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: 02 Nov 2019

Reviewer: Adina Binti Abdullah

Reviewer's report:

My comments are in the documents, but the major concerns were:

a) the analysis did not identify which whole grain diet exert the effect

b) the inclusion of studies with high risk of bias

c) the sub-group analysis was not presented in the result section but discuss in the discussion section

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

No

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

Unable to assess

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

No

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:

Needs some language corrections before being published
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