Reviewer's report

Title: Metabolic Effects of Low Glycaemic Index Diets

Version: 1 Date: 14 March 2008

Reviewer: Simona Dragan

Reviewer's report:

The paper is a review on the metabolic effects of low glycemic index diets in obesity. The argumentation of the authors for a low glycemic index diet in obesity is backed up by solid references published in ISI journals - Am J Nutr, Lancet, J Clin Endocrinology, Brit J Nutr, as well as from their own published experience in Int J of Metab by fax and Obesity Reviews. The issue of LGI diets is important and actual. The article is well balanced and the favourable effects of LGI diets are well reasoned and presented in comparison to high protein low carbohydrate diets, which, although considered by some authors "without risk and healthy", have a ketogenic effect. Comparison is also made with low energy diets which are not efficient in the long run.

The LGI diets are analysed according to their metabolic effect, their effect on insulin resistance and secretion, on dyslipidemia and on the risk factors of CVD, including inflammation markers, endothelial dysfunction and thrombolytic function.

The standard of writing is acceptable with some exceptions that need correction, considered as minor essential revisions, which are listed below:

Page 5 paragraph 5 cut Also the GI is defined as...Start paragraph with Foods with a low GI

Page 6 paragraph 3 the citation index 23 should be changed to 24 because it refers to the Framingham offspring cohort

Pages 7 and 9 where the figures are inserted should contain reference to the figure in the text e.g.(fig.1) in brackets

Page 7 after citations 28, 29 - the sentence should continue with...added to the initial increase in...and to the satiating effect of relatively high amounts of protein.

Minor misspellings should be corrected throughout the paper, such as out put instead of output, latter instead of later, according to context

The figures attached should have titles and in the table proper translations from Romanian should be made

What next?: Accept after minor essential revisions

Level of interest: An article of importance in its field
Quality of written English: Needs some language corrections before being published

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