

Comments

The manuscript entitled “Exploring the advantages and disadvantages of a whole foods approach to elevating dietary nitrate intake: Have researchers concentrated too much on beetroot juice?” have explored the potential salutary effects of dietary nitrate in improving markers of cardiovascular and cognitive health, and enhancing exercise performance. The potential advantages and disadvantages of increasing consumption of various whole nitrate-rich vegetables to augment dietary nitrate intake has been discussed in detail. Numerous possible strategies which could be used to help individuals maximize their intake of nitrate via whole vegetables, and outline potential avenues for future research have also been focused. The language needs to be modified and the following comments need to be addressed:

Line 20, 21, 24, 28: Avoid spacing errors.

Line 20: Rewrite sentence

Line 42: Mention in detail which questions have been focussed in the present review.

Line 50-53: Mention in detail how consumption of nitrate can improve performance.

Line 89: How subheading 3.1, 3.2 can be after heading 2, Go through the manuscript and check numbering of each heading and sub heading

Line 102: Avoid repetition; reference [4,32]. [4,32] is repeated, modify sentence

Line 117-120: Rewrite sentence

Line 148-156: Add citation in the content

Line 157-167: Add citation in the content

Line 246: 249: Rewrite sentences

Line 267-278: Add citation

Line 336: Add more studies about benefits of consuming whole nitrate-rich vegetables

Line 473: Modify conclusion. Avoid writing citation in the conclusion, Conclusion should be as per the work reviewed by the author not what others have concluded and observed.

Line 568: Avoid writing old references, replace with the latest one

Line 570: Avoid writing old references, replace with the latest one

General comments: Modify language of the manuscript, modify typographical errors through the manuscript.

Keep uniform formatting while writing references throughout the manuscript