

## PEER-REVIEW REPORT

**Name of journal:** World Journal of Gastroenterology

**Manuscript NO:** 43228

**Title:** Intestinal permeability after Mediterranean diet and low-fat diet in non-alcoholic fatty liver disease

**Reviewer's code:** 03656572

**Reviewer's country:** China

**Science editor:** Ruo-Yu Ma

**Date sent for review:** 2018-11-05

**Date reviewed:** 2018-11-07

**Review time:** 16 Hours, 1 Day

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 checked="" type="checkbox"/> Grade B: Very good	<input checked="" type="checkbox"/> Grade B: Minor language	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input type="checkbox"/> Grade C: Good	polishing	<input checked="" 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 checked="" type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input checked="" type="checkbox"/> No

### SPECIFIC COMMENTS TO AUTHORS

This study detected diet-induced modification of intestinal permeability in patients with NAFLD undergoing a Mediterranean diet or a low-fat diet. The results showed that at the end of 16 weeks of a Mediterranean diet, a significant reduction in mean body



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weight, mean waist circumference, and mean transaminase levels were observed. These benefits were maintained after 16 weeks of a low-fat diet. Fourteen of the 20 patients had intestinal permeability alteration at baseline, but no significant changes in intestinal permeability were observed at the end of the 16 weeks of the Mediterranean diet or 16 weeks of the low-fat diet. It was suggested that the Mediterranean diet is a safe and effective strategy for treating overweight, visceral obesity and serum transaminase in patients with NAFLD. This study has some scientific and clinic significances. This study could provide a new strategy for the treatment of NAFLD.

## **INITIAL REVIEW OF THE MANUSCRIPT**

### ***Google Search:***

- ☐ The same title
- ☐ Duplicate publication
- ☐ Plagiarism
- ☐ No

### ***BPG Search:***

- ☐ The same title
- ☐ Duplicate publication
- ☐ Plagiarism
- ☐ No

## PEER-REVIEW REPORT

**Name of journal:** World Journal of Gastroenterology

**Manuscript NO:** 43228

**Title:** Intestinal permeability after Mediterranean diet and low-fat diet in non-alcoholic fatty liver disease

**Reviewer's code:** 02861234

**Reviewer's country:** China

**Science editor:** Ruo-Yu Ma

**Date sent for review:** 2018-12-03

**Date reviewed:** 2018-12-11

**Review time:** 16 Hours, 7 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
<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 checked="" type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input checked="" type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input checked="" type="checkbox"/> No

## SPECIFIC COMMENTS TO AUTHORS

Biolato et al. described how Mediterranean diet / low-fat diet affects intestinal permeability in non-alcoholic fatty liver disease. While the sample size is limited, the study does provide insight on dietary associations of NAFLD and how it affects

intestinal permeability. The following are my comments: - Given intestinal permeability is an important outcome measure, its measurement needs more description. Is the use of Urine 51Cr-EDTA clearance a gold standard? Why was this measurement chosen? To my knowledge there are other methods of measuring intestinal permeability and the authors must describe clearly why this method was chosen over the others, as well as its pros and cons. - The authors need to explain the significance of the results of intestinal permeability as well as provide an explanation. There should had been more discussion on the interpretation of the study results in the Disucssion section rather than a literature review on intestinal permeability (paragraph 3 and 4 of discussion) - There should be a description on how many were screened and recruited as well as how many were excluded (with reasons), especially since the authors mentioned the difficulty of recruitment. - The Methods section should also describe other study outcomes e.g. body weight, liver biochemistry. - How did the investigators maintain subject compliance to both diet and physical activity during the study period? The ratio of compliance to both issues needs to be described in the Results section. - Besides Vitamin E, what other health supplements were not allowed during the study? - First paragraph of discussion, I am uncertain if the conclusion of non-statistically significant reduction in HOMA-IR is due to normal values of blood glucose at baseline, this is an over hypothetical assumption, as those with normal glucose can still have insulin resistance.

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