Reviewer’s report

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

Version: 2 Date: 02 Dec 2019

Reviewer: Stefano Omboni

Reviewer's report:

The authors have revised the paper. However, I still see in the abstract that they claim that whole grain consumption is associated with lower LDL-chol (with a p=0.05), whereas this is not true in statistical terms. Thus, the results concerning LDL-chol should be moved among those results where non-significant differences were observed. The authors could show a significant effect only on body weight and CRP. Since this is a meta-analysis, the statistical inference is not irrelevant. I recommend modifying the abstract, results, discussion and conclusions in order to give a fair message to the reader. After this implementation I will have no further comments.

Are the methods appropriate and well described?
Yes

Does the work include the necessary controls?
Yes

Are the conclusions drawn adequately supported by the data shown?
No

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
I am able to assess the statistics

Quality of written English

Needs some language corrections before being published
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None

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