

**Table S1.** Outcomes and effects of nutritional and exercise interventions, organized according to study type, year of publication and intervention.

| <b>Randomized controlled trials</b> |                          |  |   |   |
|-------------------------------------|--------------------------|--|---|---|
| <b>Study</b>                        | <b>Intervention type</b> | <b>Selected outcomes</b>               | <b>Measuring methods</b>                          | <b>Between-group finding</b>  |
| Cereda, 2018                        | Nutrition                | Body composition<br>Physical function  | Total body mass<br>Handgrip dynamometer           | Weight loss (kg) end of RT:<br>Intervention -1.9 vs control -3.5, $p = 0.006$<br>No statistically significant between-group difference  |
| Jiang, 2018                         | Nutrition                | Nutritional status<br>Body composition | PG-SGA<br>Total body mass<br>Fat-free mass by BIA | No statistically significant between-group difference<br>Weight (kg) after adjustment for baseline,<br>End of CRT: Intervention 59.11 vs control 58.14,<br>$F = 4.544, p \leq 0.036$<br>No statistically significant between-group difference |
| Roussel, 2017                       | Nutrition                | Body composition                       | Total body mass<br>BMI                            | No statistically significant between-group differences<br>No statistically significant between-group differences  |
| Ravasco, 2005                       | Nutrition                | Nutritional status<br>Body composition | PG-SGA<br>Total body mass                         | No between-group differences given<br>No between-group differences given  |
| Isenring, 2003                      | Nutrition                | Body composition                       | Total body mass<br>Fat-free mass by BIA           | Weight loss (kg) after 3 months:<br>Intervention -1.1 vs control -4.3, $p = 0.019$<br>Fat free mass loss (kg)<br>Intervention -0.3 vs control -2.2, $p = 0.029$   |
| Hearne, 1989                        | Nutrition                | Body composition                       | Total body mass                                   | Weight loss (%) Nasopharyngeal carcinoma:<br>Intervention 3.8 vs control 3.3 ( <i>ns</i> )<br>All other cancer sites: Intervention 0.2 vs control 7.3,<br>$p = 0.005$   |

| Daly, 1984                           | Nutrition  | Body composition  | Total body mass<br>Mid-arm muscle circumference   | Weight loss (%) Nasopharyngeal carcinoma:<br>EN 3.5 vs orally fed 5 ( <i>ns</i> ).<br>All other cancer sites: EN 0.6 vs orally 6.1, $p < 0.04$<br>No statistically significant between-group differences   |
|--------------------------------------|--|---|---|--|
| Samuel, 2019                         | Exercise   | Physical function   | 6-minute walk test  | Change in walking length (meters) after 11 weeks:<br>Intervention + 37 vs control - 73 meters,<br>$F(3,345) = 23.67, p \leq 0.001$   |
| Samuel, 2013                         | Exercise   | Physical function   | 6-minute walk test  | Change in walking length (meters) after 6 weeks:<br>Intervention + 42 vs control - 96 meters, $p \leq 0.001$   |
| <b>Pilot and feasibility studies</b> |  |   |   |  |
| Study                                | Intervention type  | Selected outcomes   | Measuring methods   | Between-group finding  |
| Sandmæl, 2017                        | Exercise and nutrition                                     | Body composition  | Total body mass (CT)<br>Skeletal muscle mass  | No statistically significant between-group differences<br>No statistically significant between-group differences   |
| Zhao, 2016                           | Exercise and nutrition                                     | Body composition<br>Physical function                       | BMI<br>Lean body mass (DXA)<br>Handgrip dynamometer<br>6-minute walk<br>Timed up and go                             | No statistically significant between-group differences<br>No statistically significant between-group differences<br>No statistically significant between-group differences<br>No statistically significant between-group differences<br>No statistically significant between-group differences   |
| Capozzi, 2016                        | Lifestyle intervention including<br>Exercise and nutrition | Nutritional status<br>Body composition<br>Physical function | PG-SGA<br>Total body mass<br>Lean body mass<br>Handgrip dynamometer<br>6-minute walk test<br>30-second sit to stand | No statistically significant between-group differences<br>No statistically significant between-group differences<br>No statistically significant between-group differences<br>No statistically significant between-group differences<br>No statistically significant between-group differences<br>No statistically significant between-group differences |

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|              |                        |                                       |  |   |
|--------------|------------------------|---------------------------------------|--|---|
| Rogers, 2013 | Exercise and nutrition | Body composition<br>Physical function | BMI<br>Lean body mass by BIA<br>Handgrip dynamometer<br>5 times sit to stand | Change (kg/m <sup>2</sup> ) after 6 weeks:<br>Interv -1.4 vs control -1.1, $p < 0.05$<br>No statistically significant between-group differences<br>No statistically significant between-group differences<br>No statistically significant between-group differences |
|--------------|------------------------|---------------------------------------|--|---|

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Supplementary Figure.

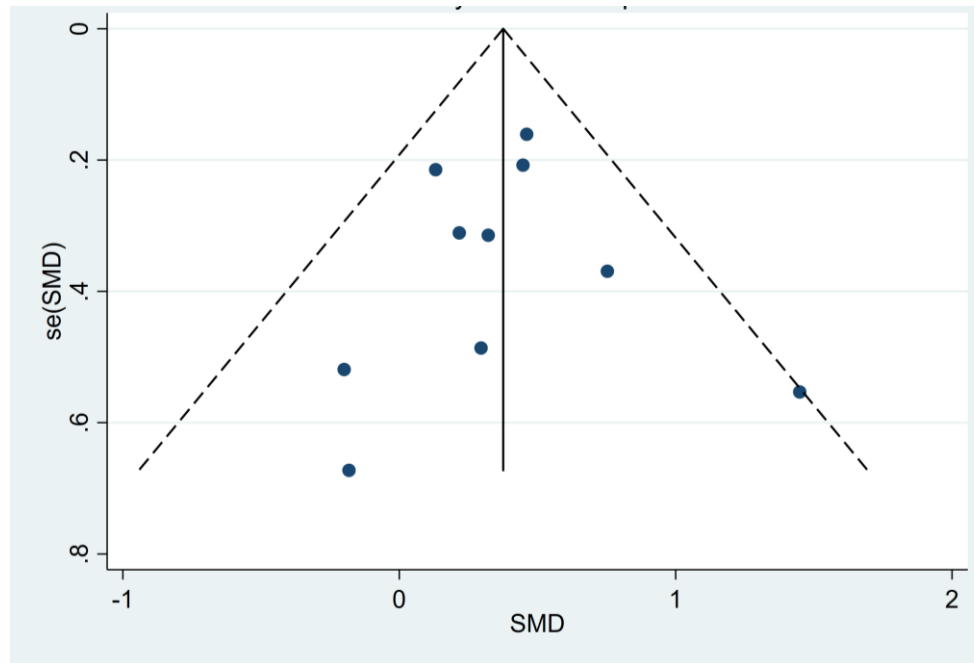
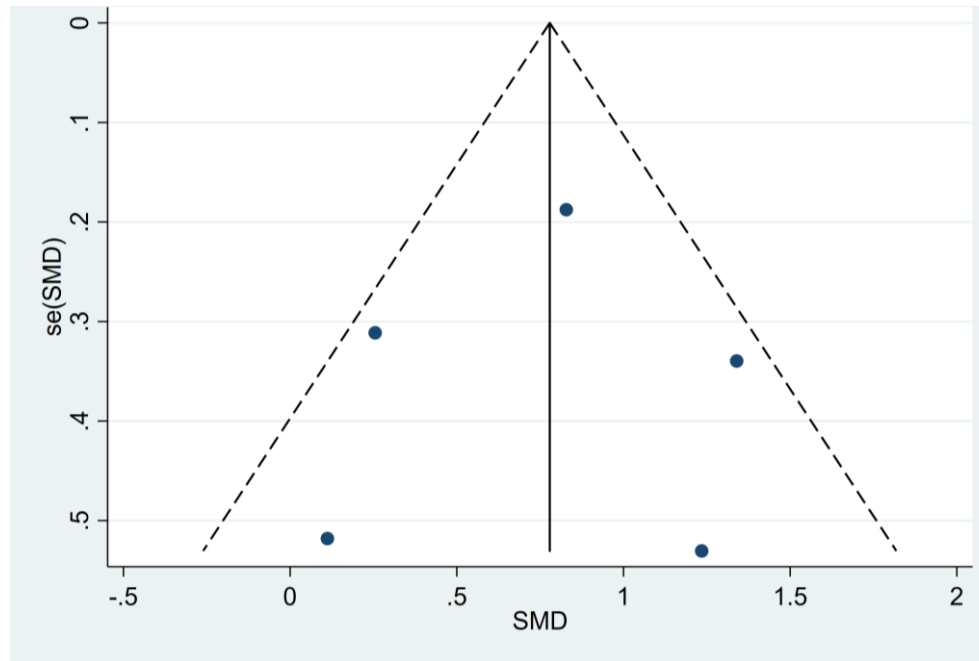


Figure S1. The symmetry of body composition results presented in Funnel plot.



**Figure S2.** The symmetry of physical function results presented in Funnel plot.