

Basic Reporting

The introduction provides a clear overview of the issue, i.e., obesity among soldiers, its health implications, and the need for interventions. It effectively sets the context for the study. The mention of micronutrient deficiencies with further calorie reduction is relevant and emphasizes the need for a balanced diet during weight loss programs.

Some points should be corrected and clarified. The details as below,

Clarify how the macronutrient distribution was determined. Was it based on individual dietary needs or general guidelines?

Line 94 The clinical data were determined using standard methods. Method should be cited here by another study please.

Somewhere authors used milpa diet as italicized and somewhere don't...make it uniform throughout the document.

Analysis of diets was conducted using the Food Processor software. What is the software name, model number company, manufacturer city and country.

Make sure all the units, formulas and abbreviations used in the manuscript are according to the journal's guidelines, for this please check the author guideline section of the journal.

There is some typo and grammatical mistake should be rectifying in the revised version of the manuscript.

The authors should double check the citation format in main body of manuscript.

Experimental design

Line 84 Clarify the term "improvement center" and provide more context about its role in recruiting military personnel.

Specify the criteria used for selecting participants with obesity. For example, mention if there were any exclusion criteria apart from having a BMI >30 kg/m².

Provide more details about the gradual reduction of total energy intake. How was this reduction achieved in terms of specific food items or portion sizes?

Clarify how the macronutrient distribution was determined. Was it based on individual dietary needs or general guidelines?

Specify the rationale for collecting urine samples and how they relate to the study's objectives?

Explain the role behind using multivariate algorithms for exploratory analysis and how they contribute to the study's objectives.

If manuscript is in English then authors should submit an English version of ethical statement.

Validity of the findings

Although the study is good in terms of its purpose but manuscript is lacking specifically about its structure.

In conclusion you did not mention how much weight loss you achieved in soldiers? Conclusions should be linked with the goals of the study.

The study is novel, engaging, and worth to be improved in its structural form.

Additional

Here are some suggestions about long sentences into short and readable form. BMI formula should be mention in correct form.

Line 36-38

Original: Soldiers with obesity suffer the same health risks as the civilian population, such as hypertension, insulin resistance, and dyslipidemia, eventually leading to chronic diseases and premature death (Alberti et al., 2009).

Revised: Obese soldiers face similar health risks as civilians, such as hypertension, insulin resistance, and dyslipidemia, which can lead to chronic diseases and premature death (Alberti et al., 2009).

Line 38-39 Original: In addition, their reduced physical fitness and mobility can get them and their team into dangerous situations during military operations.

Revised: Their reduced physical fitness and mobility can endanger them and their team during military operations.

Line 43-45 Original: The fast-rising obesity rate has prompted military leaders to take action to address the issue and implement programs to help soldiers lose weight and improve their overall health.

Revised: The rapid increase in obesity has led military leaders to implement weight loss programs for soldiers, aiming to improve their health.

Line 45-46 Original: The army developed a 60-day weight loss course, allowing participants to lose weight quickly.

Revised: The army designed a 60-day weight loss course for rapid weight reduction.

Line 48-50 Original: For a weight reduction of 0.5 to 1.0 kg per week, or 2.0 to 4.0 kg per month, the daily energy intake must be reduced by 500 to 1000 kcal, combined with regular physical activity (Bischof and Schweinlin, 2020).

Revised: To achieve weight reduction goals (0.5-1.0 kg per week or 2.0-4.0 kg per month), daily energy intake should be reduced by 500-1000 kcal alongside regular physical activity (Bischof and Schweinlin, 2020).

Line 64 The consumption of *Junk Food*.... Why it is italic here?

Line 68-70 Original: The study participants, personnel from the Mexican Army who were overweight or obese, underwent physical activation for 60 days at the Lifestyle Improvement and Health Center of the Physical and Aquatic Skills Program.

Revised: Overweight or obese personnel from the Mexican Army participated in a 60-day physical activation program at the Lifestyle Improvement and Health Center.

Line 218 World Organization for Health (WHO)...kindly correct it please.