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PEER-REVIEW REPORT

Name of journal: World Journal of Gastroenterology

Manuscript NO: 39006

Title: MEDITERRANEAN DIET AND NONALCOHOLIC FATTY LIVER DISEASE

Reviewer's code: 00036318

Reviewer's country: Greece

Science editor: Ze-Mao Gong

Date sent for review: 2018-03-29

Date reviewed: 2018-04-03

Review time: 5 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language	(High priority)	<input type="checkbox"/> Anonymous
<input type="checkbox"/> Grade C: Good	polishing	<input type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

This is an excellent comprehensive review of an important topic. The review is very well structured and informative. All relevant studies are included and the review is up to date.



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INITIAL REVIEW OF THE MANUSCRIPT

Google Search:

- The same title
- Duplicate publication
- Plagiarism
- No

BPG Search:

- The same title
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- No



PEER-REVIEW REPORT

Name of journal: World Journal of Gastroenterology

Manuscript NO: 39006

Title: MEDITERRANEAN DIET AND NONALCOHOLIC FATTY LIVER DISEASE

Reviewer's code: 03622349

Reviewer's country: Brazil

Science editor: Ze-Mao Gong

Date sent for review: 2018-03-29

Date reviewed: 2018-04-04

Review time: 5 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input type="checkbox"/> Grade B: Very good	<input checked="" type="checkbox"/> Grade B: Minor language	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input checked="" type="checkbox"/> Grade C: Good	polishing	<input type="checkbox"/> Accept	<input type="checkbox"/> Onymous
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publish	<input type="checkbox"/> Grade D: Rejection	<input type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

Anania C et al evaluated the paper entitled "MEDITERRANEAN DIET AND NONALCOHOLIC FATTY LIVER DISEASE". The topic is quite interesting and the paper is very well written, with clear language. However, some questions have arisen and need to be better clarified. In view of the fact I will give the authors the opportunity



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to revise some points before resubmitting to the journal. Comments: - Replace the hypercaloric term by hyperenergetic; as well as caloric by energy; - The authors are not clear on which patients the NAFLD can manifest. For example, can a lean individual with insulin resistance present NAFLD? It lacked this type of discussion, since not only the obese ones can be carriers of this disease; - As the paper is a minireview, it is important to comment about the diagnostic methods of NAFLD. Liver biopsy is considered the gold standard for diagnosis, but it is an invasive procedure and it is often not used. Authors should indicate which other methods are employed to confirm the occurrence of NAFLD; - On page 4, line 4: saturated fatty acids, trans fatty acids are types of fat. It is not appropriate to mention it separately; - "... fiber, monounsaturated and omega-3 fatty acids and phytosterols" (page 5) are not micronutrients. Rewrite this sentence; - Does MD improve the parameters that increase the risk for the development of MS or act directly on the liver? The authors did not discuss this point; - How did the authors select the clinical studies that correlate MD to the occurrence of NAFLD? Which the database was used? What language do you use to select them? What is the search period? What keywords were used? Review work should include these information in order to become reproducible; - On page 10 the authors write that "Omega-3 PUFA may positively affect NAFLD via the activation of the hepatic peroxisome proliferator-activated receptor alpha (a transcriptional regulator of the lipid pathway, in particular of constitutive genes encoding fatty acid metabolizing enzymes and mitochondrial fatty acid oxidation activity, primarily in the liver) and sterol regulatory element-binding protein-1 (a key transcription factor for the regulation of lipogenic enzyme genes in the liver). They also improve insulin sensitivity, and exert anti-inflammatory properties by reducing tumor necrosis factor and interleukin-6 levels". I do not understand which the mechanism that omega-3 PUFA can act positively in NAFLD. PPAR-alpha and SREBP1 contribute to increase the concentration of lipids in



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the liver; - Page 11: Add C-reactive protein before the CRP; - A table containing the food sources of the MD components would make it easier to read the work; - Only 48% of the papers mentioned are from the last 5 years. Your manuscript is a minireview, so the text should be more up-to-date.

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