Table S1. Information on the declaration of financial support and conflict of interest

Author (year)	Population Characteristics	Intervention	Funding	Conflict of Interest
Cup feeding interventions (n=2)				
Abouelfettoh (2008)	Preterm (LBW) [GA: 35.13wk, Bwt: 2150g] Recruitment: NICU	**Cup feeding** IG: Only cup feeding CG: Only bottle feeding	Not mentioned in the paper	None declared
Yilmaz (2014)	Preterm (VLBW) [GA: 32-35wk, Bwt: 1543g] Recruitment: NICU	**Cup feeding** G1: Cup feeding G2: Bottle feeding	Authors received no financial support	None declared
Formula Fortification/Supplementation interventions (31)				
Abrams (2014)	Preterm (VLBW) [Bwt: <1,250g] Recruitment: NICU	**Cow milk** G1: HM [HM (mother's own/donor milk) + HM based fortifier] G2: CM [cow milk formula + cow milk-based fortifier]	Prolacta Bioscience	None declared
Alan (2013)	Preterm (VLBW) [GA: ≤32wk, Bwt: ≤1500g] Recruitment: NICU	**Protein supplementation** When mothers expressed first milk IG: HM with extra protein supplementation CG: HM with a standard fortification	Authors received no financial support	None declared
Arslanoglu (2006)	Preterm (LBW, VLBW, ELBW) [GA: 26-34wk, Bwt: 600-1750g] Recruitment: Hospital	**Protein supplementation** When volume reached 150ml/kg/d G1: HMF + additional protein G2: HM with HMF in the standard amount	Authors received no financial support	Not mentioned in the paper
Florendo (2009)	Preterm (VLBW) [GA: ≤32wk, Bwt: 1200g] Recruitment: New born medical centre	**Protein supplementation** IG: Partially hydrolysed whey protein CG: Non-hydrolysed whey casein preterm infant formula	Nestec Ltd, Vevey, Switzerland	Not mentioned in the paper
Kim (2015)	Preterm (VLBW) [GA: ≤33wk, Bwt: 1174g]	**Protein supplementation** When volume reached 100ml/kg/d	Abbott Nutrition	None declared

Author (year)	Population Characteristics	Intervention	Funding	Conflict of Interest
	Recruitment: NICU	IG: Conc. HMF containing liquid extensively hydrolysed protein CG: Powdered intake protein HMF		
Erasmus (2002)	Preterm (VLBW) [GA: 26-34wk, Bwt: 1407g] Recruitment: NICU	**Lactase fortification** From birth (day 1) to 36 wk or discharged IG: Fortified HM or preterm formula treated with lactaid drops (Lactase) CG: Untreated fortified HM or preterm formula	Authors received no financial support	Not mentioned in the paper
Gathwala (2007)	Term SGA (LBW) [GA: 40wk, Bwt: 2000g] Recruitment: Hospital	**Lactase fortification** When volume reached 100ml/kg/d IG: HM fortified with Lactodex-HMF CG: Only BM	Authors received no financial support	Not mentioned in the paper
Berseth (2004)	Preterm (VLBW) [GA: ≤33wk, Bwt: 1180g] Recruitment: Hospital	**Iron fortification** When volume reached 100ml/kg/d G1: HMF (iron fortified) G2: HMF (standard)	Mead Johnson Nutritionals	Berseth, Stolz, Harris and Hansen are emloyees of Mead Johnson Nutritionals
Willeitner (2017)	Preterm (VLBW, ELBW) [GA: 29wk, Bwt: 500-1499g] Recruitment: NICU	**Iron fortification** Birth- day 3 IG: HM fortification (Conc. Preterm Formula 30- Similac Special Care 30 with iron) CG: Standard Powdered HMF (Similac HMF)	Not mentioned in the paper	Not mentioned in the paper
Clarke (2007)	Faltering growth [GA: 2-31wk] <3rd centile for weight and height for age; weight gain <50% of expected Recruitment: Children's Hospital	**Nutrient fortification** G1: Nutrient-dense formula G2: Energy-supplemented formula	Nutricia Clinical Care	None declared
Morlacchi (2016)	Preterm (VLBW) [GA: <32wk, Bwt: 1255g]	**Nutrient fortification** First day	Authors received no financial support	Not mentioned in the paper

Author (year)	Population Characteristics	Intervention	Funding	Conflict of Interest
	Recruitment: NICU	G1: Macronutrient fortification G2: Standardized fortification (Aptamil BMF, FM85)		
Worrell (2002)	Preterm (VLBW) [GA: 27±3wk, Bwt: 925g] Recruitment: NICU	**Nutrient fortification** G1: Transitional formula (TF-higher amounts of protein, Ca, P, and several trace minerals and vitamins) G2: Standard formula	Not mentioned in the paper	Not mentioned in the paper
Cristofalo (2013)	Preterm (ELBW) [GA: <27wk, Bwt: 989g] Recruitment: NICU	**Bovine milk** G1: Exclusive appropriately fortified HM G2: Bovine milk-based preterm formula 1-4d after birth and continued at 10-20 ml/kg/d as tolerated for up to 5 days	Prolacta Bioscience	Not mentioned in the paper
Hair (2014)	Preterm (ELBW) [GA: 28wk, Bwt: 970g] Recruitment: NICU	**Cream supplementation** IG: HM derived cream supplement CG: Mothers own milk or donor's HM derived fortifier	US Dept. of Agriculture/Agriculture Research Service, National Centre for Research resources General Clinical research for Children, Prolacta Bioscience	None declared
Shah (2016)	Preterm (VLBW) [GA: 27wk, Bwt: <1500g] Recruitment: NICU	**Early and delayed fortification** G1: Early fortification (20ml/kg/d of HM feeds) G2: Delayed fortification (100ml/kg/d of HM feeds)	Not mentioned in the paper	Not mentioned in the paper
Taheri (2016)	Preterm (VLBW) [GA: 28-34wk, Bwt: 1294g] Recruitment: NICU	**Early and delayed fortification** G1: Early fortification (1st feeding) G2: Late fortification (BF volume reached 75ml/kg/d)	Not mentioned in the paper	Not mentioned in the paper
Tillman (2012)	Preterm (VLBW) [GA: <31wk, Bwt: 1123g] Recruitment: Neonatal database (NICU)	**Early and delayed fortification** Fortification with Enfamil, powdered HM fortifier G1: Early BM fortification (1st feed)	Not mentioned in the paper	Not mentioned in the paper

Author (year)	Population Characteristics	Intervention	Funding	Conflict of Interest
		G2: Delayed fortification (when volume reached 50-80ml/kg/d)		
Bhat (2001)	Preterm (VLBW) [GA: 26-34wk, Bwt: 1242g] Recruitment: Special care baby unit	**Human milk fortification** When clinical conditions permitted IG: Fortified HM CG: HM only Dose: 1g of fortifier added to 100ml of milk on day 1, and gradually increased to 4g added to 100ml on 3rd/4th day	Not mentioned in the paper	Not mentioned in the paper
Morlacchi (2018)	Preterm (VLBW) [GA: <32wk, Bwt: <1500g] Recruitment: NICU	**Human milk fortification and formula** G1: Fortified HM G2: Preterm formula	Authors received no financial support	None declared
Kim (2017)	Preterm (ELBW) [GA: <32 wk, Bwt: 1087g] Recruitment: NICU	**Human milk and formula** G1: Donor human milk G2: Preterm formula Infants fed G1&G2 before achieving an enteral intake volume of 130 ml/kg/d	Not mentioned in the paper	None declared
Lok (2017)	Preterm (LBW, VLBW) [GA: <37wk, Bwt: <2200g, VLBW: <1500g, LBW: ≥1500g and <2200g] Recruitment: NICU	**Human milk and formula** 1-4d after birth and continued at 10-20 ml/kg/d as tolerated for up to 5 days Category 1: LBW, Category 2: VLBW; Both the groups further divided into- G1: Any BM (human/donor) G2: No BM (infant formula)	Small Project Fund of Univ. Of Hongkong	None declared
Manea (2016)	Preterm (ELBW) [GA: 25-33wk, Bwt: <1,000g] Recruitment: Children hospital	**Human milk and formula** Once enteral nutrition (24-48 hrs of life) started until initiation of bottle feeding G1: Human BM G2: Formula	Not mentioned in the paper	Not mentioned in the paper
Morley (2000)	Preterm (LBW) [GA: ≤31wk, Bwt: <1850g] Recruitment: Neonatal unit	**Human milk and formula** Fed until they reach wt. of 2000g or discharged from NICU	Farley Health Products (division of HJ Heinz Company Ltd.)	Not mentioned in the paper

Author (year)	Population Characteristics	Intervention	Funding	Conflict of Interest
	and breast milk bank centre/ without BM banks	Category 1: As sole diet Category 2: As supplement to HM G1: Banked donor milk G2: Preterm formula		
O'connor (2016)	Preterm (ELBW) [GA: 27.5wk, Bwt: 995g] Recruitment: NICU	**Human milk and formula** Initiated after birth and advanced at a rate of 10-25 ml/kg/d up to 160ml/kg/d G1: Donor milk G2: Preterm formula	Not mentioned in the paper	Not mentioned in the paper
Moya (2012)	Preterm (ELBW) [GA: ≤30wk, Bwt: 1000g] Recruitment: NICU	**Liquid and powdered fortification** From birth to 28 days G1: Liquid HMF G2: Powdered HMF	Mead Johnson Nutrition	Not mentioned in the paper
Kanmaz (2012)	Preterm (ELBW) [GA: 28wk, Bwt: 1092g] Recruitment: NICU	**Different levels of fortification** When full feedings were achieved G1: Standard fortification [1.2g HMF+30ml HM] G2: Moderate fortification [1.2g HMF+25ml HM] G3: Aggressive fortification [1.2g HMF+20ml HM]	Authors received no financial support	None declared
Porcelli (1999)	Preterm (VLBW, ELBW) [GA: 25-32wk, Bwt: 600-1500g] Recruitment: NICU	**Different fortifier** G1: Test HMF (1 g of protein/100 ml of supplemented milk, 85% glucose polymers, 15% lactose, and calcium, phosphorus, sodium, copper) G2: Reference HMF (60% whey protein and 40% casein, 75% glucose polymers, 25% lactose and calcium, phosphorus, sodium, and copper)	Wyeth Nutritionals International, Philadelphia, USA	Not mentioned in the paper
Kumar	Preterm (ELBW)	**Different formula**	Not mentioned in the paper	None declared

Author (year)	Population Characteristics	Intervention	Funding	Conflict of Interest
(2017)	[GA: 27wk, Bwt: 993g] Recruitment: NICU	G1: Similac liquid human milk fortifier (Similac Human Milk Fortifier Hydrolyzed Protein Conc. Liquid) G2: Enfamil liquid human milk fortifier (Enfamil human milk fortifier acidified liquid)		
Amesz (2010)	Preterm (VLBW) [GA: ≤32wk, Bwt: 1338g] Recruitment: Neonatal unit	**Different formulas** Until term CA G1: Post discharge formula G2: Term formula G3: HM fortified formula	Friesland Food, Leeuwarden, the Netherlands	None declared
Lucas (1992)	Preterm (VLBW) [GA: 31wk, Bwt: 1475g] Recruitment: NICU	**Different formula** G1: Follow-on preterm formula (FPF- Farley's Premcare) G2: Standard term formula (STF-Farley's Oster Milk)	Farley Health Products	Not mentioned in the paper
Flaherman (2013)	Term infants [>37 wk who lost ≥5% Bwt before 36 hrs of age] Recruitment: Children hospital	**Continued EBF and early limited formula** Who lost ≥5% of birth weight before 36 hrs IG: Early limited formula (ELF 10 ml using feeding syringe) CG: Continued EBF	National Institutes of Health (NIH)	One of the author served as a paid consultant for the following companies: Abbott Nutrition (Abbott Park, IL), Mead-Johnson (Evansville, IN), Nestle SA (Vevey, Switzerland), and Pfizer Consumer Products (Madison, NJ)
Enteral feed interventions (n=8)				
Akintorin (1997)	Preterm (VLBW, ELBW) [GA: 28wk, Bwt: 700-1250g]	**CNG and IBG feeds**	Not mentioned in the paper	Not mentioned in the paper

Author (year)	Population Characteristics	Intervention	Funding	Conflict of Interest
	Category 1: 700-1000g Category 2: 1001-1250g Recruitment: NICU	Parenteral nutrition started on days 2 to 3 and continued until each infant tolerated full enteral feedings G1: CNG vs IBG G2: CNG vs IBG		
Mosqueda (2008)	Preterm (ELBW) [GA: 26wk, Bwt:760g] Recruitment: NICU	**Intravenous and nasogastric feeds** G1: Intravenous alimentation alone (NPO-None per orem) G2: Small boluses of nasogastric feedings (Minimal enteral nutrition)	Not mentioned in the paper	Not mentioned in the paper
Kliethermes (1999)	Preterm (LBW) [GA: ≤32wk, Bwt: 1685g] Recruitment: Regional perinatal centre	**Nasogastric and bottle feeds** G1: Nasogastric tube G2: Bottle feeding	Not mentioned in the paper	Not mentioned in the paper
Bora (2017)	Preterm (VLBW) [GA: 35wk, Bwt: 1357g] Recruitment: NICU	**Complete and minimal feeds** G1: Complete enteral feed (CEF) with EBM G2: Minimal enteral feed (MEF) with IVF (trophic feeds 20 ml/kg of EBM and 60ml/kg 10% Dextrose by IV route)	Not mentioned in the paper	Not mentioned in the paper
Colaizy (2012)	Preterm (ELBW) [GA: 27wk, Bwt: 889g] Recruitment: NICU	**Different levels of feeds** Total enteral intake as HM, donor milk, Mixed HM/DM G1: <25%, G2: 25-50%, G3: 50-75% G4: >75%	NIH K23HD057232	None declared
Thomas (2012)	Preterm (VLBW) [GA: 31.7wk, Bwt: 1220g] Recruitment: NICU	**High and standard volume feeds** G1: High volume feeds (300ml/kg/d of EBM) G2: Standard volume feeds (200ml/kg/d of EBM)	Not mentioned in the paper	Not mentioned in the paper
Salas (2018)	Preterm (ELBW) [GA: 22-28wk, Bwt: 833g] Recruitment: NICU	**Early and delayed feeding** G1: Early progressive feeding without trophic feeding	Gerber Foundation WAC and NIH (Grants U10 HD 34216 and ULTTR001417)	None declared

Author (year)	Population Characteristics	Intervention	Funding	Conflict of Interest
		G2: Delayed progressive feeding after 4d course of trophic feeding		
Zecca (2014)	Preterm (LBW) [GA: 32-36wk, Bwt: >1499g] Recruitment: NICU	**Proactive and standard feeds** G1: Proactive Feeding Regimen (1st d of life-100ml/kg/d of HM, day 2-130ml/kg/d, day 3-165ml/kg/d, day 4-discharge 200ml/kg/d) G2: Standard Feeding Regimen (1st d of life-60ml/kg/d of HM and gradually increased to170ml/kg/d by day 9)	Not mentioned in the paper	None declared
Other interventions (n=6)				
Aly (2017)	Preterm (VLBW) [GA: ≤34wk, Bwt: 1300g] Recruitment: NICU	**Bee honey** G1: 5g, G2: 10g, G3: 15g G4: 0g (control)	Not mentioned in the paper	None declared
Heon (2016)	Mothers of EP infants Recruitment: NICU	**Electric breast pump** IG: Standard care + double electric breast pump + BM expression education and support intervention CG: Education and support	AWHONN, Canadian Institute of Health Research, Groupe de recherche interuniversitaire en interventions en sciences infirmieres du Quebec (GRIISIQ), Medela Canada	None declared
Slusher (2007)	Mothers of preterm [GA: 31wk] Recruitment: Teaching and mission hospital	**Electric breast pump** G1: Electric breast pump G2: Non-electric pedal Pump G3: Hand expression	Not mentioned in the paper	Not mentioned in the paper
Kumar (2010)	Preterm (VLBW) [GA: ≥32wk, Bwt: >1250-≤1600g] Recruitment: Tertiary level Neonatal unit	**Nasogastric and spoon feeds** Trial 1 G1: NG feeding in hospital G2: Spoon feeding in hospital Trial 2 G1: Spoon feeding in hospital G2: Spoon feeding at home	Not mentioned in the paper	Not mentioned in the paper

Author (year)	Population Characteristics	Intervention	Funding	Conflict of Interest
Lau (2012)	Preterm (VLBW) [GA: 28wk, Bwt: 1103g] Recruitment: NICU	**Suckling and swallowing** IG1: Non-nutritive sucking exercise (pacifier use) IG2: Swallowing exercise (placing a milk/formula bolus through syringe) CG: Standard care	Authors received no financial support	None declared
Serrao (2018)	Mothers of preterm [GA: 27-32wk] Recruitment: Previously registered trial	**Galactagogue** From 3rd -28th d after delivery G1: Silymarin-phosphatidylserine and galega (a daily single dose of 5 g of Piu`latte Plus MILTE) G2: Placebo (a daily single dose of 5 g of lactose)	Authors received no financial support	None declared