| 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                        |
| **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 1 / Line 23-30                | Abstract / Para 1            |
| **INTRODUCTION**     |         |                                                                      |                                     |                              |
| Rationale/background | 3       | Describe the rationale for the review in the context of what is already known. | Page 2 / Line 32-54                | Introduction / Para 1 and 2   |
| Objectives           | 4       | Specify the key question(s) identified for the review topic.        | Page 2 / Line 51-53                 | Introduction / Para 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 3 / Line 57-71                | Method / Para 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. | Page 3 / Line 74-81                | Discussion / Para 1          |
| 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 4 / Line 82-91                | Discussion / Para 2 and 3    |

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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.