

Editor's Comment:

In my personal opinion, authors have failed to address properly and advocate their initial idea.

Is the Fad diet a single universal plan?

Why are they writing about GI? There is no connection and reference about it in the manuscript.

It seems that the authors are just reviewing some available dietary plans without a clear idea why.

This is not a scientific manuscript. It looks more like a text written for a blog.

Moreover, the authors fail to further address the comments of colleagues as you have provided me with their previous correspondence.

My final decision is to reject the manuscript.

Editor's Details:

Dr. Aneta Popova

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