

## Review Form 1.7

Journal Name:	<a href="#">Asian Journal of Food Research and Nutrition</a>
Manuscript Number:	Ms_AJFRN_97796
Title of the Manuscript:	Low-Carbohydrate, High-Fat Diets for Ultramarathon Running: A Review on Performance and Health Outcomes
Type of the Article	Review 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.journalejfnfs.com/index.php/EJNFS/editorial-policy> )

### 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)
<b>Compulsory REVISION</b> comments 1. <b>Is the manuscript important for scientific community?</b> (Please write few sentences on this manuscript) 2. <b>Is the title of the article suitable?</b> (If not please suggest an alternative title) 3. <b>Is the abstract of the article comprehensive?</b> 4. <b>Are subsections and structure of the manuscript appropriate?</b> 5. <b>Do you think the manuscript is scientifically correct?</b> 6. <b>Are the references sufficient and recent? If you have suggestion of additional references, please mention in the review form.</b> <b>(Apart from above mentioned 6 points, reviewers are free to provide additional suggestions/comments)</b>	<b>Yes, it very important, since</b> "By synthesizing the available evidence, we hope to provide practitioners and athletes with evidence-based guidance on how to optimize nutrition for ultramarathon running."  <b>I would change into:</b> "Low-Carbohydrate, High-Fat Diets for Ultramarathon Running: A Review on Performance <b>and Side effects</b> "  <b>Yes, very clear</b>  <b>Yes.</b>  <b>I would suggest insert details of how were the 21 articles selected, before describe them.</b>  <b>References ok</b>	
<b>Minor REVISION</b> comments 1. <b>Is language/English quality of the article suitable for scholarly communications?</b>	ok	
<b>Optional/General</b> comments	I suggest to include the methods, why these 21 articles were select? I suggest mention also the amount of articles in each category (number or percentage from all 21), with the sample size. Other missing point is the quality of fat used in articles. It's important to mention that some have potential against inflammation and others favours it. I'd like to suggest also to add a typical recommendation of high fat diet and practical tips of how to manage to snack high fat low carb during long distance races.	

### 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)
<b>Are there ethical issues in this manuscript?</b>	<i>(If yes, Kindly please write down the ethical issues here in details)</i>	

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**Reviewer Details:**

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