### Narrative Review Checklist

| 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 …                       | Page1/line1-2                      | Title                        |
| **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. | Page2/line2-15                     | Abstract/Para1                |
| **INTRODUCTION**           |         |                                                                      |                                    |                              |
| Rationale/background        | 3       | Describe the rationale for the review in the context of what is already known. | Page3/line2-14                     | Introduction/Para1-2          |
| Objectives                  | 4       | Specify the key question(s) identified for the review topic.         | Page3/line15-20                    | Introduction/Para1            |
| **METHODS**                |         |                                                                      |                                    |                              |
| Research selection          | 5       | Specify the process for identifying the literature search (eg, years considered, language, publication status, study design, and databases of coverage). | Page4/line18-21                    | Introduction/Para2            |
| **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. | Page18/line7-22                    | Challenges and Perspectives/Para1-2 |
| 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. | Page21/line18-22                   | Conclusions/Para1             |

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*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.