12/13/22

Journal Name: Functional Foods in Health and Disease

Name of Article: The effect of daily peanut consumption on cognitive function and indicators of mental health among healthy young women

Name of Author(s): Nicole Reeder, Terezie Tolar-Peterson, Grace A. Adegoye, Erin Dickinson, Emily McFatter

Dear Editorial Team and Editor-In-Chief:

We are thankful for the valuable comments, suggestions and corrections from the reviewers. We have addressed the reviewers’ comments below and revised the manuscript accordingly. All revisions were done with track changes.

Response to Concerns:

**REFEREES’ & EDITORIAL COMMENTS:**

1. ***Introduction***
   1. Highlighted the diseases. But the authors should indicate the status of the plant, the cause of the selection of this plant, and so on.

**We are not certain what is meant by status of the plant, but selection of the plant was based on the goal of quantifying the effect of skinless peanuts (a much more commonly consumed version of the plant than peanuts with skins) on cognitive function and indicators of mental health (lines 68-73).**

* 1. Extend the introduction and discussion by adding some more relevant evidences from the literature presenting the impact of polyphenols on cognitive functions and mental health.

**Thank you, we added additional information in lines 59-67.**

1. ***Content***
   1. Why did the authors decide to enrolled only female subjects in the study? What is the rationale for this?

**We elected to only recruit women in order to eliminate a potential source of extraneous variation in our findings as we knew with the sample size that the budget allowed that we would not have adequate power to do any analyses separated by gender.**

* 1. what is the rationale for the size of portioned packets of peanuts (e.g. 49 g/day)? Did the authors refer to other studies in the literature?

**This quantity was chosen based on two things: prior literature and ensuring we were choosing a quantity of peanuts that would serve as a normal, reasonable snack portion that would not overburden our participants (lines 110-112).**

* 1. which will be the future perspective of this study? The authors may disclose better this point in the conclusions.

**Thank you, see lines 340-343.**

1. ***Graphics***
   1. A graphical representation summarizing the major findings of the study would be advisable.

**We added a graphical abstract.**

1. ***Graphical Abstract***
   1. The graphical abstract portion is a visual representation of the article that readers should be able to understand within a quick glance. should be equivalent to the written abstract portion of the article. This should focus on providing readers with a visual summary of the main topics and findings from the article.
      1. Try to have good use of colors to make it stand out
      2. Keep the amount of words minimal while maintaining empty space around the text
      3. Flow diagrams and visual representations are good ideas for the graphical abstracts

**We added a graphical abstract.**

1. ***Table***
   1. Table 2. All tables should be produced in Microsoft Word and not as images.

**Table 2 was produced in Microsoft Word and is not an image. Please let us know if there is any further difficulty with table 2.**

1. ***Conclusion***
   1. This should state clearly the main conclusions of the research and give a clear explanation of their importance and relevance.

**Main conclusions of the research: lines 336-342**

**Importance and relevance of main conclusions: lines 342-345**

1. **Include sections after Conclusion:** Abbreviations, Authors Contribution, Competing Interests and Acknowledgment/Funding.
   1. The list of abbreviations should be formatted as Abbreviation: word, Abbreviation 2: word 2, etc.

**Thank you, we have re-formatted this section.**

1. **References**
   1. Proper in text citations
   2. In text citations for our journal is in the format with [#] where the number corresponds with what is in the reference
   3. All Authors must be included, up to seven names.
   4. Please have all continuous numbers separated with a dash. For example: [3-4]. [7-9].
   5. Do not use the symbol “&” within reference section.
   6. Per journal reference rules, symbols such as “&” cannot be used in the reference section and should be written out in “and”
   7. URL’s should be excluded or link directly with DOI.
   8. Per journal guidelines, there should not be any links to web addresses unless it can only be considered an internet resource. Online journal articles should use consistence clickable DOI links; See reference link 12 within manuscript.
   9. Please make sure each reference is properly formatted. The submissions page here: <https://ffhdj.com/index.php/ffhd/about/submissions> shows the proper formats under section “i. References”
   10. Reference 37 should be replaced by recent reference:
       1. Zia-Ul-Haq, M. (2021). Historical and Introductory Aspects of Carotenoids. In: Zia-Ul-Haq, M., Dewanjee, S., Riaz, M. (eds) Carotenoids: Structure and Function in the Human Body. Springer, Cham. <https://doi.org/10.1007/978-3-030-46459-2_1>

**Thank you, we have removed all instances of “&” in the references and replaced all continuous in-text references with dashes instead of commas. DOIs have also been edited to be clickable as well as other general re-formatting of references to FFHD style.**

**We are not sure what is meant by the suggestion to replace reference #37. The suggested reference does not appear relevant to our included reference which is about consumption of various peanut products in the United States. Therefore, we kept our original reference.**

1. **Double check your Grammar/English quality**
   1. We offer an English/grammar fixing service

**Thank you, we have proofread the article for grammar/English.**

1. **Author information on first page**
   1. Include only include the authors full name (first, last) and corresponding affiliation
   2. Emails and phone numbers are not needed.

**Contact info has been removed and one author’s affiliation has been updated to reflect a change in position since article submission.**

1. **Correct use of the term Functional Food, as proposed by the FFC**
   1. Given that the article is being published in the journal of Functional Foods in Health and Disease we ask that you please include information about functional foods including definitions. It is imperative that our articles are following the guidelines and criteria that the FFC sets for 'functional foods'. Make sure any use of the term ‘functional food’ corresponds with the FFC’s standard. You are welcome to search articles on Functional Food definition and steps how to create functional foods in the journal(s) website (www.ffhdj.com).
      1. Here is one recently published article on that topic: <https://ffhdj.com/index.php/FunctionalFoodScience/article/view/890/1563>
   2. Given the subject of the article, we recommended reading some theoretical articles from Bioactive Compounds in Health and Disease, making sure they are understood, and mentioning Functional Foods Centers theories about Functional Foods and Bioactive Compounds.
      1. Please review this theoretical article about bioactive compounds: <https://www.ffhdj.com/index.php/FunctionalFoodScience/article/view/919/1609>
   3. There is noted use of functional foods connotations within the article, but the meaning of functional foods is not clearly defined enough.
      1. For future details about the functional food definition by functional food center, we recommend that authors review the following articles on FF definition and steps how to create functional food products.
         1. <https://ffhdj.com/index.php/ffhd/article/view/788/1416>
         2. <https://ffhdj.com/index.php/ffhd/article/view/831/1477>

**Thank you, we have added mentions of functional foods and functional food products to the conclusion (lines 346-355).**

I hope that the reviewers’ comments have been properly addressed and appreciate the opportunity to submit a revised manuscript.

Sincerely,

Nicole Reeder, PhD, RD

Mississippi State University

Nr657@msstate.edu