### 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 2, lines 42 and 43            | Abstract                     |
| **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 2, lines 43-45              | Abstract                     |
| **INTRODUCTION**    |         |                                                                        |                                    |                              |
| Rationale/background| 3       | Describe the rationale for the review in the context of what is already known. | page 2, line 51-72               | Introduction                 |
| Objectives          | 4       | Specify the key question(s) identified for the review topic.          | page 2, line 69-71                | 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 2-3, lines 73-79            | Methods                      |
| **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 3-6, lines 75-229           |                              |
| 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 6, lines 232-242           | Summary                      |

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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.*