

Reviewer's report

Title: Weight loss in individuals with metabolic syndrome given DASH diet counseling when provided a low sodium vegetable juice: a randomized controlled trial

Version: 1 **Date:** 1 January 2010

Reviewer: Katie Heinrich

Reviewer's report:

This manuscript addresses the novel idea of the impact of adding vegetable juice to a DASH diet for individuals with metabolic syndrome on weight loss, meeting recommended vegetable intake, and characteristics of metabolic syndrome. This research should add to the existing and literature and be of interest to a wide audience.

Study methods appear appropriate and are relatively well-described; and point to previous publications as appropriate. The data appear to be collected, managed, and reported appropriately.

The manuscript title and abstract correspond well with findings and the manuscript is well-written.

Minor Essential Revisions:

The manuscript discussion and conclusions appear to reflect the presented results. I would like to see the following information included; however:

- 1) In Table 1, % female in each condition ranges from 59.3 (16 oz vegetable juice group) to 85.2% (8 oz vegetable juice group), how could this have affected your results?
- 2) For the results on Leptin, how do you explain the differences between groups, as leptin levels increased from baseline over time for the no vegetable juice group and the 16 ounces vegetable juice group, but decreased for the 8 ounces vegetable juice group?

Discretionary Revisions

There are two places in the manuscript where the authors should indicate that the data are not shown (lines 274-277 and lines 324-327).

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

I declare I have no competing interests.