Reviewer’s report

Title: Whole grain food diet slightly reduces cardiovascular risks in obese/overweight adults: a systematic review and meta-analysis

Version: 1 Date: 30 Oct 2019

Reviewer: Harshal Waghulde

Reviewer's report:

This review by Wang at al is an interesting and very elaborate analysis to study the effect of whole grain diet on cardiovascular diseases in obese individuals. The authors have carefully and meticulously compiled data from various published articles on different search engines and prepared a comprehensive review that provide a very useful information about the effect of whole grain diet on body weight and other relevant parameters. I only have few minor concerns as follows:

1. Table 1 formatting makes it little difficult to read the content. Please reformat the table.
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