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: 31 Oct 2019

Reviewer: Kristina Selthofer-Relatic

Reviewer's report:

Excellent manuscript and review about very important topic.

According to all cardiovascular guidelines and guidelines for dyslipidemia, dietary protocol is obligatory but without any specifies.

These results reflect cardiovascular risk reality - relation with BMI, LDL and CRP which is in direct relation with atherosclerosis.

Very well written paper with good English.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I recommend additional statistical review
Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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