

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 ...	Page1 /Line1-2	Title/Paragraph1
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.	Page2/Line26-41	Abstract /Paragraph1
INTRODUCTION				
Rationale/background	3	Describe the rationale for the review in the context of what is already known.	Page3/Line46-68	Introduction/Paragraph1
Objectives	4	Specify the key question(s) identified for the review topic.	Page3/Line69-71	Introduction/Paragraph2
METHODS				
Research selection	5	Specify the process for identifying the literature search (eg, years considered, language, publication status, study design, and databases of coverage).	N/A	Not applicable for our paper
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.	Page3-7/Line73-189	Main text/Paragraph1-7
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.	Page7-8/Line191-201	Conclusion/Paragraph1

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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.