

Review Form 1.7

Journal Name:	European Journal of Nutrition & Food Safety
Manuscript Number:	Ms_EJNFS_106313
Title of the Manuscript:	Nutritional Significance and Parasitic Contamination of Vegetables: A Comprehensive Review
Type of the Article	

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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)
<p>Compulsory REVISION comments</p> <ol style="list-style-type: none"> 1. Is the manuscript important for scientific community? (Please write few sentences on this manuscript) 2. Is the title of the article suitable? (If not please suggest an alternative title) 3. Is the abstract of the article comprehensive? 4. Are subsections and structure of the manuscript appropriate? 5. Do you think the manuscript is scientifically correct? 6. Are the references sufficient and recent? If you have suggestion of additional references, please mention in the review form. <p><u>(Apart from above mentioned 6 points, reviewers are free to provide additional suggestions/comments)</u></p>	<p>The manuscript is important for the general public, more than for the scientific community.</p> <p>The title of the article is appropriate</p> <p>The summary is understandable, but it is not completely consistent with the content. For example, it mentions the importance of consuming vegetables against obesity, and it is not mentioned in the content. I suggest adapting it to the content of the text.</p> <p>In section 6- Parasitic contamination of vegetables The author does not use the same order of the information provided for each parasite, so the information is not homogeneous for all microbes, which is why data is omitted. I suggest following an order for each of the microorganisms.</p> <p>In general, the topic seems very important and interesting to me, however I consider that the information contained in this review is very limited, so I suggest going deeper into several aspects and including some others that were omitted. Some examples of what I mention are the following:</p> <p>In section 3. Chemical Composition of Vegetables, the author mentions essential nutrients, but only briefly breaks down carbohydrates, proteins, fats, and phenolic compounds. I suggest completing the information by mentioning the most relevant members of each group, their abundance in some plants, and perhaps their relevance from a nutritional point of view and their function as health promoters.</p> <p>In section 4. Health Benefits of Vegetables, the author mentions the relationship between vegetable consumption and cardiovascular risk, blood pressure and digestive disorders. It would be worth associating molecules present in certain types of vegetables and delving into how they participate to avoid these pathologies. Other benefits could be discussed, such as the stimulation of the immune response, regulation of sugar levels in type II diabetes, its effect on obesity and other inflammatory processes, its antimicrobial effect, etc. Likewise, the participation of certain metabolites in the prevention and treatment of diseases could be delved into, for example polyphenolic compounds as powerful antioxidants and free radical traps.</p> <p>In Giardia's paragraph, the author mentions: " It can pass through more advanced membrane filters with efficiency rates of up to 30%" It is not understood what type of membrane filters he is referring to, it causes confusion since Giardia is a large protozoan and could hardly pass through membranes with closed pores. I suggest explaining this better.</p> <p>In conclusion, I suggest emphasizing that vegetables are an important source of molecules that nourish, protect, modulate the immune system, prevent oxidative stress, and other series of beneficial effects for human beings.</p>	

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Minor REVISION comments		
1. Is language/English quality of the article suitable for scholarly communications?	yes	
Optional/General comments	No comments	

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)
Are there ethical issues in this manuscript?	<i>(If yes, Kindly please write down the ethical issues here in details)</i> no	

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