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REVIEWER'S REPORT

Manuscript No.: IJAR-56041

Title: Nutritional Profile of Chadian Elite Combat Athletes: A Quantitative Approach in the Pre-Competitive Phase

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: Dr S. K. Nath

Date: 03.02.26

Detailed Reviewer's Report

Strengths of the Study

- The study addresses a significant gap by providing novel data on the nutritional status of Chadian combat athletes, a relatively unexplored population in sports nutrition research.
- It applies a comprehensive approach assessing energy, macro-, and micronutrient intake during an important pre-competitive phase.
- The methodology, including the use of 24-hour dietary recall supplemented with food portion photographs and local food composition data, enhances data reliability.
- Ethical considerations, including approval from relevant authorities and informed consent, are appropriately addressed.
- The findings contribute valuable insights for developing targeted nutritional interventions and strategies tailored to African athletes.

Weaknesses of the Study

- The sample size, though justified statistically, remains limited in scope and may not be representative of the broader population of combat athletes in Chad or Sub-Saharan Africa.
- The cross-sectional design provides only a snapshot; longitudinal assessments could better capture dietary variations over training cycles.
- Reliance on a single 24-hour dietary recall might not reflect habitual intake, and potential recall bias is not fully mitigated.
- Limited details on the validation of dietary assessment tools and food composition data collection procedures.
- The statistical analysis descriptions are insufficient; detailed information on the specific tests used and handling of confounding factors is lacking.
- The discussion sometimes over-relies on comparisons with international data without contextualizing the socio-economic and cultural specificities affecting dietary habits.
- Minor language and typographical errors diminish overall clarity; some sentences require grammatical refinement.
- Tables, references, and formatting could benefit from enhanced clarity and consistency.

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Reviewer Comments

- **Title and Abstract:** The title accurately reflects the study's focus. The abstract is comprehensive but could benefit from clearer structuring, emphasizing key findings and their implications more succinctly.
- **Introduction and Objectives:** The introduction effectively highlights the importance of nutrition in combat sports, but it could better clarify the specific aims and hypotheses of the study.
- **Methodology:** The methodology section is detailed, though more justification for using a single dietary recall and validation methods for dietary assessment would strengthen the paper. Clarify handling of potential recall bias and describe statistical tests more explicitly.
- **Results and Discussion:** Results are clearly presented, with appropriate statistical comparisons. The discussion thoughtfully contextualizes the findings but sometimes overgeneralizes comparisons with other populations without sufficient consideration of local dietary and socio-economic factors. Consider integrating more critical analysis of cultural diet influences.
- **Conclusion and Implications:** The conclusions are supported by data; recommendations for nutritional strategies are appropriate. However, the implications could be expanded to address possible intervention pathways.
- **Ethical Clearance:** Ethical approval was obtained from the relevant authority, including approval and authorization numbers. Informed consent procedures are described properly.
- **Language and Presentation:** Language editing is recommended to improve clarity and grammatical accuracy. Consistency in formatting tables and references would improve the overall professionalism.
- **Tables, Figures, References:** Tables are generally clear but could benefit from more precise labeling. Ensure consistent formatting across all tables and references.

Additional Note: A thorough check for prior online publication or redundancy indicates that this specific case report has not been published elsewhere, based on available data. Nevertheless, a standard disclosure confirming originality should be included before publication.