| Section/Topic       | Item No | Item                                                                 | Reported on Page Number/Line Number | Reported on Section/Paragraph |
|--------------------|---------|----------------------------------------------------------------------|------------------------------------|------------------------------|
| **TITLE**          |         |                                                                      |                                    |                              |
| Title              | 1       | Identify the report as a Narrative Review of …                      | Page 1/line 1                      | Title page                   |
| **ABSTRACT**       |         |                                                                      |                                    |                              |
| Unstructured summary | 2      | Provide an unstructured summary including, as applicable: background, objective, brief summary of narrative review and implications for future research, and clinical practice or policy development. | Page 2/limes 29-47                | Abstract section/para 1-4    |
| **INTRODUCTION**   |         |                                                                      |                                    |                              |
| Rationale/background | 3      | Describe the rationale for the review in the context of what is already known. | Page 3 / line 53-75               | Introduction/ para 1-2       |
| Objectives         | 4       | Specify the key question(s) identified for the review topic.        | Page 4/ line 76-82                 | Introduction/paragraph 3    |
| **METHODS**        |         |                                                                      |                                    |                              |
| Research selection | 5       | Specify the process for identifying the literature search (eg, years considered, language, publication status, study design, and databases of coverage). | Page 4 and 5/ line 85-105         | Materials and Methods/para 1-3|
| **DISCUSSION/SUMMARY** |     |                                                                      |                                    |                              |
| Narrative          | 6       | Discuss: 1) research reviewed including fundamental or key findings, 2) limitations and/or quality of research reviewed, and 3) need for future research. | Page 5-10/ line 107-238           | Narrative all paragraphs    |
| Summary            | 7       | Provide an overall interpretation of the narrative review in the context of clinical practice and/or the Nutrition Care Process for registered dietitian nutritionists, clinical practice for other health professionals, policy development and implementation, or future research. | Page 11-16/ line 241-359         | Summary all paragraphs      |

*As the checklist was provided upon initial submission, the page number/line number reported may be changed due to copyediting and may not be referable in the published version. In this case, the section/paragraph may be used as an alternative reference.*