Answering Reviewers

I am sending enclosed the revised manuscript entitled “Increasing dietary fiber intake for type 2 diabetes mellitus management: a systematic review” to be considered for publication in the original article section of this journal.

We were delighted by the reviewer's comments which helped to dramatically improve our manuscript. We took our time to address the concerns our response is as follows:

Scientific Quality: Grade C (Good)
Language Quality: Grade C (A great deal of language polishing)
Conclusion: Major revision
Specific Comments to Authors:

Dietary fiber represents a valuable strategy in the treatment of type 2 diabetes, improving health outcomes. Achieving a daily fiber intake of 35g is feasible and holds substantial potential for reducing the risk of premature mortality by 10% to 48% in individuals with diabetes. Dietary fiber intake offers the potential to improve quality of life and reduce complications and mortality associated with diabetes. Likewise, through supplements or enriched foods, DF contributes significantly to the control of several markers, such as HbA1c, blood glucose, triglycerides, LDL, and body weight. However, weight loss is more influenced by calorie restriction than by the amount of fiber in the diet. Hence, future clinical studies should further explore the combination of increased DF intake and calorie restriction, as this strategy presents the most valuable results in T2DM management. It is an interesting manuscript. Authors can succeed to present their idea in a clear way adding information to the existing literature.

Response #1:

We thank you again for all the observations, and we addressed them all when revising the manuscript. We made several language polishing corrections throughout the manuscript, corrected the figures and tables. Overall, all suggestions improved the manuscript quality.

(1) Science editor:

1 Conflict of interest statement: Academic Editor has no conflict of interest.

2 Scientific quality: The author submitted a study of increasing dietary fiber intake for type 2 diabetes mellitus management. The manuscript is overall qualified.

(1) Advantages and disadvantages: The reviewer have given positive peer-review reports for the manuscript. Classification: Grade C; Language Quality: Grade C. It is an interesting manuscript. Authors can succeed to present their idea in a clear way adding information to the existing literature.

(2) Main manuscript content: The author clearly stated the purpose of the study and the research structure is complete. However, the manuscript is still required a further revision according to the detailed comments listed below.

(3) Table(s) and figure(s): There are 1 Figure and 3 Tables should be improved. Detailed suggestions for each are listed in the specific comments section.
(4) References: A total of 36 references are cited, including 8 published in the last 3 years. The reviewer didn’t request the authors to cite improper references published by him/herself.

3 Language evaluation: The English-language grammatical presentation needs to be improved to a certain extent. There are many errors in grammar and format, throughout the entire manuscript. Before final acceptance, the authors must provide the English Language Certificate issued by a professional English language editing company. Please visit the following website for the professional English language editing companies we recommend: https://www.wjgnet.com/bpg/gerinfo/240.

Response #2:
We thank you again for all the observations, and we addressed them all when revising the manuscript. We made several language polishing corrections throughout the manuscript, corrected the figures and tables. Overall, all suggestions improved the manuscript quality.

Specific comments:
(1) Please provide the filled conflict-of-interest disclosure form.
(2) Please provide the Figures cited in the original manuscript in the form of PPT. All text can be edited, including A, B, arrows, etc. With respect to the reference to the Figure, please verify if it is an original image created for the manuscript, if not, please provide the source of the picture and the proof that the Figure has been authorized by the previous publisher or copyright owner to allow it to be redistributed. All legends are incorrectly formatted and require a general title and explanation for each figure. Such as Figure 1 title. A: ; B: ; C: .
(3) The “Article Highlights” section is missing. Please add the “Article Highlights” section at the end of the main text (and directly before the References).
(4) Authors are required to provide standard three-line tables, that is, only the top line, bottom line, and column line are displayed, while other table lines are hidden. The contents of each cell in the table should conform to the editing specifications, and the lines of each row or column of the table should be aligned. Do not use carriage returns or spaces to replace lines or vertical lines and do not segment cell content.
(5) The main text of systematic review contains “INTRODUCTION”; “MATERIALS AND METHODS”; “RESULTS”; “DISCUSSION”; “CONCLUSION” and ”ARTICLE HIGHLIGHTS”.

Response #3:
We thank you again for all the corrections, and we addressed them all when revising the manuscript. We included the COI disclosure form; the Prisma-Statement form; The biostatistics form, and the Audio Core Tip file. Notably, we made several language polishing corrections throughout the manuscript, corrected the figures and tables and we included the “Article Highlights” and “Footnotes”. We also provided the PPT version of figure 01 and tables in a separated file. Overall, all suggestions improved the manuscript quality.

We sincerely thank you for your time and insightful comments on our manuscript and we have modified it to address all concerns. We believe that your comments have elevated the quality of our manuscript significantly and we hope you will be satisfied with our amendments.

Yours sincerely,
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ORCID number: 0000-0003-4124-9470
JOURNAL EDITORIAL BOARD’S REVIEW REPORT

Name of journal: World Journal of Diabetes

Manuscript NO: 91143

Title: Increasing dietary fiber intake for type 2 diabetes mellitus management: A systematic review

Journal Editor-in-Chief/Associate Editor/Editorial Board Member: Mariusz Dąbrowski

Country/Territory: Poland

Editorial Director: Jia-Ru Fan

Date accepted review: 2024-03-11 21:43

Date reviewed: 2024-03-11 21:57

Review time: 1 Hour

<table>
<thead>
<tr>
<th>SCIENTIFIC QUALITY</th>
<th>LANGUAGE QUALITY</th>
<th>CONCLUSION</th>
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<tbody>
<tr>
<td>[ ] Grade A: Excellent</td>
<td>[ Y] Grade A: Priority publishing</td>
<td>[ ] Accept</td>
</tr>
<tr>
<td>[ ] Grade B: Very good</td>
<td>[ ] Grade B: Minor language polishing</td>
<td>[ ] High priority for publication</td>
</tr>
<tr>
<td>[ ] Grade C: Good</td>
<td>[ ] Grade C: A great deal of language polishing</td>
<td>[ ] Rejection</td>
</tr>
<tr>
<td>[ ] Grade D: Fair</td>
<td>[ ] Grade D: Poor</td>
<td>[ Y] Minor revision</td>
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JOURNAL EDITORIAL BOARD COMMENTS TO AUTHORS

1. An error in the last line in the page 13/33 occurred: enhance peripheral insulin resistance - resistance should be exchanged with sensitivity

2. It should be mentioned in the discussion that all analyzed trials were short-lasting (up to 12 weeks) which does not allow to draw a far reaching conclusions, because to reach a significant reduction of diabetes incidence at the population level, such a diet should be maintained throughout the lifespan

3. First columns in the tables 2 and 3 are too narrow
AUTHOR’S RESPONSES TO JOURNAL EDITORIAL BOARD COMMENTS

1. An error in the last line in the page 13/33 occurred: enhance peripheral insulin resistance - resistance should be exchanged with sensitivity

It was corrected as suggested. The sentence now is written as follows: “These findings align with another meta-analysis of 14 studies involving 32699 patients, indicating that fiber consumption can lower the risk of T2DM, improving insulin sensitivity and glucose tolerance in individuals with T2DM or impaired glucose tolerance.”

2. It should be mentioned in the discussion that all analyzed trials were short-lasting (up to 12 weeks) which does not allow to draw a far reaching conclusions, because to reach a significant reduction of diabetes incidence at the population level, such a diet should be maintained throughout the lifespan

A sentence as included in the discussion, written as follows: “Noteworthy, most of the analyzed trials were short-lasting (up to 12 weeks) which does not allow far-reaching conclusions, as to achieve a significant reduction of T2DM incidence at a population level, a fiber-rich diet should be maintained throughout the lifespan.”

3. First columns in the tables 2 and 3 are too narrow

We corrected as suggested.

We sincerely thank you for your time and insightful comments on our manuscript and we have modified it to address all concerns. We believe that your comments have elevated the quality of our manuscript significantly and we hope you will be satisfied with our amendments.

Yours sincerely,

Randhall Bruce Kreismann Carteri
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