



Figure S1. The timeline of the study.

Table S1. Sample of daily meal plan of low fermentable oligosaccharides, disaccharides, monosaccharides, and polyols (FODMAP) diet and diet based on National Institute for Health and Care Excellence (NICE).

Meal	Low FODMAP Diet		Diet Based on NICE Guidelines	
Breakfast	½ banana	●	½ banana	●
	Yoghurt, lactose-free	●	Yoghurt, natural	●
	2 tbsps. oatmeal, gluten-free	●	2 tbsps. oatmeal	●
	2 tbsps. puffed rice	●	2 tps. pumpkin seeds	●
	3 tps. sunflower seeds	●	1 tps. sunflower seeds	●
	3 tps. maple syrup	●	2 tps. honey	●
	Cranberry juice with water and brown sugar	●	3 tps. sultanas	●
			Tea with brown sugar	●
Lunch	30g turkey breast meat	●	30g turkey breast meat	●
	1/3 small zucchini	●	1/3 small zucchini	●
	½ small tomato	●	½ small tomato	●
	1 slice mozzarella cheese	●	1 slice mozzarella cheese	●
	1 tsp. olive oil	●	1 tsp. olive oil	●
	Water	●	Tea without sugar	●
Dinner	½ cup chicken soup	●	½ cup chicken soup	●
	1 bunch of sorrel	●	1 bunch of sorrel	●
	1 small potato	●	1 small potato	●
	½ egg	●	½ egg	●
	2 slices red pepper	●	2 slices red pepper	●
	2 slices orange pepper	●	2 slices orange pepper	●
	3 slices zucchini	●	3 slices zucchini	●
	1 tsp. mustard	●	1 tsp. mustard	●
	2 tps. tomato paste	●	2 tps. tomato paste	●
	2 tbsps. olive oil	●	2 tbsps. olive oil	●
	½ turkey sausage	●	½ turkey sausage	●
	2 small potatoes	●	2 small potatoes	●
Cranberry juice with water and brown sugar	●	2 small mushrooms	●	
			2 slices onion	●
			Cranberry juice with water and honey	●
Afternoon tea	30g orange	●	30g orange	●
	100g rockmelon	●	100g melon	●
	30g lemon	●	30g lemon	●
	100g pineapple	●	100g grapefruit	●
	2 tps. maple syrup	●	2 tps. maple syrup	●
Supper	¼ corn flour	●	¼ cup wheat flour	●
	1 tsp. olive oil	●	1 tsp. olive oil	●
	½ egg	●	½ egg	●
	¼ cup lactose-free milk	●	¼ cup low fat milk	●
	2 tps. maple syrup	●	2 tps. honey	●
	40g pineapple	●	40g mango	●
	40g papaya	●	40g pear	●
Cranberry juice with water and maple syrup	●	Tea with brown sugar	●	

FODMAP ratings: Red—high FODMAP; yellow—moderate FODMAP; green—low FODMAP; tbsp.—tablespoon, tsp.—teaspoon.