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ESPS Peer-review Report

Name of Journal: World Journal of Gastroenterology

ESPS Manuscript NO: 7122

Title: The role of diet and lifestyle changes in the management of nonalcoholic fatty liver disease

Reviewer code: 02441391

Science editor: Zhai, Huan-Huan

Date sent for review: 2013-11-05 18:06

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CLASSIFICATION	LANGUAGE EVALUATION	RECOMMENDATION	CONCLUSION
<input type="checkbox"/> Grade A (Excellent)	<input checked="" type="checkbox"/> Grade A: Priority Publishing	Google Search:	<input checked="" type="checkbox"/> Accept
<input checked="" type="checkbox"/> Grade B (Very good)	<input type="checkbox"/> Grade B: minor language polishing	<input type="checkbox"/> Existed	<input type="checkbox"/> High priority for publication
<input type="checkbox"/> Grade C (Good)	<input type="checkbox"/> Grade C: a great deal of language polishing	<input type="checkbox"/> No records	<input type="checkbox"/> Rejection
<input type="checkbox"/> Grade D (Fair)	<input type="checkbox"/> Grade D: rejected	BPG Search:	<input type="checkbox"/> Minor revision
<input type="checkbox"/> Grade E (Poor)		<input type="checkbox"/> Existed	<input type="checkbox"/> Major revision
		<input type="checkbox"/> No records	

COMMENTS TO AUTHORS

This review discuss on the potential benefit of dietary modification and physical activity in the management of NALD based on the information from human studies. The use of diet and lifestyle modification aims to decrease body weight and to improve multiple components of metabolic syndrome that may lead to reducing the NAFLD progression. Several studies have demonstrated that low-fat and low-carbohydrate diets with caloric restriction can ameliorate the histologic features of NAFLD via the effect of weight reduction. However, no strong recommendation can be formulated for treating NAFLD or NASH due to lacking of well-designed clinical trials with large samples evaluated on the histological endpoints and clinically relevant outcomes. In addition, physical activity is strongly recommended to integrate in NAFLD management. This manuscript was well written; however, it would be more interesting if the authors could provide the possible mechanism of each dietary and lifestyle modification on the pathogenesis of NAFLD and NASH. This might enlighten the development of novel strategy for management of this rising health problem.



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Name of Journal: World Journal of Gastroenterology

ESPS Manuscript NO: 7122

Title: The role of diet and lifestyle changes in the management of nonalcoholic fatty liver disease

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Science editor: Zhai, Huan-Huan

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CLASSIFICATION	LANGUAGE EVALUATION	RECOMMENDATION	CONCLUSION
<input type="checkbox"/> Grade A (Excellent)	<input type="checkbox"/> Grade A: Priority Publishing	Google Search:	<input type="checkbox"/> Accept
<input type="checkbox"/> Grade B (Very good)	<input type="checkbox"/> Grade B: minor language polishing	<input type="checkbox"/> Existed	<input type="checkbox"/> High priority for publication
<input type="checkbox"/> Grade C (Good)	<input type="checkbox"/> Grade C: a great deal of language polishing	<input type="checkbox"/> No records	<input type="checkbox"/> Rejection
<input type="checkbox"/> Grade D (Fair)	<input type="checkbox"/> Grade D: rejected	BPG Search:	<input type="checkbox"/> Minor revision
<input type="checkbox"/> Grade E (Poor)		<input type="checkbox"/> Existed	<input type="checkbox"/> Major revision
		<input type="checkbox"/> No records	

COMMENTS TO AUTHORS

The present manuscript entitled “ The role of diet and lifestyle changes in the management of nonalcoholic fatty liver disease” by Dr. Nseir et al. has systemically reviewed the role of diet and lifestyle change in NAFLD. I have several requests to improve the quality of this paper. Introduction Section 1. The prevalence of NAFLD differs among countries. The authors stated, “NAFLD is a significant health problem affecting 20%-30% of adult population”. Please describe which countries this is reference [1] to. 2. The authors described that “ sudden or quick weight loss achieved through dietary modification may lead to the progression of liver failure in some NAFLD patients. This is very interesting because the result is in contrast to surgical interventions. Describe some possible mechanisms of severe caloric restriction that often causes the progression of NAFLD. Caloric restriction Section 3. The authors introduced the Dreniel’s paper, in which prolonged fasting, hypocaloric diet, and intestinal bypass surgery resulted in weight loss. However, the data of weigh reduction in bypass surgery was not shown. Carbonhydrate restriction Section 4. Regarding Huang’s paper, it showed that carbonhydrate restriction improved steatosis in NASH. Readers may have an interest whether inflammation and fibrosis were ameliorated or not. Provide further information on this point. Physical activity Section 5. I am confused when reading the last sentence of P7. Do patients who adhere to a prescribed diet show no improvement of BMI, ALT and FBS? This is contradictory to the first part of this section. Minor 6. There are some grammatical errors.