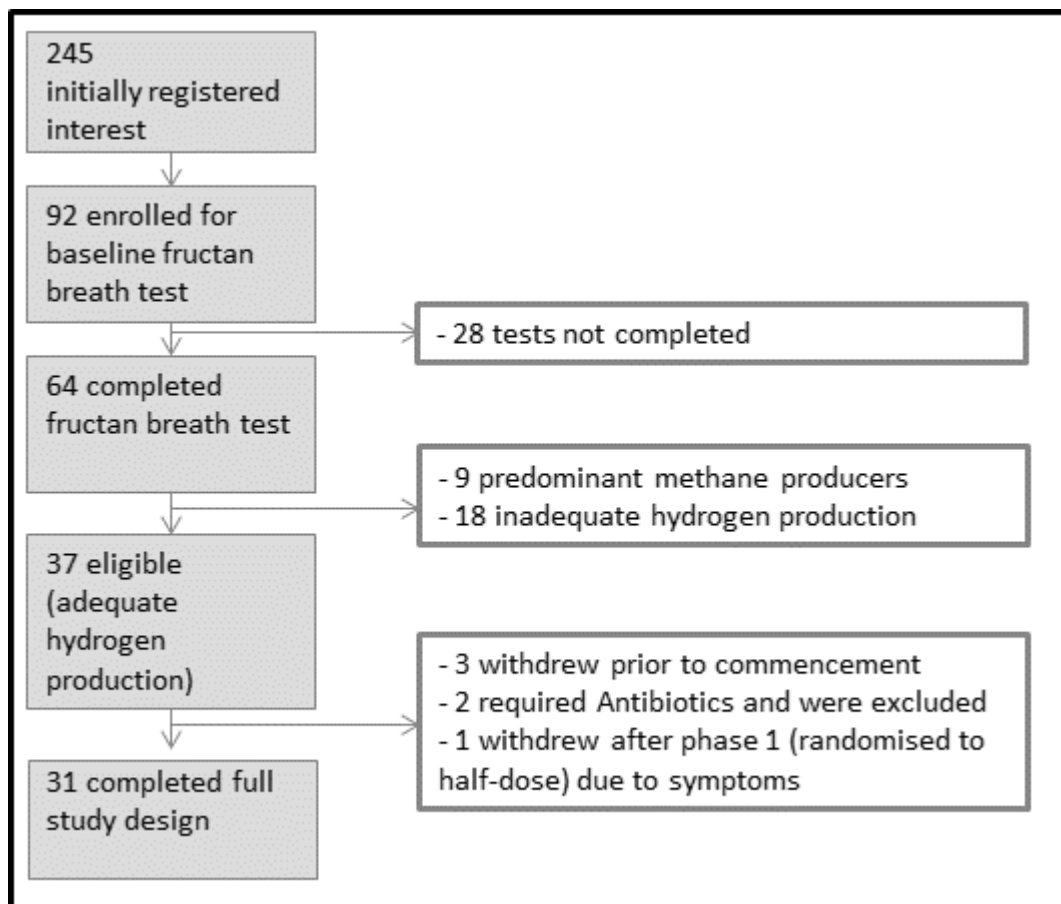


**Supplementary Table 1 The 3-day test diet including the high galacto-oligosaccharides (GOS) foods**

Day	Meal composition		High GOS Ingredients
Day four	Breakfast	Muesli	Almonds, cashews, cranberry, goji berries, pistachios. Soy milk based from whole soy beans
	Morning Tea	Banana bread	-
	Lunch	Minestrone soup with gluten free bread	Borlotti beans
	Afternoon Tea	Cheese and rice crackers	-
	Dinner	Red lentil curry with rice	Lupin flakes, red lentils
Day five	Breakfast	Muesli	Almonds, cashews, cranberry, goji berries, lupin flakes, pistachios. Soy milk based from whole soy beans
	Morning Tea	Banana	-
	Lunch	Veggie burger with gluten free bread	Cashews, green split peas, soya beans
	Afternoon Tea	Savoury muffin	-
	Dinner	Tofu stir fry served with rice noodles	Cashews, soya beans
Day six	Breakfast	Muesli	Almonds, cashews, cranberry, goji berries, lupin flakes, pistachios. Soy milk based from whole soy beans
	Morning Tea	Berry muffin	-
	Lunch	Lentil and kale soup with gluten free bread	Lentils red, green split peas green
	Afternoon Tea	Yoghurt	-
	Dinner	Risotto	Almonds, lupin flakes, pistachios, pumpkin, soya beans, snow peas



**Supplementary Figure 1 Subject recruitment flowchart**

Recruitment completed from April 2015 - May 2016.