

**S2 Table. Detailed dietary breakdown.**

<b>Food component</b>	<b>MD-BL</b>	<b>MD-PI</b>	<b>OF-BL</b>	<b>OF-PI</b>
Energy (kcal/d)	2044(474)	1904(648)	2224(539)	2068(744)
Protein (g/d)	81.2(23.7)	91(41.7)	95.1(26)	99.3(46.8)
Fat (g/d)	83.4(24.6)	82(29.7)	90.6(29)	85.3(32)
Carbohydrate (g/d)	234(46.8)	<b>189(63.5)</b>	246(72.5)	<b>200(85.8)</b>
Sugar (g/d)	102(36.5)	<b>76(31.6)</b>	92(31)	<b>63(31)</b>
Starch (g/d)	123.7(38.4)	126(39.7)	150(56)	140(55)
Fibre (g/d)	18.9(5.5)	19.6(7.6)	21(7)	19.7(5.8)
Total FODMAPs (g/d)	17.7(7.4)	<b>1.7(1.6)</b>	18.9(8.0)	<b>2.5(1.6)</b>
Fructans (g/d)	2.4(0.9)	<b>0.3(0.5)</b>	2.9(1.4)	<b>0.2(0.2)</b>
GOS (g/d)	0.6(0.3)	<b>0.1(0.3)</b>	0.8(0.5)	<b>0.2 (0.3)</b>
Lactose (g/d)	9.9(6.8)	<b>0.69(0.8)</b>	10.6(6.0)	<b>1.4(1.5)</b>
Total fructose (g/d)	17.1(8.6)	<b>11.1(7.0)</b>	14.6(8.1)	<b>10.6(7.8)</b>
Excess fructose (g/d)	3.8(2.4)	<b>0.4(0.3)</b>	3.5(2.3)	<b>0.5(0.3)</b>
Sorbitol (g/d)	0.7(0.7)	<b>0.4(0.6)</b>	0.7(0.5)	<b>0.9(0.9)</b>
Mannitol (g/d)	0.2(0.2)	0.7(0.1)	0.3(0.4)	<b>0.9(0.2)</b>

Table of mean daily intake for individual dietary components. The intervention supplements are not included. MD, maltodextrin; OF, oligofructose; BL, baseline; PI, post-intervention. SD values given in brackets. Values which differ significantly from baseline are shown in bold.