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Ms. Giorgiana Spaller
Nutrients
Section Managing Editor

Genoa, July 06th 2024

Dear Ms. Spaller,

Thank you for your email and the detailed feedback on our manuscript "Advances in diet and physical activity in breast cancer prevention and treatment" by Amr Khalifa and colleagues. We appreciate the reviewers' thorough comments and suggestions, which we found very useful when revising our article.

Below please find our point-by-point reply to the comments raised by the reviewers about our review article

Reviewer #2:

1. *Not comprehensive and focused only/primarily on Med diet.*

   We appreciate the reviewer's valuable suggestion. In response, we have addressed this matter by describing the role of additional dietary regimens, such as calorie restriction (CR), ketogenic diet (KD), and vegan or plant-based diets, in breast cancer prevention and treatment. We believe that these additions strongly increase the value of the article.

2. *Should cover all other diets with the data in more detail*

   We fully agree with the referee and thank them for raising this point. In response, we have included more detailed discussions on other dietary regimens. On page 9, starting from line 339, we discuss CR; on page 11, starting from line 389, we cover the KD; and on page 14, starting from line 509, we address vegan or plant-based diets. For each dietary intervention, we provide an overview of its origins and the most significant potential mechanisms against cancers. We also highlight published and ongoing clinical studies that have applied these dietary interventions to breast cancer (BC) patients. Additionally, we included a table summarizing the published and ongoing clinical trials for each added diet in BC patients and, in some cases, other cancers.

   Furthermore, after each diet section, we emphasized the importance of adhering to established nutritional guidelines for cancer care. We recommend that individuals considering these diets consult with healthcare providers, including oncologists and registered dietitians. Moreover, we have incorporated additional clinical trials that examine the combined effects of both diet and physical activity, as seen on page 30 line 1065 for the NCT04298086 trial (plant-based diet with exercise) and page 30 line 1082 for the NCT03131024 clinical trial (CR and exercise). Please refer to the revised manuscript for these additions.

3. *Also, what about other cancers. So many reviews on the breast cancer topic already. Would be far more novel if focused on other cancers.*

   We acknowledge the relevance of including other types of cancers in our review article. However, we decided to focus on BC, the most common type of cancer in women, due to its significant impact on public health and to recent research efforts focusing on dietary

interventions and physical activity in this context. We appreciate the suggestion and plan to take this advice into consideration for future review articles, where we will aim at exploring the effects of various dietary regimens on other types of cancers.

4. *would be far more complete if a systematic review were performed.*

We highly appreciate the suggestion to perform a systematic review. We do agree that a systematic review of the works that are available would of importance. However, conducting such a systematic review would essentially require starting this work from the beginning and rewriting the entire article. While we recognize the value of a systematic review, we believe that the current format allows us to present a comprehensive overview of the role of various dietary interventions and physical activity in BC prevention and treatment within the scope of this article. We plan to undertake a systematic review and a more thorough analysis of the literature in future publications. We thank the reviewer for their valuable feedback and hope for their understanding.

Thanks again for your consideration.

With my warmest regards,



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