

S1 Table. Details of food package contents.

	Breakfast	Lunch	Dinner
Standard food package	2 slices medium white bread (Tesco) 72g Coffee/ tea 125mL with milk (dash) 1 portion of jam 20g 1 portion of butter 5g	Cheese sandwich on white bread 110g 1 apple Ready salted crisps (Walkers) 25g Strawberry yoghurt 85g	2 slices bread 72g Soup (Heinz) 400g Orange juice 85mL Gluten-free cake slice 100g
Low FODMAP food package	1 sachet Oats So Simple – golden syrup (Quaker) with ½ cup lactose free milk Coffee/ tea 125mL with lactose free milk (dash)	2 slices gluten-free bread (Tesco) Tuna steak in spring water (John West 'no drain') 120g 1 sachet mayonnaise (Heinz) 6 gluten-free oatcakes (Nairn) 1 medium size banana Ready salted crisps (Walkers) 25g	Lean corned beef (Princes) 200g Tinned whole carrots in water (Tesco) 300g Long grain microwave rice (Tesco) 250g 2 clementines

Food package contents provided to study subjects 24 hours prior to MRI scan for baseline (standard food package) and post-intervention (low FODMAP food package).