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| Journal Name: | [**European Journal of Nutrition & Food Safety**](https://journalejnfs.com/index.php/EJNFS) |
| Manuscript Number: | **Ms\_EJNFS\_137290** |
| Title of the Manuscript: | **GLYCEMIC INDEX AND GLYCEMIC LOAD OF SOME COMMONLY CONSUMED TRADITIONAL DIETS IN NORTHWEST GEOPOLITICAL ZONE, NIGERIA** |
| Type of the Article | **Original Research Article** |

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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** (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.** | In the Northwest geopolitical zone of Nigeria, where there is currently no nutritional profiling, traditional diets are typically consumed. This paper offers vital information on the glycemic index (GI) and glycemic load (GL) of these diets. This study advances our knowledge of how nutrition affects blood glucose regulation in the general population by determining the GI and GL values of regional foods. The results have important ramifications for public health initiatives that try to prevent and control non-communicable diseases like type 2 diabetes and obesity, especially in areas going through dietary changes. Furthermore, the study provides a basis for culturally appropriate nutritional education and policy development that is adapted to the dietary practices of communities in Northern Nigeria. |  |
| **Is the title of the article suitable?****(If not please suggest an alternative title)** | It is usually appropriate to use the heading "Glycemic Index and Glycemic Load of Some Commonly Consumed Traditional Diets in Northwest Geopolitical Zone, Nigeria," however it could be made clearer, more succinct, and more scientific."Glycemic Responses to Traditional Diets in the Northwest Geopolitical Zone of Nigeria" |  |
| **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 article's abstract gives a broad summary of the study's objectives, methods, and main conclusions. To satisfy the requirements of a thorough scientific abstract, there are, nevertheless, several places where organization, clarity, and conciseness might be strengthened. Here are specific recommendations: Redundancy and Grammer:Avoid redundancy, e.g. respondent’s responseImprove grammar and sentence clarity for better readability |  |
| **Is the manuscript scientifically, correct? Please write here.** | Yes, Manuscript is Scientifically correct. |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.** | Yes, the majority of your sources are adequate for a foundation in core literature. |  |
| **Is the language/English quality of the article suitable for scholarly communications?** | Yes, the quality of the article is suitable for scholarly communication. |  |
| **Optional/General** comments | **All over nice manuscript for publication.** |  |

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| **PART 2:**  |
|  | **Reviewer’s comment** | **Author’s Feedback** (It is mandatory that authors should write his/her feedback here) |
| **Are there ethical issues in this manuscript?**  | *(If yes, Kindly please write down the ethical issues here in details)* |  |

 **Reviewer details:**

**Monika Sahu, Lovely Professional University, India**