

Table S1. Daily intake of macronutrients and micronutrients according to IBS status (NutriNet-Santé study, 2016, n=15,103).

	IBS (> 6 months) <i>n=812</i>		No IBS <i>n=14,291</i>		<i>p</i> ^a	Total <i>n=15,103</i>	
	Mean	SD	Mean	SD		Mean	SD
Adequacy score to PNNS4 guidelines (sPNNSGS2) (/ 14.25)	1.8	3.2	1.6	3.4	0.0515	1.6	3.4
Total energy intake excluding alcohol (kcal/d)	1809.7	338.8	1860.8	403.7	0.0004	1858.1	400.6
Alcohol (g/d)	7.5	9.7	8.7	11.3	0.003	8.6	11.3
Percentage of total energy intake excluding alcohol from:							
Carbohydrates (%)	42.5	5.9	42.3	5.9	0.567	42.4	5.9
Lipids (%)	40.9	5.6	40.7	5.6	0.169	40.7	5.6
Omega 3^b (g/d)	1.5	0.7	1.5	0.8	0.477	1.5	0.7
Omega 6^b (g/d)	10.0	3.1	9.8	3.3	0.194	9.8	3.3
Proteins (%)	16.3	2.8	16.7	2.9	0.0002	16.7	2.9
Plant proteins / Total protein intake (%)	35.5	11.1	34.6	11.1	0.020	34.6	11.1
Fibres^b (g/d)	20.8	5.9	20.9	5.8	0.445	20.9	5.8
Iron^b (mg/d)	13.8	3.7	13.9	3.8	0.451	13.9	3.8
Zinc^b (mg/d)	10.3	2.1	10.6	2.2	0.003	10.6	2.2
β-carotene^b (mg/d)	3.7	2.1	3.6	2.1	0.859	3.6	2.1
Vitamin B9^b (μg/d)	318.2	80.9	327.1	83.2	0.003	326.7	83.1
Vitamin B12^b (μg/d)	5.0	3.8	5.3	4.1	0.012	5.3	4.1
Vitamin C^b (mg/d)	105.6	48.5	111.9	63.5	0.005	111.5	62.8
Vitamin E^b (mg/d)	12.4	3.6	12.2	3.6	0.224	12.2	3.6
Number of dietary records completed	8.2	3.7	8.3	3.5	0.501	8.3	3.5

Abbreviations: IBS, Irritable Bowel Syndrome ; SD, Standard Deviation; PNNS4, Programme National Nutrition Santé 4; sPNNS-GS2, simplified Programme National Nutrition Santé-Guidelines Score 2

^a*p*-value of the type III ANOVA for quantitative variables

^bNutrient intakes are adjusted for energy using the residual method.

Table S2. Dietary patterns obtained by factor analysis using principal component analysis of daily food intakes (NutriNet-Santé study, 2016, n=15,103)^a

	Healthy diet	Traditional diet	Western diet
Vegetables	0.626	0.400	-0.007
Fruits	0.516	0.198	0.087
Dried fruits	0.339	-0.049	0.099
Meat	-0.371	0.293	0.029
Poultry	-0.074	0.070	0.045
Offal	-0.062	0.222	0.066
Processed meat	-0.426	0.223	0.306
Fish and seafood	0.168	0.167	0.157
Eggs	0.164	0.124	0.121
Milk and dairy products	-0.082	0.042	-0.494
Cheese	-0.199	0.294	0.368
Refined starchy food	-0.037	-0.029	0.175
Bread	-0.413	0.497	-0.067
Potatoes and other tubers	-0.028	0.542	-0.010
Legumes	0.343	0.010	0.163
Whole starchy food	0.549	-0.071	0.173
Added fats	-0.079	0.551	-0.312
Oils	0.297	0.217	0.415
Sauce	0.268	0.518	-0.393
Salty or sweet, fatty products	-0.284	-0.111	0.121
Sugar-free alcohol-free beverages	0.279	0.004	0.217
Sweet beverages	-0.253	-0.151	0.060
Alcoholic beverages	-0.312	0.242	0.531

^aValues are factor-loadings