**Table S1. The relative risks (RR) and 95% confidence intervals (CI) of having bloating symptoms for each diet compared with baseline and between each diet: sensitivity analyses**

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| Groups of comparison | Sensitivity analysis 1: symptom occurred vs. symptom did not occur (first diet period only) |  Sensitivity analysis 2: moderate to severe symptom vs.none to mild symptom |
| Cases (%) | RR (95% CI) | P-value | Cases (%) | RR (95% CI) | P-value |
| **Compared with baseline diet** |
| Baseline diet | 30 (18%) | Reference | Reference | 5 (3%) | Reference | Reference |
| Carbohydrate-rich diet | 17 (31%) | 1.63 (1.00, 2.65) | 0.051 | 9 (6%) | 1.83 (0.66, 5.05) | 0.243 |
| Protein-rich diet | 21 (38%) | 2.13 (1.45, 3.13) | < 0.001 | 19 (12%) | 3.84 (1.55, 9.46) | 0.004 |
| Unsaturated fat-rich diet | 18 (35%) | 1.91 (1.21, 3.03) | 0.006 | 9 (6%) | 1.82 (0.66, 5.04) | 0.249 |
| **Between diet comparison** |
| Protein-rich vs.Carbohydrate-rich diet | N/A | 1.44 (0.90, 2.32) | 0.129 | N/A | 2.09 (1.02, 4.30) | 0.045 |
| Unsaturated fat-rich diet vs. Carbohydrate-rich diet  | N/A | 1.16 (0.70, 1.90) | 0.565 | N/A | 1.00 (0.47, 2.09) | 0.985 |
| Protein-rich vs. Unsaturated fat-rich diet | N/A | 1.25 (0.79, 1.96) | 0.336 | N/A | 2.10 (1.08, 4.11) | 0.030 |
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