

Review of: "How to enjoy your healthy life after 70— suggestions from the science of longevity"

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Potential competing interests: No potential competing interests to declare.

Thanks to the authors for the work done,
however the text needs some small revisions:

- The abstract is clear, the background is confusing and the objective of the study is not clear. It would be preferable to outline it based on background, objective, proposals etc as it is not fluent for the reader;
- Citations are usually not inserted in the abstract, but in the body of the text;
- Citations must always be inserted at the end of the manual and paragraphs cannot be titled with a paper name;
- It must be specified that height is expressed in meters and not in centimeters in the BMI;
- In the introduction macronutrients are linked to environmental problems and then the main amino acids, fatty acids and Chinese cuisine. It's unclear. It is not clear what the objective is, what the authors want to hypothesize, what they want to explain. Merge the body of the text better.
- There are few citations and bibliographical references in the text;
- The paragraphs are not relevant to each other, it is not clear what the objective is, a lot of unrelated information is cited. We go from metabolic syndrome to calcium absorption etc. without a common thread. Finally we talk about resveratrol. Improve everything.