Fig 1. Flow diagram of information through phases of systematic review

Records identified through PubMed/MEDLINE database searching (n = 2074)

Additional records identified through other databases and hand search sources (n = 11)

Total records agreed upon by the three researchers (n = 4757)

Available records after exclusion of duplicates (n=2706)

Records excluded, irrelevant to the research question (n = 2630)

Full-text articles excluded as ineligible (n = 66)
  - Different outcome (n = 28)
  - Unclear or no nutrition training for health personnel (n = 17)
  - Unclear or lack of information on health personnel cadre (n = 9)
  - Population with special needs of chronic ailments (n = 12)

Full-text articles assessed for eligibility (n = 76)

Records available for the whole study n = 10 [29,31,32,46-52]

Studies included in quantitative synthesis (meta-analysis) n = 8 [31, 46-52]