Reviewer’s report

Title: Association between adherence to MIND diet and general and abdominal obesity: a cross-sectional study

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Reviewer: Nonsikelelo Mathe

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Review

This paper reports the results of a cross sectional investigation of a new dietary pattern MIND and general and abdominal obesity among Iranian adults. Although the MIND eating plan was developed as a plan that reduces cognitive delay, this study seeks to test its utility as an eating plan to reduce overweight and obesity. This would be a valuable contribution to the literature as overweight and obesity are of concern globally but particularly in the Middle East where the rates for these conditions exceed any other region and are increasing.

General comments:

Abstract:

Clear an succinct abstract

Introduction:

Clear introduction and logic for objectives for the study.

Methods:

Please detail pre-testing procedures as a separate sub-heading in your methods section. i.e. what participants where asked to do before testing, what they wore during testing etc.

Statistical analysis: Appropriate

Results: Clear presentation of results. Please see specific comments

Discussion:
The discussion would benefit from added literature on the BIA compared with DEXA in non-heart failure patients or normal groups with no ailments. This is important given the limited studies in the heart failure patient group.

Specific comments:

Introduction:

Line 37 and references for DASH and MD diet

Line 40  … to be protective for the brain. THE Mind diet…

Line 54: …represents a more complete picture of the whole diet compared with DASH and MD

Line 57 : add reference at the end of sentence

Line 58 : Moreover, the Middle East….

Line 63 : …high amounts of rice and bread are common in the region (ADD REF)

Methods:

Line 73 : ….project was performed in Iranian adults working in 50….

Results:

Line 167: Overall, 9.5% of study participants were generally obese (---) and 24.4% were abdominally obese>&gt;.&gt;.&gt;.&gt;.

Discussion:

Line 209: …successful in controlling obesity.

Line 222:…Consistent with our findings…

Line 239: … and the other two diet plans is dairy consumption.

Overall comments
Well written, however, this paper goes into quite great detail comparing DASH, MINDS and MD. It would be useful if one of the aims of this paper was to compare these eating patterns. This would add to the literature and strengthen this paper.

The conclusion of this paper warrants more thought. It would useful to postulate on what was the key difference between MINDS, DASH and MD that would result in a difference in its relationship with overweight and obesity.

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:

Acceptable

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