be appropriate, it seems to me.

3) Re the alcohol issue, am I correct in estimating this as a bottle of Vodka or Arak etc per person per week?

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