Reviewer's report

Title: Effects of kiwi consumption on plasma lipids, fibrinogen and insulin resistance in the context of a normal diet

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Reviewer: SubbaRao Madhunapantula

Reviewer's report:

The manuscript “Effects of Kiwi consumption on plasma lipids, fibrinogen and insulin resistance in the context of a normal diet” by Recio-Rodriguez et al analyzed the relationship between kiwi consumption and the levels of plasma lipids, fibrinogen content and the insulin resistance in a cross section study conducted in 1,469 study participants. Authors have observed a strong correlation between the consumption of at least 1 kiwi fruit/week and (a) improved plasma lipid profile (as evidenced by elevated HDL and decreased triglycerides) and insulin resistance; and (b) decreased plasma fibrinogen.

The study results are interesting and highlight the health beneficial effects of consuming Kiwi fruits. However, following comments needs to be addressed by authors

1. Briefly (in about 3 to 4 lines) describe the health beneficial phytochemical constituents of Kiwi fruit in the introduction. Including a table would help also.
2. Page-6: Provide reference for immuno-turbidimetric method of determining fibrinogen, and even for all the enzymatic methods used in the study
3. The reviewer is of opinion that including a figure (based on published data) showing how Kiwi fruit phytochemicals such as polyphenols help in reducing the plasma fibrinogen and improve lipid profile further strengthens the discussion part of this manuscript
4. Ref 14 the volume and page numbers are missing
5. Mention the units for Y-Axis in Figure-1.

Quality of written English: Needs some language corrections before being published

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

I declare that I have no competing interests