



SDI Review Form 1.6

Journal Name:	Journal of Cancer and Tumor International
Manuscript Number:	Ms_JCTI_38880
Title of the Manuscript:	Diet of Benghazi Cancer Patients; Quality and Associated factors
Type of the Article	Original Research 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:

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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)
Compulsory REVISION comments	This manuscript presents great relevance. The methodology needs to be better described. • The use of the Healthy Eating Index should be described, not just mentioned. • Recall 24 hours: Was food consumption collected on three consecutive days? Were any of those days a weekend? Describe this information. • What criterion was used to define eating out of home? • To describe methodologically how was done the classification of quality of the diet. • In the section "statistical analysis, verify if the t-test was used properly (to verify differences between averages). Describe the Analysis of variance by ANOVA in the methodology. The results are clear, but the writing of the results can be improved. Tables need to have a description of symbols and acronyms. It is recommended that the authors verify the existence of current papers for discussion. In the discussion are used references that do not mention the population studied in the present study, making it difficult to compare the data. There are newer articles with oncology patients that can be cited.	1. Use of HEI The first five components measure the degree to which a person's diet conforms to the USDA Food Guide Pyramid serving recommendations for the five major food groups; grain, vegetables, fruits, milk, and meat. The sixth component measures total fat consumption as a percentage of total food energy intakes; while the seventh component measures saturated fat consumption as a percentage of total food energy intakes. The components from eight to ten measure total cholesterol intake, total sodium intake and the variety in a person's intake respectively. The recommended numbers of servings as food groups are based on the appropriate energy intake as recommended by the Dietary Guidelines for Americans. Pyramid serving recommendation for 1600, 2200 and 2800 Kilocalories (Kcal) were used as the basis to interpolate recommendations for age/gender groups not described in the pyramid [13] If certain composite foods were consumed, then the commodity compositions were identified. Commodities were assigned to appropriate food group based on their gram/serving size factors that were calculated. Dry beans and peas were first assigned to the meat group if the meat group recommendations were not met, after which they were added to the vegetable group. The variability and the subjective nature of serving sizes is a dilemma for researches involved in dietary assessment of populations and their interpretation.¹³ Commonly used household measures and easily recognizable units aid in the usage of the Food Guide Pyramid [17]. Index scores for fat and saturated fat intakes were examined in proportion to total food energy expressed as kilocalories. Total fat intake of less than or equal to 30 percent of total daily calories was assigned a score of 10 points. This percent based on the Dietary Guidelines for Americans. Fat intake of equal to or greater than 45 percent of total calories in a day was assigned a score of zero. An intake of fat between 30 and 45 percent was scored proportionally. Saturated fat intake of less than 10 percent of total calories in a day was assigned a maximum score of 10. Its intake at equal to or greater than 15 percent daily energy was assigned a score of zero. Intakes of saturated fat between 10 and 15 percent were scored proportionately. The upper limits for total fat (45 percent) and saturated fat (15 percent) were based on consultations with nutrition researchers and exploration of consumption distribution of these components. The score for cholesterol was based on the amount of cholesterol consumed in milligrams. A maximum score of 10 was assigned when daily cholesterol intake was 300 milligrams (mg) or less. This amount is based on the recommendations of the Committee on Diet and Health of the National Research Council and represents a consensus of experts in foods and nutrition, medicine, epidemiology, public health and related fields. A score of zero was assigned when daily intakes reached 450 mg or more. Intakes between 300 and 450 mg of cholesterol were scored proportionally. The upper limits were based on consultations with nutrition researchers and exploration of consumption distribution of these components. The score for sodium was based on the amount consumed in mg per day. A maximum score of 10, based on the recommendations of the Committee on Diet and Health of the National Research Council was assigned when daily sodium intake was 2400 mg or less. A score of zero was assigned when daily intakes reached 4800 mg or more. Intakes between 2400 and 4800 mg of cholesterol were scored proportionally. The upper limits were based on consultations with nutrition researchers and exploration of consumption distribution of these components. A maximum variety score of 10 was assigned if a person consumed at least half a serving each of 8 or more different types of food in a day. A score of zero was assigned if 3 or fewer different foods were consumed by a person in a day. The upper and lower limits to gauge food variety were based on consultations with nutrition experts.³ The HEI, a single summary measure of diet quality that conformed to the US Dietary Guidelines and the Food Guide Pyramid 18 has the following overall HEI score for diet quality, ranging from 0 to 100.³ Good diet equals to score between 81-100, while diet needs improvement equals to score of 51-80. Poor diet has score between 0-50 [13,17]. 2. 24 Hours Recall Yes three consecutive days; one of them was Friday ((weekend in Libya)) where Libyan family consume atypical diet comparing to other working days during the week. The three days were Thursday, Friday and Saturday. And is some patients Friday, Saturday and Sunday. • What criterion was used to define eating out of home?



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		by meaning eating in fast foods restaurants and/or restaurants serving high fat or carbohydrates menus "this was clarify for subjects through the questionnaire. • To describe methodologically how was done the classification of quality of the diet. The HEI, a single summary measure of diet quality that conformed to the US Dietary Guidelines and the Food Guide Pyramid 18 has the following overall HEI score for diet quality, ranging from 0 to 100. ³ Good diet equals to score between 81-100, while diet needs improvement equals to score of 51-80. Poor diet has score between 0-50 Rewriting the results: I try to clarify them, and I happy to do more if there is any further corrections, recommendations and suggestions.
Minor REVISION comments	In the section "statistical analysis", there is the existence of a sentence in repetition. There are acronyms not written extensively in the manuscript.	
Optional/General comments	The introduction and conclusion of the paper are well written. The methodology and results require improvements to better understand the reader and to enable replication of the study.	