

**Table S2: Excluded full-text references (n = 33)**

Reason for ineligibility	References
Ineligible population (e.g. not healthcare or aged care) – n = 9	<p>41. Baugreet, S.; Kerry, J.P., Botineştean, C.; Allen, P.; Hamill, R.M. Development of novel fortified beef patties with added functional protein ingredients for the elderly. <i>Meat Sci</i> <b>2016</b>, <i>122</i>, 40–47.</p> <p>42. Chao, C.; Hwang, J.S.; Kim, I.W.; Choi, R.Y.; Kim, H.W.; Park, H.J. Coaxial 3D printing of chicken surimi incorporated with mealworm protein isolate as texture-modified food for the elderly. <i>J.Food Eng.</i> <b>2022</b>, <i>333</i>, Doi:10.1016/j.jfoodeng.2022.111151.</p> <p>43. García, J.; Méndez, D.; Álvarez, M.; Sanmartin, B.; Vázquez, R.; Regueiro, L.; Atanassova, M. Design of novel functional food products enriched with bioactive extracts from holothurians for meeting the nutritional needs of the elderly. <i>LWT-Food Sci. Tech.</i> <b>2019</b>, <i>109</i>, 55–62.</p> <p>44. Kennedy, K.; Keogh, B.; Lopez, C.; Adelfio, A.; Molloy, B.; Kerr, A.; Wall, A.; Jalowicki, G.; Holton, T. Khaldi, N. An artificial intelligence characterised functional ingredient, derived from rice, inhibits TNF-<math>\alpha</math> and significantly improves physical strength in an inflammaging population. <i>Foods</i> <b>2020</b>, <i>9</i>, 1147.</p> <p>45. Magno, S.; Ceccarini, G.; Pelosini, C.; Jaccheri, R.; Vitti, J.; Fierabracci, P.; Salvetti, G.; Airoldi, G.; Minale, M.; Saponati, G.; Santini, F. LDL-cholesterol lowering effect of a new dietary supplement: an open label, controlled, randomized, cross-over clinical trial in patients with mild-to-moderate hypercholesterolemia. <i>Lipid Health Dis.</i> <b>2018</b>, <i>17</i>, 124.</p> <p>46. Millar, C.L.; Duclos, Q.; Garcia, C.; Norris, G.H.; Lemos, B.S.; DiMarco, D.M.; Fernandez, M.L.; Blesso, C.N. Effects of Freeze-Dried Grape Powder on High-Density Lipoprotein Function in Adults with Metabolic Syndrome: A Randomized Controlled Pilot Study. <i>Metab. Syndr. Relat. Disord.</i> <b>2018</b>, <i>16</i>, 464–469.</p> <p>47. Muramatsu, K.; Mitsuboshi, S. Development of a new Itohiki-Natto manufactured for elderly Japanese. <i>Nippon Shokuhin Kagaku Kogaku Kaishi = J. Jpn. Soc. Food Sci. Tech.</i> <b>2013</b>, <i>60</i>, 381–386.</p> <p>48. Nguyen, J.Y.; Rock, C.R.; Gray, V.B.; Claver, M.; Costa, C. Product development considerations of flaxseed supplementation for the aging population: a pilot study. <i>J. Food. Res.</i> <b>2019</b>, <i>8</i>, 42–49.</p> <p>49. Setiawan, B.; Aulia, S.S.; Sinaga, T.; Sulaeman, A. Nutritional content and characteristics of pumpkin cream soup with tempeh addition as supplementary food for elderly. <i>Int.J. Food Sci.</i> <b>2021</b>, Doi:10.1155/2021/6976357.</p>

<p>Ineligible intervention (e.g. not new or innovative nutrition product) – <math>n = 12</math></p>	<p>50. Beelen, J.; de Roos, N.M.; de Groot, L.C.P.G.M. Protein enrichment of familiar foods as an innovative strategy to increase protein intake in institutionalized elderly. <i>J. Nutr. Health Aging</i> <b>2017</b>, <i>21</i>, 173–179.</p> <p>51. Cicolari, S.; Pavanello, C.; Olmastroni, E.; Del Puppo, M.; Bertolotti, M.; Mombelli, G.; Catapano, A.L.; Calabresi, L.; Magni, P. Interactions of Oxysterols with Atherosclerosis Biomarkers in Subjects with Moderate Hypercholesterolemia and Effects of a Nutraceutical Combination (Bifidobacterium longum BB536, Red Yeast Rice Extract) (Randomized, Double-Blind, Placebo-Controlled Study). <i>Nutrients</i> <b>2021</b>, <i>13</i>, 427.</p> <p>52. Costarelli, L.; Giacconi, R.; Malavolta, M.; Basso, A.; Piacenza, F.; DeMartis, M.; Giannandrea, E.; Renieri, C.; Busco, F.; Galeazzi, R.; et al. Effects of zinc-fortified drinking skim milk (as functional food) on cytokine release and thymic hormone activity in very old persons: a pilot study. <i>Age</i> <b>2014</b>, <i>36</i>, 1421–1431.</p> <p>53. Iuliano, S.; Poon, S.; Robbins, J.; Bui, M.; Wang, X.; De Groot, L.; Van Loan, M.; Ghasem Zadeh, A.; Nguyen, T.; Seeman, E. Effect of dietary sources of calcium and protein on hip fractures and falls in older adults in residential care: cluster randomised controlled trial. <i>BMJ</i> <b>2021</b>, <i>375</i>, n2364.</p> <p>54. Lassen, A.D.; Nordman, M.; Christensen, L.M.; Beck, A.M.; Trolle, E. Guidance for Healthy and More Climate-Friendly Diets in Nursing Homes—Scenario Analysis Based on a Municipality's Food Procurement. <i>Nutrients</i> <b>2021</b>, <i>13</i>, 4525–4525.</p> <p>55. Myint, M.W.W.; Wu, J.; Wong, E.; Chan, S.P.; To, T.S.J.; Chau, M.W.R.; Ting, K.H.; Fung, P.M.; Au, K.S.D. Clinical benefits of oral nutritional supplementation for elderly hip fracture patients: a single blind randomised controlled trial. <i>Age Ageing</i> <b>2013</b>, <i>42</i>, 39–45.</p> <p>56. Maki, K.C.; Geohas, J.G.; Dicklin, M.R.; Huebner, M.; Udani, J.K. Safety and lipid-altering efficacy of a new omega-3 fatty acid and antioxidant-containing medical food in men and women with elevated triacylglycerols. <i>Prostaglandins Leukotrienes Essent. Fatty Acid</i> <b>2015</b>, <i>99</i>, 41–46.</p> <p>57. Neelemaat, F.; Bosmans, J.E.; Thijs, A.; Seidell, J.C.; van Bokhorst-de van der Schuerena, M.A.E. Oral nutritional support in malnourished elderly decreases functional limitations with no extra costs. <i>Clin. Nutrition (Edinburgh, Scotland)</i> <b>2012</b>, <i>31</i>, 183–190.</p> <p>58. Pilipenko, V.I.; Teplyuk, D.A.; Shakhovskaya, A.K.; Isakov, V.A.; Vorobyova, V.M.; Vorobyova, I.S.; Sarkisyan, V.A.; Kochetkova, A.A.; Mikheeva, G.A.; Yudina, A.V. Using a multicomponent functional food in IBS patients with constipation a comparative controlled study. <i>Voprosy Pitaniia</i> <b>2016</b>, <i>85</i>, 84–91.</p>
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	<p>59. Rambousková, J.; Procházka, B.; Binder, M.; Anděl, M. Effect of the liquid milk nutritional supplement with enhanced content of whey protein on the nutritional status of the elderly. <i>Vnitřní Lekarství</i> <b>2014</b>, <i>60</i>, 556–561.</p> <p>60. Rasmussen, J. The LipiDiDiet trial: what does it add to the current evidence for Fortasyn Connect in early Alzheimer's disease? <i>Clin. Interv. Aging</i> <b>2019</b>, <i>14</i>, 1481–1492.</p> <p>61. Van Wymelbeke, V.; Brondel, L.; Bon, F.; Martin-Pfitzenmeyer, I.; Manckoundia, P. An innovative brioche enriched in protein and energy improves the nutritional status of malnourished nursing home residents compared to oral nutritional supplement and usual breakfast: FARINE+ project. <i>Clin. Nutr. ESPEN</i> <b>2016</b>, <i>15</i>, 93–100.</p>
Ineligible outcome (e.g. not acceptability, cost, appropriateness) – n = 2	<p>62. Leong, P.; Basham, J.E.; Yong, T.; Chazan, A.; Finlay, P.; Barnes, S.; Bardin, P.G.; Campbell, D. A double blind randomized placebo control crossover trial on the effect of dietary nitrate supplementation on exercise tolerance in stable moderate chronic obstructive pulmonary disease. <i>BMC Pulm. Med.</i> <b>2015</b>, <i>15</i>, 52.</p> <p>63. De Oliveira, L.P.L.; de Seixas Filho, J.T.; Pereira, M.M.; Mello, S.C.R.P. Frog meat in special diets: potential for use as a functional food. <i>Bol Inst. Pesca</i> <b>2017</b>, <i>43</i>, 99–106.</p>
Ineligible outcome (e.g. review, conference abstract) – n = 10	<p>64. Beelen, J.; de Roos, N.; de Groot, L. SUN-LB025: Protein Enrichment of Familiar Foods as an Innovative Strategy to Increase Protein Intake in Institutionalized Elderly. <i>Clin. Nutr.</i> <b>2015</b>, <i>34</i>, S244–S244.</p> <p>65. Durakova, A.; Gogova, T.; Vladeva, S.; Vasileva, A.; Slavov, A.; Yanakieva, V.; Temelkova, M. Biscuits with flour of lucuma, spelt and carob for prophylactic and dietary nutrition. <i>Journal of Hygienic Eng. Des.</i> <b>2021</b>, <i>37</i>, 174–179.</p> <p>66. Kahathuduwa, C.N.; Allison, D.B. Insufficient Reporting of Randomization Procedures and Unexplained Unequal Allocation: A Commentary on “Dairy-Based and Energy-Enriched Berry-Based Snacks Improve or Maintain Nutritional and Functional Status in Older People in Home Care”. <i>J. Nutr. Health Aging.</i> <b>2019</b>, <i>23</i>, 396. doi:10.1007/s12603-019-1183-0.</p> <p>67. Nykanen, I. Letter to the editor: Insufficient Reporting of Randomization Procedures and Unexplained Unequal Allocation: A Commentary on “Dairy-Based and Energy-Enriched Berry-Based Snacks Improve or Maintain Nutritional and Functional Status in Older People in Home Care”. <i>J. Nutr. Health Aging.</i> <b>2019</b>, <i>23</i>, 397. doi:10.1007/s12603-019-1184-z.</p> <p>68. Kurt, E.L. Conference Report. New Plant-Derived Drugs from Traditional Chinese Medicine Discussed at UN Conference. Available</p>

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