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| Journal Name: | [**International Journal of Biochemistry Research & Review**](https://journalijbcrr.com/index.php/IJBCRR) |
| Manuscript Number: | **Ms\_IJBCRR\_134502** |
| Title of the Manuscript: | **Nutritional Impact of Vegan Diet in Comparison to Milk: A Review** |
| Type of the Article | **Minireview Article** |

**General guidelines for the Peer Review process:**

**Artificial Intelligence (AI) generated or assisted review comments are strictly prohibited during peer review.**

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.

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| PART 1: Comments | | |
|  | Reviewer’s comment **Artificial Intelligence (AI) generated or assisted review comments are strictly prohibited during peer review.** | Author’s Feedback *(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.** | This manuscript addresses a timely topic by comparing the nutritional profiles of vegan diets and milk-based diets, which is valuable given the growing global interest in veganism. It highlights critical nutrient deficiencies that may arise in vegan diets, particularly for vulnerable populations, offering insights for nutritionists and healthcare providers. By emphasizing the role of milk as a nutrient-dense food, it contributes to the ongoing debate about dietary choices and their health implications. The review could guide future research and inform public health recommendations on plant-based diets. |  |
| **Is the title of the article suitable?**  **(If not please suggest an alternative title)** | The title is generally suitable but could be more precise to reflect the review’s focus on nutrient deficiencies and milk’s role. I suggest an alternative: **“Nutritional Considerations of Vegan Diets Compared to Milk: A Review”**. This emphasizes the comparative nutritional analysis and aligns with the manuscript’s content. |  |
| Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here. | The abstract provides a decent overview but feels slightly unbalanced, focusing heavily on vegan diet deficiencies without mentioning potential benefits in enough detail. I suggest adding a sentence to briefly acknowledge the environmental or ethical motivations for veganism to provide context, as this is alluded to in the introduction. For example: “Vegan diets are often adopted for ethical and environmental reasons, but their nutritional adequacy requires careful planning.” Additionally, the phrase “milk, often referred to as ‘nature’s most perfect food’” feels subjective and could be toned down or removed for a more neutral tone. |  |
| Is the manuscript scientifically, correct? Please write here. | The manuscript is largely scientifically sound, with well-cited points about nutrient deficiencies in vegan diets and the nutritional benefits of milk. However, some claims, such as vegan diets causing “depression” or being inherently inadequate for weight maintenance, are overly generalized and not fully supported by the cited references (e.g., Anthony, 2019, is a webpage, not a peer-reviewed source). These need stronger evidence or rephrasing to avoid overstatement. Additionally, the discussion of milk’s benefits occasionally lacks nuance—e.g., not addressing lactose intolerance or milk allergies, which are relevant for a balanced comparison. I recommend clarifying these points and citing more robust primary studies where possible. |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.** | The references are fairly recent (mostly 2012–2024), which is appropriate for a minireview, and cover key aspects of veganism and milk nutrition. However, some citations, like Anonymous (2019, 2025) and Anthony (2019), are from non-peer-reviewed sources (webpages), which weaken the manuscript’s credibility. I suggest replacing these with peer-reviewed articles or reports. For example, for vegan population statistics, consider citing: Sabaté, J., & Wien, M. (2015). “Vegetarian diets and childhood obesity prevention.” American Journal of Clinical Nutrition. For milk’s nutritional role, a stronger source could be: Weaver, C. M., et al. (2016). “The role of dairy in nutrition and health.” Advances in Nutrition. Additionally, including a study on fortified plant-based milk alternatives would provide a more balanced comparison. |  |
| Is the language/English quality of the article suitable for scholarly communications? | The language is generally clear and suitable for scholarly communication, but there are minor issues with grammar, sentence structure, and flow that could improve readability. For instance, phrases like “healthy people, continuing veganism will eventually start having deficiency” (Section 3) are awkward and need rephrasing (e.g., “Individuals following a vegan diet may develop deficiencies over time without proper planning”). Some sentences are overly long, and transitions between sections could be smoother. I recommend a thorough proofreading to polish the text and enhance clarity. |  |
| Optional/General comments | This is a well-intentioned review that tackles an important topic.To strengthen the manuscript, I suggest presenting a more balanced view by discussing how vegan diets can be nutritionally adequate with proper planning (e.g., fortified foods, supplements) and addressing potential downsides of milk consumption, such as lactose intolerance or environmental concerns. The section on India’s dairy industry feels slightly out of place in a nutritional review—consider tying it more clearly to the manuscript’s focus or moving it to a subsection on economic implications. Finally, the figures (e.g., Fig. 1, Fig. 2) are helpful but could be better integrated into the text with explanations of their relevance.  The manuscript is scientifically relevant and addresses an important topic, but it requires significant revisions to improve balance, strengthen references, and refine the language. With these changes, it has the potential to be a strong contribution to the literature |  |

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| **PART 2:** | | |
|  | Reviewer’s comment | Author’s comment *(if agreed with the reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Are there ethical issues in this manuscript?** |  |  |
| **Are there competing interest issues in this manuscript?** |  |  |
| **If plagiarism is suspected, please provide related proofs or web links.** |  |  |

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| **PART 3: Declaration of Competing Interest of the Reviewer:** |
| I declare that I have no competing interest as a reviewer. |

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| **PART 4: Objective Evaluation:** | |
| Guideline | MARKS of this manuscript |
| Give OVERALL MARKS you want to give to this manuscript  ( Highest: 10 Lowest: 0 )  **Guideline:**  Accept As It Is: (>9-10)  Minor Revision: (>8-9)  Major Revision: (>7-8)  Serious Major revision: (>5-7)  Rejected (with repairable deficiencies and may be reconsidered): (>3-5)  Strongly rejected (with irreparable deficiencies.): (>0-3) | 7.5 |

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| **Editorial Comments (This section is reserved for the comments from journal editorial office and editors):** | |
|  | Author’s Feedback |
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| Write 5-8 Keywords regarding expertise of Reviewer | Nutrition, dietary science, veganism, dairy nutrition, public health, micronutrients, dietary deficiencies |