

Review Form 1.6

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| Journal Name: | Asian Journal of Cardiology Research |
| Manuscript Number: | Ms_AJCR_82302 |
| Title of the Manuscript: | Diet and Cardiovascular Diseases: Heart Failure Part I: Plant Based Diet, Beneficial Macronutrients |
| Type of the Article | |

General guideline for Peer Review process:

This journal’s peer review policy states that **NO** manuscript should be rejected only on the basis of ‘**lack of Novelty**’, provided the manuscript is scientifically robust and technically sound.
To know the complete guideline for Peer Review process, reviewers are requested to visit this link:

(<https://www.journalajcr.com/index.php/AJCR/editorial-policy>)

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PART 1: Review Comments

| | Reviewer's comment | Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here) |
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| Compulsory REVISION comments | <p>1 .An abstract should be a summary of an article, and the following content is an extension of the abstract. For example, sugar-sweetened beverages are cardiovascular protective factors, which are not stated in the text and inconsistent with common sense.</p> <p>2.The introduction should briefly describe heart failure, nutrients, and the relationship between the two, not just heart failure.</p> <p>3. Introduction: Reference 5 means "The lifetime risk of HF at age 55 years is 33% for men and 28% for women",but not "the risk of developing HF at age 55 is around 33% for men and 28% for women."</p> <p>4.Egg:Reference 77 means "In multivariable Cox regression models, egg consumption up to 6 per week was not related to HF whereas consumption of 1 per day and 2 + per day were associated with a 28% and 64% increased risk of HF, respectively .",but not "Prospective studies have reported an increased incidence of HF (28–64 %) with egg consumption."</p> <p>5.Reference 80 means "There is no conclusive evidence on the role of egg in CVD risk, despite the fact that higher quality studies are warranted to obtain stronger evidence for a possible protection of CVD associated with moderate weekly egg consumption compared to no intake; equally, future studies may strengthen the evidence for increased heart failure risk associated with high regular egg consumption.",but not " Intake of one egg per day was associated with an increased risk of heart failure when compared to no consumption"</p> <p>6.Coffee/Tea The headline is coffee/tea, but the article doesn't mention tea.</p> <p>7.Many conclusions described in this paper are inconsistent with or contrary to the contents of the cited references.</p> | <p>Answer</p> <ol style="list-style-type: none"> 1. "For example, sugar-sweetened beverages are cardiovascular protective factors, which are not stated in the text and inconsistent with common sense." This is not true. Sugar-sweetened beverages are harmful to the cardiovascular system. (Recent work: 1. Kim SO, Bae EM, Lee YN, Son JS. Association between Consumption of Sugar-Sweetened Beverages and Risk of Cardiovascular Disease in Korean Men: Analysis Based on the Korea National Health and Nutrition Examination Survey 2014-2016. Korean J Fam Med. 2021 May;42(3):212-218. doi: 10.4082/kjfm.20.0114.; 2. Baleeiro RDS, Guimarães AP, de Souza PM, Andrade RDS, Barbosa de Queiroz K, Coelho DB, de Oliveira EC, Becker LK. Sucrose-Sweetened Drinks Reduce the Physical Performance and Increase the Cardiovascular Risk in Physically Active Males. J Nutr Metab. 2021 Mar 9;2021:6683657. doi: 10.1155/2021/6683657.) 2. The role of diet has been added to the introduction. 3. The statement has been changed to, 'The lifetime risk of developing HF at age 55 is 33% for men and 28% for women.' 4. The sentence has been changed to, "Prospective studies have reported an increased incidence of HF (28–64 %) with high egg consumption77,78.." This statement is clarified in the next few sentences. 5. Although no association with an increased CVD risk was noted, the authors did recognize the detrimental connection with heart failure. They stated in the discussion, 'We generally found no strong association with either increased or decreased risk of cardiovascular outcomes following the habitual consumption of eggs (i.e., one egg per day compared to no intake), with exception of risk of heart failure, which resulted higher especially in men from US cohorts'. I have added 'US cohorts' to the sentence. 6. The word 'Tea' has been removed. Although there is considerable evidence indicating objectively that tea intake decreases CVD, its role in heart failure is not that well documented. 7. The specific references alluded to have been corrected. |
| Minor REVISION comments | | |
| Optional/General comments | | |

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PART 2:

| | Reviewer’s comment | Author’s comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here) |
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| Are there ethical issues in this manuscript? | <i>(If yes, Kindly please write down the ethical issues here in details)</i> | |