**Table S1.** Information on 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]  Recruitment: NICU | **Protein supplementation**  When volume reached 100ml/kg/d  IG: Conc. HMF containing liquid extensively hydrolysed protein  CG: Powdered intake protein HMF | Abbott Nutrition | None declared |
| 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]  Recruitment: NICU | **Nutrient fortification**  First day  G1: Macronutrient fortification  G2: Standardized fortification (Aptamil BMF, FM85) | Authors received no financial support | Not mentioned in the paper |
| 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)  G2: Delayed fortification (when volume reached 50-80ml/kg/d) | Not mentioned in the paper | Not mentioned in the paper |
| 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  and breast milk bank centre/ without BM banks | **Human milk and formula**  Fed until they reach wt. of 2000g or discharged from NICU  Category 1: As sole diet  Category 2: As supplement to HM  G1: Banked donor milk  G2: Preterm formula | Farley Health Products (division of HJ Heinz Company Ltd.) | Not mentioned in the paper |
| 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  (2017) | Preterm (ELBW)  [GA: 27wk, Bwt: 993g]  Recruitment: NICU | **Different formula**  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) | Not mentioned in the paper | None declared |
| 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]  Category 1: 700-1000g  Category 2: 1001-1250g  Recruitment: NICU | **CNG and IBG feeds**  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 | Not mentioned in the paper | Not mentioned in the paper |
| 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  G2: Delayed progressive feeding after 4d course of trophic feeding | Gerber Foundation WAC and NIH (Grants U10 HD 34216 and ULTTR001417) | None declared |
| 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 |
| 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 |