**Supplemental Information**

**Table S1. Search terms.**

| Database | Type of Search | Search Query |
|---|---|---|
| EMBASE | Broad search terms, Emtree, Boolean operators | #1. (diet* OR nutri*) AND during AND cancer AND chemo*:ab,ti<br>#2. #1 AND [adult]/lim AND 'article'/it |
| SCOPUS | Advanced search, Boolean operators | TITLE-ABS-KEY ( diet* AND during AND cancer AND chemo* ) AND ( LIMIT-TO ( DOCTYPE , "ar" ) ) |
| Cochrane Library | Advanced search, MeSH terms, Boolean operators | (diet* OR nutrition*):ti,ab,kw AND (during):ti,ab,kw AND (cancer):ti,ab,kw AND (chemo*):ti,ab,kw |

**Fig. S1. Risk of bias assessment**

**Intention-to-treat**

| Unique ID | D1 | D2 | D3 | D4 | D5 | Overall |
|---|---|---|---|---|---|---|
| Abdollahi2019 | + | + | + | + | + | + |
| Allen2021 | + | + | + | + | + | + |
| Baldwin2011 | + | + | ! | + | ! | ! |
| Basen-Engquist2020 | ! | + | + | + | + | + |
| Bille2018 | ! | ! | + | + | + | ! |
| Bourdel-Marchasson2014 | + | + | + | + | + | + |
| Brouwer2024 | + | + | + | + | + | + |
| Cao2024 | + | + | + | + | + | + |
| Carayol2019 | + | + | + | + | ! | + |
| Dai2022 | ! | + | + | + | ! | ! |
| deLimaBezerra2023 | + | + | + | + | ! | ! |
| Demark-Wahnefried2008 | + | + | + | + | ! | ! |
| deSouza2021 | + | + | + | + | ! | + |
| Djuric2012 | + | + | + | + | + | + |
| Ford2024 | + | + | + | + | + | + |
| Gardner2008 | ! | + | + | + | ! | ! |
| Harvie2022 | + | + | + | + | + | + |
| IJmker-Hemink2021 | + | + | + | + | ! | + |
| Jacot2020 | + | + | + | + | ! | ! |
| Jalali2018 | + | + | + | + | ! | ! |
| Kenkhuis2024 | + | + | + | + | + | + |
| Keum2021 | + | + | + | + | ! | ! |
| Kleckner2022 | + | + | + | + | + | + |
| Loprinzi1996 | + | + | + | + | ! | ! |
| Maurer2022 | + | + | + | + | ! | ! |
| Najafi2018 | + | + | + | + | + | + |
| Ollenschlager1992 | ! | + | + | + | ! | ! |
| Omar2022 | + | + | + | + | ! | ! |
| Ovesen1993 | + | + | ! | + | ! | ! |
| Puklin2024 | + | + | + | + | + | + |
| Raghunath2020 | + | + | + | + | ! | ! |
| Regueme2020 | + | + | ! | ! | + | ! |
| Sanft2023 | + | + | + | + | + | + |
| Sathiaraj2022 | + | + | + | + | ! | ! |

| | |
|---|---|
| + | Low risk |
| ! | Some concerns |
| - | High risk |

D1  Randomisation process
D2  Deviations from the intended interventions
D3  Missing outcome data
D4  Measurement of the outcome
D5  Selection of the reported result

| | | | | | | |
|---|---|---|---|---|---|---|
| Stelten2022 | + | + | + | + | + | + |
| Sukaraphat2016 | ! | + | + | + | ! | ! |
| van der Werf2020 | + | + | + | + | + | + |
| Villarini2012 | + | + | + | + | ! | ! |
| Wang2023 | + | + | ! | + | ! | ! |
| White2020 | + | + | + | + | ! | ! |
| Xie2017 | - | + | + | + | ! | - |
| Zhang2023 | ! | + | + | + | ! | ! |