

Supplementary Table 1. FODMAP Diet Scoring System

FODMAP Component	Servings	Score
Fructose	0/day	0
	1-2/day	1
	>2/day	2
Lactose	0/day	0
	1-3/day	1
	>3/day	2
Fructan (Veg/Fruit)	0/week	0
	2-3/week	1
	≥4/week	2
Fructan (Gluten)	0/day	0
	2/day	1
	>2/day	2
Fructan (Inulin)	0/week	0
	1-2/week	1
	≥3/week	2
Galacto-oligosaccharides	0/week	0
	1-2/week	1
	>2/week	2
Polyols	0/week	0
	1-3/week	1
	>3/week	2