

**Editor's Comment:**

Dear Editor,

There are still many challenges with the present article. It is not acceptable in this state for publication.

1. Author does not pay any serious attention to full-stops, commas, etc.
2. Very long sentences which are incoherent are often made, making is very difficult to comprehend and even attempt to do some corrections.
3. Many of the paragraphs do not string together. They do not link up and are disjointed. A review is supposed to be one piece of coherent document with clearly defined "introduction section", "the body section" and then "the conclusion". So far it has been very difficult to achieve this objective. The "body section" appears to be just a collection of summaries of studies in low fat and carbohydrates diets. I prefer that a story be told from the collections, rather simply aligning what looks alike abstracts or at best summaries.
4. Author must reorganize the manuscript very well and should be mindful of construction of sentences. For instance; the use of full-stops and commas must be carefully engaged and also capital letters must begin sentences.
5. Author should appreciate that quality sentences would enhance readability, so that further comments from reviewers/editors would then enrich the quality of the paper. In this respect, Author should carefully read the article a couple of times before resubmitting.

I humbly request that these suggestions be made to improve the article. Author should not hurry up to resubmit if the improvement has not been fully done.

**Author's Feedback**

We have reworked on all this sections and corrected as per the comments. We appreciate the comments of the editor for upgrading our manuscript.