

## Online Supporting Material

**Supplemental Table 1: Practice Based Evidence in Nutrition (PEN) grading; a summary of the criteria used for grading (25)**

<b>Grade</b>	<b>Criteria</b>
<b>Good (A)</b>	<p><i>The conclusion is supported by good evidence</i></p> <ul style="list-style-type: none"><li>• Evidence: strong research design, clear methodology and sufficient sample size.</li><li>• Consistency: consistent with minor exceptions.</li><li>• Clinical impact: clinically important.</li><li>• Generalisability: free from sufficient doubts.</li><li>• Applicability: directly applicable to practice setting.</li></ul>
<b>Fair (B)</b>	<p><i>The conclusion is supported by fair evidence</i></p> <ul style="list-style-type: none"><li>• Evidence: strong research design, minor methodological concerns <b>or</b> weaker study design but results are generally consistent in separate studies.</li><li>• Consistency: some uncertainty in conclusions due to minor inconsistencies although inconsistencies can be explained.</li><li>• Clinical impact: minor doubt about clinical significance, benefit or harm.</li><li>• Generalisability: minor doubt about generalisability.</li><li>• Applicability: generally applicable with few exceptions.</li></ul>
<b>Limited (C)</b>	<p><i>The conclusion is supported by limited evidence or expert opinion</i></p>

	<ul style="list-style-type: none"> <li>• Evidence: weak design <b>or</b> substantial uncertainty because of inconsistencies among results from different studies.</li> <li>• Consistency: inconsistencies among results from different studies, substantial uncertainty about results.</li> <li>• Clinical impact: uncertain or moderate.</li> <li>• Generalisability: substantial uncertainty about generalisability.</li> <li>• Applicability: likely applicable to the practice setting with some exceptions.</li> </ul>
<p><b>Unavailable and/or poor quality and/or contradictory (D)</b></p>	<p><i>A conclusion is either not possible or extremely limited because evidence is unavailable and/or poor quality and/or is contradictory.</i></p> <ul style="list-style-type: none"> <li>• Evidence: single study with major design flaws <b>or</b> studies with contradictory results <b>or</b> evidence is lacking from authoritative sources or research involving humans.</li> <li>• Consistency: usually highly inconsistent.</li> <li>• Clinical impact: difficult to assess or minimal.</li> <li>• Generalisability: not generalizable or very limited generalisability.</li> <li>• Applicability: not applicable or very limited applicability to the practice setting.</li> </ul>