Reviewer’s report

Title: Influence of Paleolithic diet on anthropometric markers in chronic diseases: systematic review and meta-analysis.

Version: 0 Date: 15 Oct 2018

Reviewer: Terry Wahls

Reviewer's report:

This is an interesting paper. It is useful contribution however greater clarity about the definition of the paleo diet is needed. Authors may not have used the same definition between all studies. Additionally, provide the definition of the control diets. Also needed is how the baseline diet was assessed, and how the fidelity to the assigned study diet was assessed.

Please address the following:

How did the various authors assess the fidelity to the assigned study diet?

How was the paleolithic diet defined in each study? -

What as the control diet and how was that defined in each study?

I did not see a commentary on the methods of dietary assessments. Was this via food frequency questionnaire, 24 hour dietary recall or weighed food records? Self report?

Without knowing how diet fidelity is assessed it is difficult to know the efficacy of the intervention.

Page 2

Line 1. Please define FAD diet.

Line 11. Please define Mediterranean diet.

Line 25. Please limit the timeline to when Homo Sapiens were first identified as a species. Or define which ancestral species to which you refer.
Line 5-15 please more clearly state which measures were of interest. Did you require a control diet arm. Not clearly stated.

Page 4

Line 58-60 please clarify how the list of studies were identified and then merged into one list. Were studies rejected or included only be consensus?

Page 6

Line 15-16 There is a word missing.

Line 30 to 36. Please list and define the control diets.

Suggested additional tables:

IT would be useful to have a table of the intervention diet definitions and the study diet definitions for each of the studies. And how dietary assessments were conducted and how fidelity to the diet was assessed for each study. This would be a very useful table.

Level of interest
Please indicate how interesting you found the manuscript:

An article whose findings are important to those with closely related research interests

Quality of written English
Please indicate the quality of language in the manuscript:

Not suitable for publication unless extensively edited

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