**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 …                      | Page 1 - Line 5-6                   | Section: 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 3 - Line 59-85               | Section: Abstract Paragraph: 1 |
| **INTRODUCTION**    |         |                                                                      |                                     |                             |
| Rationale/background| 3       | Describe the rationale for the review in the context of what is already known. | Page 4 - Line 95-103               | Section: Introduction;       |
| Objectives          | 4       | Specify the key question(s) identified for the review topic.        | Page 4 - Line 103-107               | Section: Introduction       |
| **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 4.5 - Line 110-126            | Section: Materials and methods Paragraph: 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 7, 10 - 1) Line 165-227, 2) Line 228-236 3) 372-376 | Section: Discussion Paragraph: 1-7 |
| 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 10 - Line 239-243             | Section: Conclusion Paragraph: 1 |

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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.*