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REVIEWER'S REPORT

Manuscript No.: IJAR-56049

Title: Investigating the Role of Traditional Indian Diets in Diabetes Risk

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

Reviewer's Comment for Publication.

The article reviews how traditional Indian diets affect the risk of type 2 diabetes using glycemic index and glycemic load concepts. It shows that diets rich in millets, pulses, and fermented foods help control blood sugar, while modern processed foods increase diabetes risk.

Strength:

1. Relevant and important topic
2. Well-organized and informative
3. Uses reliable data and recent references
4. Culturally appropriate recommendations

Weakness:

1. Too lengthy in some sections
2. Minor grammar issues
3. Literature review method not clearly explained

Overall assessment:

The article is informative and useful. With small edits and better clarity, it is suitable for publication.

Recommendation: Manuscript accepted for publication after minor corrections.