

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

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Potential competing interests: No potential competing interests to declare.

Review

"Beverage consumption among middle and high school students in Riyadh, Saudi Arabia: a cross-sectional study."

The scientific article presents the results of a study of beverage consumption among high school students in Riyadh, Saudi Arabia.

This topic is very relevant. Because the incidence of diabetes mellitus, diseases of the gastrointestinal tract, nervous system and other diseases associated with the consumption of especially energy drinks is increasing among students. According to doctors, drinking especially energy drinks leads to nervousness, insomnia and stomach upset. Invigorating drinks can lead to diabetes and even liver dystrophy.

But the grouping and analysis of the data obtained is not entirely clear to me. Drinks are mainly divided into: refreshing, invigorating, natural fruit juices, cola and mineral waters. Milk is not a thirst quencher. Milk is a nutritious liquid containing more than 100 nutrients. It is a source of proteins, fats, carbohydrates, minerals, vitamins, organic acids and enzymes. Therefore, it was necessary to group and analyze according to classification rules, for example, refreshing, invigorating, natural fruit juices, Cola drinks, mineral waters and drinking water. It would be better to group the received data according to requirements and check the reliability of the data obtained.

I recommend correcting the article, and then I consider it possible to publish this publication.

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