

Authors' feedback against Editorial comments:

I have a few comments and questions.

1. Explain why insulin resistance was not measured even though it was listed as a feature of the metabolic syndrome.

According to the 'Harmonized' definition, insulin resistance is not the required evidence for diagnosis of metabolic syndrome. On the other hand, abdominal obesity, which is highly correlated with insulin resistance, is one of the metabolic risk factors based on the 'Harmonized' definition.

2. Were particular foods consumed that were high in protein? (It would be helpful to know the answer to this question).

No particular protein-based food was consumed which lead to the higher protein intake among study subjects. The reason for higher protein intake compared to Recommended Nutrient Intake for Malaysia is due to consumption of large portion of protein-based food (explicitly more than 1 serving per meal/ more than 14 g protein per meal).

3. Weren't carbohydrate and fat also significantly higher in those with metabolic syndrome? (they were not mentioned)

Improvements have been made: On the other hand, the carbohydrate intake was significantly higher among females study subjects compared to the Recommended Nutrient Intakes for Malaysia (180 g/day to 230 g/day). Furthermore, fat consumption was within the range based on Recommended Nutrient Intakes for Malaysia (54 g/day to 82 g/day for males; 46 g/day to 70 g/day for females).

4. Insulin resistance wasn't measured but the authors referred to it in the conclusion.

- Amendments has been made: "Insulin resistance" was not emphasized in the conclusion

5. What is suboptimal BP? (line 211)

According to JNC IV, optimal blood pressure refers to systolic blood pressure <120 mmHg and diastolic blood pressure <85 mmHg.

Paul, A. James, Suzanne Oparil, Barry C. Carter et al. (2014). Evidence-based guideline for the management of high blood pressure in adults. Report from the panel member appointed to the Eight Joint National Committee (JNC 8) JAMA. Dec 18, 2013: E1-E14.

6. Typographical omission.... "Low consumption of whole ... (what?)..." (Line 216).

Low consumption of whole grains.....