

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.

Assess Compliance with Nutritional Recommendations

-Action: Incorporate findings or recommend future studies that assess compliance with nutritional supplementation (iron, folate, etc.) and other dietary recommendations.

- Justification: Non-compliance is a significant factor contributing to anemia and poor birth outcomes, yet many studies fail to measure or account for this variable.

- Implementation: Add a section discussing the impact of non-compliance and the reasons behind it (e.g., side effects, cultural beliefs, access to supplements). Recommend future research to assess compliance more thoroughly.