

World Journal of Experimental Medicine

**Manuscript NO: 57434**

**The Role of Diet and Nutrition in Inflammatory Bowel Disease**

Na Ma, Company Editor-in-Chief, Editorial Office  
World Journal of Experimental Medicine

Dear Dr. Ma,

Thank you for allowing us to resubmit our revised manuscript. We have modified the text in accordance with the reviewer's comments and have also provided a point-by-point reply to their concerns.

We hope that after these revisions our manuscript now meets the required standards for publication in World Journal of Experimental Medicine. We agree with and are thankful for the reviewers' comments, for they greatly contributed to enriching the quality of the manuscript.

Best regards,

Prof. Raquel Franco Leal

## Point-by-point Reply to Reviewers' Comments:

### REVIEWER 1

The link between IBD and diet is often unclear due to the large amount of epidemiological survey data. There are also guidelines for IBD and diet, but there is not much new evidence and it lacks freshness.

**Question 1:** This paper reviews a variety of foods and nutrients, but it should be a little more compact due to the large amount of text. The relationship between nutrients and IBD pathogenesis is important, but since the micronutrients section is an effect after the onset of IBD, it is better to omit this part.

**Answer 1:** Thank you for your comments regarding our paper. We agree that this paper should be more compact, so we have omitted the micronutrients section.

**Question 2:** It should be explained what is different between UC and CD in relation to diet and nutrients, not IBD.

**Answer 2:** We clarified this point in the text:

- Section NUTRITIONAL FACTORS AND IBD, Page 6: "In this review we will address the potential aspects of these dietary compounds in IBD based on recent literature, as well as to describe the differences between UC and CD in relation to these compounds."

- Section REMARKS AND CONCLUSION, Page 19: "The data point out the importance of nutrients in the etiopathogenesis and management of IBD. In particular, components such as breastfeeding and high intake of n-3 PUFAs might have a protective effect on UC, while a high consumption of sucrose, animal fat and cholesterol, as well as the linoleic acid are associated with increased risk of UC. Regarding CD, breastfeeding and high intake of fiber may protect against the disease, whilst high sucrose, saturated fats and monosaccharides intake, and a long-term fast food consumption are considered risk factors."

**Question 3:** Regarding PUFA and fiber, it is easier to understand the effect of IBD on mucosal immunity with a figure.

**Answer 3:** We have now created **Figure 2** - Description of the effects of PUFAs and fiber in the intestinal mucosa of IBD. Mechanisms related to the effects of PUFAs on IBD (**A**). Mechanisms related to the effects of fiber on IBD (**B**). PUFAs: polyunsaturated fatty acids. UC: Ulcerative colitis. CD: Crohn's disease. IBD: Inflammatory bowel disease. (Page 11).

- Section *Macronutrients*, Page 8: "Figure 2 describes the effects of PUFAs on IBD."

- Section *Fiber*, Page 10: "Figure 2 describes the effects of fiber on IBD."

We included on more author in our paper (Beatriz Piatezzi Siqueira). She greatly helped the Figure 2 edition and also contributed to the final revised version of the manuscript. For this, we upload again the archived named BPG\_Copyright\_License\_Agreement\_v2.pdf as well as included her conflict of interest statement in the archive named Conflict-of-interest\_statement\_all authors\_v2.pdf

#### **EDITORIAL OFFICE'S COMMENTS** - Science editor

Authors must revise the manuscript according to the Editorial Office's comments and suggestions, which are listed below:

Scientific quality: The manuscript describes a review of the role of diet and nutrition in inflammatory bowel disease. The topic is within the scope of the WJEM.

Summary of the Peer-Review Report: This paper reviews a variety of foods and nutrients, but it should be shorten. However, the manuscript was based on a descriptive analysis.

**Question 4:** Regarding PUFA and fiber, it is easier to understand the effect of IBD on mucosal immunity with a figure.

**Answer 4:** We have now created **Figure 2** - Description of the effects of PUFAs and fiber in the intestinal mucosa of IBD. Mechanisms related to the effects of PUFAs on IBD (**A**). Mechanisms related to the effects of fiber on IBD (**B**). PUFAs: polyunsaturated fatty acids. UC: Ulcerative colitis. CD: Crohn's disease. IBD: Inflammatory bowel disease. (Page 11).

- Section *Macronutrients*, Page 8: "Figure 2 describes the effects of PUFAs on IBD."
- Section *Fiber*, Page 10: "Figure 2 describes the effects of fiber on IBD."

**Question 5:** The authors did not provide the approved grant application form(s). Please upload the approved grant application form(s) or funding agency copy of any approval document(s);

**Answer 5:** The grant application forms have now been uploaded.

**Question 6:** The authors did not provide original pictures. Please provide the original figure documents. Please prepare and arrange the figures using PowerPoint to ensure that all graphs or arrows or text portions can be reprocessed by the editor;

**Answer 6:** The original figures have now been provided using PowerPoint.

**Question 7:** The revised manuscript should be in word format.

**Answer 7:** The revised manuscript is now in word format.