

Review Form 3

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| Journal Name: | Asian Journal of Food Research and Nutrition |
| Manuscript Number: | Ms_AJFRN_124287 |
| Title of the Manuscript: | KNOWLEDGE ASSESSMENT OF DIETARY SALT AND HEALTH AMONG YOUNG ADULTS IN LUCKNOW CITY |
| Type of the Article | |

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PART 1: Review Comments

| Compulsory REVISION comments | Reviewer's comment | 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) |
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| <p>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.</p> | <p>This manuscript on assessing the knowledge of dietary salt and health among young adults in Lucknow is highly relevant to the scientific community. It addresses the critical public health issue of excessive salt consumption and its related health risks, providing insights into young adults' awareness and behaviors in an urban Indian setting. The study's findings, especially the variability in knowledge regarding recommended salt intake and the importance of reducing salt, highlight key gaps that need to be addressed through targeted health interventions. The manuscript is valuable as it adds to the ongoing discourse on salt consumption, NCD prevention, and health education strategies.</p> | |
| <p>Is the title of the article suitable? (If not please suggest an alternative title)</p> | <p>The current title, "Knowledge Assessment of Dietary Salt and Health Among Young Adults in Lucknow City," is informative but could be made more engaging and specific. It adequately reflects the focus on knowledge assessment but could be refined to highlight key aspects of the study, such as salt consumption patterns and health risks.</p> <p>An alternative title could be:</p> <p>"Understanding Salt Consumption Patterns and Health Risks: A Study Among Young Adults in Lucknow"</p> <p>This version emphasizes both the behaviors and health implications, making it more comprehensive and appealing to readers.</p> | |
| <p>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.</p> | <p>Objective of the Study: Clearly state the main objective at the beginning of the abstract, such as assessing knowledge and patterns of dietary salt consumption among young adults in Lucknow.</p> <p>Key Results: Highlight key numerical results more clearly, such as the percentage of participants unaware of their salt intake or those exceeding the WHO recommendations. This makes the findings more explicit for the reader.</p> <p>Language Consistency: Improve grammar and sentence structure for clarity. For example, rephrase "young people' knowledge habits" to "young people's knowledge and habits."</p> <p>Unnecessary Details: Avoid vague statements like "the results showed variability" without directly linking them to specific figures. Be more precise to make the abstract concise.</p> | |
| <p>Are subsections and structure of the manuscript appropriate?</p> | <p>Appropriate</p> | |
| <p>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.</p> | <p>This document seems to be strong in scientific validity and technically sound due to various factors. The cross-sectional design is suitable for evaluating knowledge and consumption patterns in a particular population, and the sample size of 200 participants offers a strong foundation for analysis. The research employs appropriate statistical techniques, such as frequency and percentage analysis, that are relevant to the gathered data. In addition, the manuscript cites established guidelines such as the WHO's recommended daily salt intake to support its findings and ensure compliance with global standards. In general, the research adds reliable information to the area of public health nutrition.</p> | |
| <p>Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.</p> <p>:-</p> | <p>The references in the manuscript appear to be relevant and include several key studies related to dietary salt intake, health risks, and public health guidelines. However, many of the cited works are slightly older (2014-2019), and it may be beneficial to include more recent studies to provide an updated perspective on salt consumption trends and public health strategies.</p> <p>Suggestions for Additional References:</p> <ol style="list-style-type: none"> 1. Recent WHO Reports or Guidelines (2021-2023) on global salt reduction efforts and public health interventions could strengthen the relevance of the findings. 2. New Research on Salt Consumption Patterns and Health Risks (2020 onwards) – Recent studies in different populations (especially among youth) might offer newer insights that | |

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| | <p>support or challenge the study's conclusions.</p> <p>3. Systematic Reviews or Meta-analyses on salt intake and its correlation with non-communicable diseases, published in the last 2-3 years, could provide a broader context. Including more current references would ensure that the manuscript reflects the latest scientific discussions and trends.</p> | |
| <p><u>Minor REVISION</u> comments</p> <p>Is the language/English quality of the article suitable for scholarly communications?</p> | <p>The language and English quality of the manuscript need improvement to meet the standards for scholarly communication. There are several issues related to grammar, sentence structure, and clarity that may hinder readability. For example, phrases like "young people' knowledge habits" and inconsistent verb usage can disrupt the flow of information.</p> <p>Key Areas for Improvement:</p> <ol style="list-style-type: none"> Grammar and Syntax: Correct grammatical errors and improve sentence structure for clarity (e.g., "This study was a cross section and non-interventional" should be "This was a cross-sectional, non-interventional study"). Consistency: Ensure consistency in tense and terminology throughout the manuscript to avoid confusion. Clarity: Some sentences are vague and could benefit from rephrasing to convey ideas more clearly. For example, replace "there was variability in perceptions" with "participants had varying perceptions of the importance of reducing salt intake." | |
| <p><u>Optional/General</u> comments</p> | <p>Here are some general comments for improving the manuscript:</p> <ol style="list-style-type: none"> Clarity of Research Objectives: While the manuscript outlines the key findings, the research objectives could be more clearly defined in the introduction and abstract to ensure readers understand the study's aim from the beginning. Practical Implications: Highlighting how the findings can be translated into public health interventions or education campaigns would increase the manuscript's relevance. | |

PART 2:

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

Reviewer Details:

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