## 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 …                       | 1/3                                 | 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. | 1/15-21                           | Abstract                     |
| **INTRODUCTION**  |         |                                                                      |                                     |                              |
| Rationale/background | 3 | Describe the rationale for the review in the context of what is already known. | 1/24-32                           | Introduction/1                |
| Objectives        | 4       | Specify the key question(s) identified for the review topic.         | 1-2/33-39                          | Introduction/2                |
| **METHODS**       |         |                                                                      |                                     |                              |
| Research selection | 5     | Specify the process for identifying the literature search (eg, years considered, language, publication status, study design, and databases of coverage). | 2/41-45                           | Methods/1                     |
| **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. | 2-7/48-314                        | From Inflammation to Other effects |
| 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. | 8/316-327                        | Conclusion                    |

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