

REVIEWER'S REPORT

Manuscript No.: IJAR-53484

Date: 21/08/2025

Title: Seasonal Variations in Nutrient Composition of Selected Fruits and Their Implications for Type 2 Diabetic Management

Recommendation:

Accept as it is ☐☐☒☐☐

Accept after minor revision ☐☐☐☐

Accept after major revision ☐☐☐☐☐

Do not accept (*Reasons below*) ☐☐☐

Rating	Excel.	Good	Fair	Poor
Originality	✓			
Techn. Quality		✓		
Clarity		✓		
Significance		✓		

Reviewer Name: Sakshi Jaju

Date: 21/08/2025

Reviewer's Comment for Publication.

The study is important because it shows how the nutrient content of tropical fruits (banana, pawpaw, orange, pineapple, watermelon) changes with seasons, and how this affects people with type 2 diabetes. It highlights that rainy season fruits usually have lower sugar and more Vitamin C, while dry season fruits have more sugars but also more B vitamins and minerals.

Strengths:

1. Focuses on a practical health issue relevant for diabetes management.
2. Covers many nutrients (proteins, vitamins, minerals, antioxidants).
3. Provides clear seasonal comparisons.

Weaknesses:

1. No detailed clinical trials; only laboratory analysis.
2. Sample size (limited to Ibadan market) may not represent all regions.
3. Practical dietary guidelines for patients were not deeply discussed.
4. No practical formulation data is mentioned.

Overall Assessment:

The paper is well-structured but has long technical explanations that may be hard for general readers.

Recommendation:

Manuscript accepted for the publication.