Reviewer's report

Title: Older Australians can adhere to a traditional Mediterranean style diet over two weeks: a pilot dietary intervention study

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Reviewer: Guglielmo Trovato

Reviewer's report:

The article is overall well written, and the study, with several limitations, first the size of the group studied, is sufficiently well planned.

It is difficult to agree with some statement: “However, there have been few interventions with a MedDiet in non-Mediterranean populations”: only two??

As stated in table 2 and in the results BMI did not change during the intervention period (mean 28.7 kg/m2 pre and post-intervention).

There is an explanation of the lack of weight and BMI increase considering that the caloric intake is 15% greater? (Table 5).

It is not clear the actual use of olive oil in this study -two 750 ml bottles of extra virgin olive oil – seemingly only a part of this quantity was used and included in the participants’ diet. How was calculated the actual intake of olive oil considering that this is a very crucial feature of Mediterranean Diet?

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

I declare that I have no competing interests