

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.

The ms explores the correlation between diet and wellbeing.

I believe the author can offer more practical insights, a deeper exploration of how specific components of food impact wellbeing in different contexts would greatly enrich the content's value for the readers.

Moreover, the incorporation of well-structured tables and figures could significantly enhance the presentation of key findings and insights.

Last, I suggest to work out on conclusions to bring summarize conclusions.