Reviewer’s report

Title: A randomised controlled crossover trial investigating the short-term effects of different types of vegetables on vascular and metabolic function in middle-aged and older adults with mildly elevated blood pressure: the VEgetableS for vaScular hEaLth (VESSEL) study protocol

Version: 1 Date: 27 Apr 2020

Reviewer: Berit Follong

Reviewer's report:

Thank you for all changes made to the manuscript.

Substantial information was added to the method section, which has significantly improved the manuscript. However, to further improve the readability of this section, it is advised to reorder the paragraphs. I highly recommend to use the sequence that the events occur in. Mainly subheadings under "participants, interventions, and outcomes" seem to still be disjointed. I would suggest revising the method section as follows:

1. Objectives
2. Research hypotheses
3. Trial design
4. Participants, interventions, outcomes (study setting, eligibility criteria, recruitment, sample size, assignment of interventions, dietary interventions, participant timeline, outcomes)
5. Data collection, management, and analyses

I would also recommend including the macronutrient content of the soups.

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

An exceptional article

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

Acceptable
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