

Review of: "Consumption of Beverage among Secondary and Intermediate Students in Riyadh Schools, Saudi Arabia: A Cross-Sectional Study"

Hamdi Chtourou¹

¹ University of Sfax

Potential competing interests: No potential competing interests to declare.

Water is essential for body hydration to maintain human mental and physical function. However, hot and humid weather, in addition to physical activity, can further increase fluid loss. This study aimed to evaluate beverage consumption among school children aged 12-18 years in Riyadh, Saudi Arabia.

The authors concluded that water was the most significant contributor to fluid consumption in all age groups; however, daily beverage consumption was lower than the World Health Organization recommendation. The largest proportion of adolescents is at risk of inadequate hydration.

The manuscript is well written and present interesting findings. However, some modifications are required:

I suggest adding some hypothesis at the end of the introduction.

More recent references are required.