

Reviewer's report

Title: Spanish Ketogenic Mediterranean diet: a healthy cardiovascular diet for weight loss

Version: 1 **Date:** 1 August 2008

Reviewer: Pilar Ruiz Perez-Cacho

Reviewer's report:

This is an interesting paper concerning a new diet concept "Spanish Ketogenic Mediterranean diet": a protein ketogenic diet rich in olive oil, salad, fish and red wine.

The only major problem is that there is no control group against which to consider the interaction between the "Spanish Ketogenic Mediterranean Diet" components. Nevertheless, this problem is currently admitted and tackled in "Explanations and Suggestions" section. Therefore it is a worthwhile paper as a first approach to the new concept "Spanish Ketogenic Mediterranean diet".

- Major Compulsory Revisions

The author must respond to these before a decision on publication can be reached. For example, additional necessary experiments or controls, statistical mistakes, errors in interpretation.

Major Compulsory Revisions are not necessary: the study design, statistical analysis and results interpretation are correct.

- Minor Essential Revisions

The author can be trusted to make these. For example, missing labels on figures, the wrong use of a term, spelling mistakes.

Page 7 line 14: "The 200-400 ml of red wine were distributed" used instead of "Red wine (200-400ml a day) was distributed"

Page 4 line 22: "fat" used instead of "Fatty acids"

Page 8 line 20: "enzymic" used instead of "enzymatic"

Page 9 line 6: "test" used instead of "tests"

Page 11 line: "indepently" used instead of "independently"

Page 12 line 1: "interacction" used instead of "interaction"

MUFA or MUFAs and PUFA or PUFAs are used indistinctly throughout the paper. You should use one of the two options.

- Discretionary Revisions

These are recommendations for improvement which the author can choose to ignore. For example clarifications, data that would be useful but not essential.

An abbreviation section (after the conclusions section) should be included.

What next?

Given your assessment of the manuscript, what do you advise should be the next step?

- Accept after minor essential revisions (which the authors can be trusted to make).

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

Statistical review

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

- No, the manuscript does not need to be seen by a statistician.

Level of interest: An article of importance in its field

Quality of written English: Acceptable

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