Table S1. Quality assessment of articles included in this Review. The final quality rating was based on the number of "No" answers to the 10 quality criteria as well as the number of unclear (Ucl) answers to the sub-questions within these criteria (data not shown).

Rating: Strong Moderate Weak	Andersson 2008	Bathla 2016	Haas 2014	Rajagopalan 2000	Reddy 2014	Reddy 2016	Vinodkumar 2007	Wenger 2017	Zimmermann 2003	Zimmermann 2004	Longfils 2008	Van Thuy 2005	Kumar 2007	Kumar 2014	Vinodkumar 2009_1	Vinodkumar 2009_2	Chen 2005	Huo 2002	Zimmermann 2004	Winichagoon 2006	Wegmuller 2006	Nair 2014	Asibey-Berko 2007
Overall Quality Rating													•										
 Would implementing the studied intervention or procedure (if found successful) result in improved outcomes for the patients/ clients/ population group? 	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
2. Did the authors study an outcome or topic that the patients/ clients/ population group would care about?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
3. Is the focus of the intervention or procedure or topic of study a common issue of concern to dietetics practice?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4. Is the intervention or procedure feasible?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1. Was the research question clearly stated?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
2. Was the <u>selection</u> of study subjects/patients free from bias?	Yes	Yes	Yes	Yes	Ucl	Ucl	Yes	Yes	Yes	Yes	Yes	Yes	Ucl	Yes	Ucl	Ucl	Yes	Yes	Yes	Yes	Yes	Ucl	Yes
																					-		
3. Were <u>study groups comparable</u> ?	Yes	Yes	Yes	Yes	Ucl	Yes	Ucl	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Ucl	Ucl	Yes	Yes	Yes	Yes	Yes	Ucl	Yes
 Were <u>study groups comparable</u>? Was method of handling <u>withdrawals described</u>? 																					Yes Yes		
		Yes		Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes	Yes	Yes	Yes		Yes	Ucl		Yes		Yes	
4. Was method of handling <u>withdrawals</u> described?	Yes Yes	Yes No	Yes Yes	Yes Yes	Yes No	Yes No	Yes Ucl	Yes Yes	Yes Yes	Yes Yes	Yes Ucl	Yes Ucl	Yes No	Yes No	Yes No	Yes No	Yes Yes	Ucl No	Yes Yes	Yes No	Yes	Yes No	Yes
4. Was method of handling <u>withdrawals</u> described? 5. Was <u>blinding</u> used to prevent introduction of bias? 6. Were <u>intervention</u> /therapeutic regimens/exposure factor or	Yes Yes Yes	Yes No Yes	Yes Yes Yes	Yes Yes Yes	Yes No Yes	Yes No Yes	Yes Ucl Yes	Yes Yes Yes	Yes Yes Yes	Yes Yes Yes	Yes Ucl Yes	Yes Ucl Yes	Yes No Yes	Yes No Yes	Yes No Yes	Yes No Yes	Yes Yes Yes	Ucl No Yes	Yes Yes Yes	Yes No Yes	Yes Yes	Yes No No	Yes Yes Yes
 4. Was method of handling <u>withdrawals</u> described? 5. Was <u>blinding</u> used to prevent introduction of bias? 6. Were <u>intervention</u>/therapeutic regimens/exposure factor or procedure and any comparison(s) described in detail? 7. Were <u>outcomes</u> clearly defined and the <u>measurements valid and reliable</u>? 8. Was the <u>statistical analysis</u> appropriate for the study design and type of outcome indicators? 	Yes Yes Yes Yes	Yes No Yes Ucl	Yes Yes Yes Yes	Yes Yes Yes Yes	Yes No Yes Yes	Yes No Yes Yes	Yes Ucl Yes Yes	Yes Yes Yes Yes	Yes Yes Yes Yes	Yes Yes Yes Yes	Yes Ucl Yes Yes	Yes Ucl Yes Yes	Yes No Yes Yes	Yes No Yes Yes	Yes No Yes Yes	Yes No Yes Yes	Yes Yes Yes Yes	Ucl No Yes Yes	Yes Yes Yes Yes	Yes No Yes Yes	Yes Yes Yes	Yes No No Yes	Yes Yes Yes
 4. Was method of handling <u>withdrawals</u> described? 5. Was <u>blinding</u> used to prevent introduction of bias? 6. Were <u>intervention</u>/therapeutic regimens/exposure factor or procedure and any comparison(s) described in detail? 7. Were <u>outcomes</u> clearly defined and the <u>measurements valid and reliable</u>? 8. Was the <u>statistical analysis</u> appropriate for the study design and 	Yes Yes Yes Yes	Yes No Yes Ucl No	Yes Yes Yes Yes Yes	Yes Yes Yes Yes No	Yes No Yes Yes	Yes No Yes Yes No	Yes Ucl Yes Yes No	Yes Yes Yes Yes Yes	Yes Yes Yes Yes	Yes Yes Yes Yes Yes	Yes Ucl Yes Yes Yes	Yes Ucl Yes Yes Yes	Yes No Yes Yes Yes	Yes No Yes Yes Yes	Yes No Yes Yes Yes	Yes No Yes Yes Yes	Yes Yes Yes Yes	Ucl No Yes Yes No	Yes Yes Yes Yes Yes	Yes No Yes Yes Yes	Yes Yes Yes Yes	Yes No Yes No	Yes Yes Yes Yes