### 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 …                | 1-2                                 |                               |
|               |         | ABSTRACT 2 Provide an unstructured summary including, as applicable:  | 13-20                               | Added between title and       |
|               |         | background, objective, brief summary of narrative review and        |                                     | abstract                      |
|               |         | implications for future research, and clinical practice or policy   |                                     |                               |
|               |         | development.                                                        |                                     |                               |
| **INTRODUCTION** |       | INTRODUCTION 3 Describe the rationale for the review in the context  | 75-77                               | Already present in the        |
|               |         | of what is already known.                                           |                                     |                               |
|               |         | Objectives 4 Specify the key question(s) identified for the review  | 77-80                               | Added at the end of the       |
|               |         | topic.                                                              |                                     |                               |
| **METHODS**   |         | METHODS 5 Specify the process for identifying the literature search | 75-76                               | Added in the introduction     |
|               |         | (eg, years considered, language, publication status, study design,  |                                     |                               |
|               |         | and databases of coverage).                                         |                                     |                               |
| **DISCUSSION/SUMMARY** |   | DISCUSSION/SUMMARY 6 Discuss: 1) research reviewed including        | 397-445                             | Please see perspectives       |
|               |         | fundamental or key findings, 2) limitations and/or quality of       |                                     |                               |
|               |         | research reviewed, and 3) need for future research.                 |                                     |                               |
|               |         | 7) Provide an overall interpretation of the narrative review in the  | 447-461                             | Please see conclusions        |
|               |         | 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.                                                     |                                     |                               |

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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.*