**Excluded studies**

The main reasons for the exclusion of 60 studies included: 29 studies did not measure the required anthropometric outcomes (1-29), 13 were not interventional studies (30-42), 6 studies did not design for under-5 children (43-48), 10 studies were conference abstracts (49-58), 1 study described the implementation process (59), and 1 study was duplicate (60).

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