

**Review Form 3**

Journal Name:	<b>European Journal of Nutrition &amp; Food Safety</b>
Manuscript Number:	<b>Ms_EJNFS_120905</b>
Title of the Manuscript:	<b>UNLOCKING THE NUTRITIONAL POWER OF VEGETABLES: A GUIDE TO VIBRANT HEALTH</b>
Type of the Article	<b>REVIEW ARTICLE</b>

**Review Form 3**

**PART 1: Review Comments**

<b>Compulsory</b> REVISION comments	<b>Reviewer's comment</b>	<b>Author's Feedback</b> (Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
<b>Please write a few sentences regarding the importance of this manuscript for the scientific community. Why do you like (or dislike) this manuscript? A minimum of 3-4 sentences may be required for this part.</b>	Unlocking the nutritional power of vegetables is vital for good health because they provide essential vitamins, minerals, and antioxidants. Proper cooking methods help your body absorb these nutrients better. Eating a variety of vegetables supports digestion and provides necessary fiber. This can lead to higher energy levels, better mental focus, and overall improved health.	
<b>Is the title of the article suitable? (If not please suggest an alternative title)</b>	<b>Yes</b>	
<b>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.</b>	<b>Abstract is acceptable, but in it they included this book statement. That need to be change</b>	
<b>Are subsections and structure of the manuscript appropriate?</b>	<b>90% up to the mark. But conclusion section need to change.</b>	
<b>Please write a few sentences regarding the scientific correctness of this manuscript. Why do you think that this manuscript is scientifically robust and technically sound? A minimum of 3-4 sentences may be required for this part.</b>	The nutritional power of vegetables is scientifically robust they enhance nutrient bioavailability, such as steaming and fermenting, which preserve and even increase the nutritional content. Vegetables are rich in phytochemicals, vitamins, and minerals that are critical for preventing chronic diseases like heart disease, diabetes, and cancer. This review given the data related to the diverse and well-prepared vegetable intake improves gut microbiota diversity, leading to better digestive and immune health.	
<b>Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.</b>	<b>Sufficient</b>	
<b>Minor</b> REVISION comments		
<b>Is the language/English quality of the article suitable for scholarly communications?</b>	Yes	
<b>Optional/General</b> comments	Need to make revision of the conclusion section	

**PART 2:**

	<b>Reviewer's comment</b>	<b>Author's comment</b> (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>	

**Review Form 3**

**Reviewer Details:**

Name:	<b>Lakshmi Prasnathi Nori</b>
Department, University & Country	<b>Shri Vishnu College of Pharmacy, India</b>