Even though the idea sounds interesting, there are some points need clarification. In this manuscript, there is also no mention of which elderly population is targeted, the diet will be modified according to whether it is a healthy adult or not and the availability of food will depend on other important factors, such as the place where you live, the gastronomic culture, etc. The authors have not considered the bioavailability of nutrients from plant products, such as proteins, which will depend on several factors, including the nutrient content of the soil, the preparation of meals, etc.

**Major points**

1. The title should be improved, for example “Nutritional therapy in aging to support the mind and muscles”. The abstract should be a summary of the main points of this mini review. Only the first time an abbreviation appears, the full name must be entered, such as, MIND (What does it mean), National Health and Nutrition Examination Survey (NHANES), and so on. The authors said “the only nutritional approach…” Is this true, or could it be true in the future if supported by longitudinal studies? The main aim and conclusion of this review should be the same throughout the manuscript. Authors should not use the words that appear in the title as keywords. References should be recent and relevant.
2. The introduction section is too concise, more information on nutritional status in the 'healthy' aging adult is needed to establish the relevance of this mini review. Part of the state of health of the "mind" and "muscle" of the older adult will depend on having maintained an adequate nutritional and physical state in previous years, right?
3. The mind: In what type of patients were these epidemiological studies carried out? What type of food is associated with vitamin B12?
4. Ketogenic diet: …diet, similar to the MIND diet, may improve cognition with aging and prevent age-related neurodegenerative disorders. How does this situation happen? The number of studies on the benefits of the ketogenic diet is not comparable to the results obtained with the MIND diet. What the authors explain about the ketogenic diet should be framed in this context. For the authors, at this time, what would be the right diet to maintain a healthy brain?
5. The muscle: What is the bioavailability of proteins from plants?

Calorie restriction: … calorie restriction of ~12% less than habitual intake improves indicators of longevity and population health. Compared to what usual intake? …preservation of both the mind and muscle. How would this be?

1. The conclusion needs to improve. …ketogenic diet…It has not been proven; it is not conclusive.

I encourage the authors to rewrite the manuscript, thinking about the main objective of this review and what would be improved if they added more details about the studies on which this mini-review is based.