**Table S2. The relative risks (RR) and 95% confidence intervals (CI) of having bloating symptoms for each diet compared with baseline by sex, race, age, and obese status comparing the main analysis and the sensitivity analysis.**

|  |  |  |  |
| --- | --- | --- | --- |
| Groups of comparison | Cases (%) | Relative risk (95% confidence interval) | Variables adjusted for in the sensitivity analysis |
| Main analysis:as shown in Figure 2 | Sensitivity analysis: adjusted estimates |
| Sex |
| Baseline diet | Male | 12 (13%) | Reference | Reference | Race  |
| Female | 18 (25%) |
| Carbohydrate-rich diet | Male | 11 (12%) | 0.92 (0.45, 1.86) | 0.93 (0.46, 1.89) |
| Female | 28 (39%) | 1.63 (1.07, 2.49) | 1.67 (1.10, 2.53) |
| Protein-rich diet | Male | 22 (25%) | 1.86 (1.14, 3.02) | 1.86 (1.14, 3.04) |
| Female | 31 (42%) | 1.72 (1.17, 2.53) | 1.73 (1.17, 2.56) |
| Unsaturated fat-rich diet | Male | 19 (21%) | 1.64 (0.98, 2.72) | 1.66 (1.00, 2.76) |
| Female | 29 (40%) | 1.62 (1.05, 2.50) | 1.65 (1.07, 2.56) |
| Race |
| Baseline diet | Non-Black | 14 (19%) | Reference | Reference | Sex |
| Black | 16 (18%) |
| Carbohydrate-rich diet | Non-Black | 8 (11%) | 0.57 (0.28, 1.15) | 0.58 (0.29, 1.16) |
| Black | 31 (35%) | 2.02 (1.29, 3.17) | 2.02 (1.30, 3.15) |
| Protein-rich diet | Non-Black | 20 (27%) | 1.44 (0.99, 2.09) | 1.44 (0.99, 2.08) |
| Black | 33 (37%) | 2.07 (1.33, 3.24) | 2.05 (1.31, 3.20) |
| Unsaturated fat-rich diet | Non-Black | 13 (18%) | 0.97 (0.59, 1.57) | 0.97 (0.59, 1.57) |
| Black | 35 (40%) | 2.21 (1.41, 3.47) | 2.16 (1.37, 3.40) |
| Age |
| Baseline diet | < 50 yrs | 9 (15%) | Reference | Reference | Sex and race |
| ≥ 50 yrs | 21 (20%) |
| Carbohydrate-rich diet | < 50 yrs | 15 (25%) | 1.72 (0.91, 3.26) | 1.77 (0.96, 3.26) |
| ≥ 50 yrs | 24 (24%) | 1.18 (0.75, 1.83) | 1.24 (0.79, 1.92) |
| Protein-rich diet | < 50 yrs | 18 (30%) | 2.00 (1.14, 3.50) | 1.96 (1.12, 3.45) |
| ≥ 50 yrs | 35 (35%) | 1.68 (1.18, 2.41) | 1.68 (1.16, 2.42) |
| Unsaturated fat-rich diet | < 50 yrs | 17 (28%) | 1.90 (1.00, 3.62) | 1.84 (0.97, 3.47) |
| ≥ 50 yrs | 31 (31%) | 1.51 (1.03, 2.21) | 1.54 (1.05, 2.27) |
| Obese status |
| Baseline diet | Non-obese | 15 (17%) | Reference | Reference | Sex and race |
| Obese | 15 (20%) |
| Carbohydrate-rich diet | Non-obese | 16 (18%) | 1.11 (0.67, 1.84) | 1.18 (0.72, 1.92) |
| Obese | 23 (31%) | 1.57 (0.93, 2.64) | 1.64 (0.98, 2.74) |
| Protein-rich diet | Non-obese | 25 (28%) | 1.68 (1.09, 2.58) | 1.63 (1.04, 2.56) |
| Obese | 28 (38%) | 1.88 (1.23, 2.86) | 1.90 (1.25, 2.89) |
| Unsaturated fat-rich diet | Non-obese | 19 (22%) | 1.31 (0.82, 2.09) | 1.35 (0.83, 2.18) |
| Obese | 29 (39%) | 1.95 (1.22, 3.10) | 1.94 (1.21, 3.09) |