

Comments:

Abstract –

Author states “in the group of 39/77” – this is not clear and needs to be reworded

Author states “a 5% two sided alpha level...” this is not needed, especially in the abstract where space can better be used elsewhere.

Authors report improvements in weight, body mass, triglycerides –in which group? Were these changes in all groups?

Introduction

The hypothesis “moderate carbohydrate restriction may be easier to maintain and thus more effective...” was not measured nor was it reported from an objective and statistically sound standpoint.

Methods

Line 88- “participants were allocated” – how was this done? It was later stated that they were randomized. If so, please clarify how this was done.

Line 102- authors used Fat Secret Pro to track diet. Are there data on the validity of this method?

How and/or how often was compliance checked?

Lines 120-130 – generally, more information is needed on the blood analysis in terms of accuracy/reliability and principle of assay etc.

Statistical analysis

Authors used “repeated measures t test” - do the authors mean to report “paired” t test? Why wasn't a one way ANOVA done to compare baseline measures since there are multiple groups? It does not make sense to run multiple t tests here.

The authors hypothesis should be analyzed from an objective standpoint by a statistically sound method.

Since there are several groups, interaction effects in addition to main effects need to be tested for with 2 way ANOVAs and the authors need to be clear on post hoc choice.