Reviewer’s report

Title: Optimism is associated with diet quality, food group consumption and snacking behavior in a general population

Version: 1 Date: 12 Nov 2019

Reviewer: Rachael Taylor

Reviewer's report:

ABSTRACT
-Line 50: 'reduced cardiovascular diseases'- Do you mean reduced risk of cardiovascular disease?
-Line 66-67: Can you please provide supporting statistics?
-Line 69: 'with a better overall diet quality overall'- Please revise

BACKGROUND
-For the first sentence can you provide additional supporting references.
-Determinants of nutrition and eating behavior are numerous, among which psychological factors [2].- Could you please revise this sentence, as it is difficult to comprehend.
-Line 81: 'positive psychological traits' could you provide some examples?

METHODS
-Line 138: I think Capital letters should be for used for 'life orientation test'
-Why was optimism only measured on time-point?
-Did participants record dietary intake on a weekend day as well as week days?
-Line 182: How has it been the diet quality score been modified?

RESULTS
-Line 268: This should be 'On average' rather than 'In average'
-Lines 268-237: Can you provide some descriptive statistics in brackets?
- Line 275: Please remove the words 'specifically a' can indicate a percentage in brackets related to the use of the word majority?

- Line 279-280: Can you indicate how an X (specify unit) increase in optimism score results in a X (specify unit) increase in diet quality score. How much is lipid intake increased by on average and how much is carbohydrate and protein intake decreased by?

- Line 286-287: They also had lower intakes of meat and poultry, dairy products, milk-based desserts and sugar and confectionery. - Sorry I am confused you said that participants had higher consumption of dairy in the previous sentence.

- Table 3: I assuming B mean beta-coefficient. This could be identified more clearly in a footnote below the table.

- Table 4 & 5: Please define OR in the footnotes. What do you mean by ref?

**DISCUSSION**

- Can you hypothesise why an association was not found between energy intake and optimism? Is weight status associated with optimism?

- Line 324: Are there any hypothesised mechanisms that might explain why healthy eating is associated with optimism?

- Line 340: Please revise to start of the sentence to 'To our knowledge, there is no data..' 

- Line 349: 'to have a good representation of the participants' usual diet'- How do you know this?

- Was the diet quality of this cohort comparable to the national population? Can you compare your results with national data?

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