Reviewer’s report

Title: Effects of ‘plate model’ as a part of dietary intervention on rehabilitation of post myocardial infarction patients: study protocol for a randomized controlled trial

Version: 0 Date: 10 Apr 2017

Reviewer: Norbert Tripolt

Reviewer's report:

This trial aims to investigate the effects of the ‘plate model’ diet on modification of cardio-metabolic risk factors in ACS patients.

Therefore they propose recruitment of 120 patients with ACS in a randomized, single-blind pilot clinical trial.

My comments are:

Abstract
Background: please explain MI - first used in the Abstract

Sample size

I’m sorry, but it’s not clearly described whether the sample size was calculated or whether a sample size of 100 patients were estimated for this pilot trial. If there was a calculation please insert a reference study with the values used for the sample size calculation.

Please use a uniform spelling:

Troponin-positive
Troponin-positive
Troponin positive ,.....

Inclusion/Exclusion Criteria
Is there a period of time within the patients should fulfil inclusion criterion #2 (ACS)? There should be a time frame (e.g. 7 days). Is there an upper limit of BMI?
Randomization

Randomization helps to avoid possible bias in the selection and allocation of subjects arising from the predictability of treatment assignments. Please describe the process of randomization in detail (randomization software; envelope). Who generate the allocation sequence?

Blinding

Who belongs to the patient management team? Most of the questionnaires (IPAQ-SF, FFQ) are in interviewer administered format - so the risk is very high that they will get information about the treatment group.

Monitoring and Data Management

Is there a monitoring planned? Information about the data management and monitoring is missing.

Please, clarify how missing data and drop-out will be handled.

CRF

Is there a (electronic) Case Report Form used? Information is missing.

Study period

How many years (months) are planned for the recruitment of the study participants?

Outcomes

Please delete `index` after primary and secondary outcome.

Outcomes describe the differences between treatment and control group in your case. So the primary outcome is the difference in body weight from baseline to 12 weeks. Please adjust the
secondary outcomes to this example. ´mean body weight reduction of 10%´ could be the hypothesis of the study but not the primary outcome, please change.

Trial status

How many participants are currently recruited for this project?

References

Please check citation #28 - reference style is not correct.

Abbreviations

Please insert ´CCU´ in this section

Security of data and samples

´All data will be destroyed 3 years after…´ According to the current GCP guidelines clinical trial documents (including case report forms) should be stored for at least 15 years after completion or discontinuation of the trial.

Level of interest

Please indicate how interesting you found the manuscript:

An article of limited interest

Quality of written English

Please indicate the quality of language in the manuscript:

Needs some language corrections before being published

Quality of figures

All images and figures within the manuscript should be genuine i.e. without evidence of manipulation. No specific feature within an image may be enhanced, obscured, moved, removed,
or introduced. If you have concerns about the veracity of the figures you should choose the first option below.

**Statistical review**

Is it essential that this manuscript is seen by an expert statistician? If so, please give your reasons in your report.

**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/). 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