

Review of: "The Impact of Dietary Intake and Nutritional Status on Birth Outcomes Among Pregnant Adolescents: A Systematic Review"

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Potential competing interests: No potential competing interests to declare.

This review addresses an important topic that will attract wide readership. The authors sought to establish a link between nutrient intake in adolescent pregnancy and the nutritional status and maternofetal outcomes. While the report is commendable, there are some areas that require clarification to enhance the article's clarity and ease of reference.

Firstly, the target population for the review needs to be clearly defined, as the availability of resources may influence the prevalence of nutritional deficiencies and dietary content. If energy intakes are reported to be below recommended levels, it would be pertinent to explain whether the same research shows macronutrient intakes above the Recommended Dietary Allowance (RDA). If so, the authors should elucidate the mechanism and significance of this discrepancy. The inclusion criteria for the studies in this review require redefinition. Additionally, the introduction lacks sufficient background information to establish the significance of the review. Some of the referenced data lack clarity, and there appears to be a disconnect between the data presented and the subsequent discussion.

To improve readability, the authors should synchronize the data with the underlying mechanisms that establish the association between dietary intake, nutritional status, and birth outcomes among pregnant adolescents. The review would benefit from a more explicit explanation of its intended focus, as the current version seems deficient in addressing its stated aims. There is limited discussion on the link between dietary intake and the nutritional status of mothers or offspring. Furthermore, only a few points address the association of these factors with birth outcomes. I suggest that the authors emphasize this association as a critical point of discussion, as this would better satisfy the review's objectives and enhance its scientific value, making it more valuable for researchers, clinicians, and policymakers working in this area.