**Table S3. The relative risks (RR) and 95% confidence intervals (CI) of having bloating symptoms between each diet by sex, race, age, and obese status comparing the main analysis and the sensitivity analysis.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Groups of comparison | | Relative risk  (95% confidence interval) | | Variables adjusted for in the sensitivity analysis |
| Main analysis:  as shown in Figure 3 | Sensitivity analysis: adjusted estimates |
| Sex | | | |  |
| Protein-rich diet vs. Carbohydrate-rich diet | Male | 2.16 (1.27, 3.69) | 2.07 (1.22, 3.54) | Race |
| Female | 1.10 (0.76, 1.61) | 1.02 (0.69, 1.50) |
| Unsaturated fat-rich diet vs. Carbohydrate-rich diet | Male | 1.89 (1.08, 3.31) | 1.92 (1.09, 3.38) |
| Female | 0.97 (0.70, 1.36) | 0.94 (0.68, 1.29) |
| Protein-rich diet vs. Unsaturated fat-rich diet | Male | 1.14 (0.76, 1.71) | 1.08 (0.73, 1.62) |
| Female | 1.14 (0.88, 1.47) | 1.08 (0.84, 1.40) |
| Race | | | |  |
| Protein-rich diet vs. Carbohydrate-rich diet | Non-Black | 2.78 (1.55, 5.01) | 2.80 (1.57, 4.99) | Sex |
| Black | 1.02 (0.71, 1.46) | 0.99 (0.68, 1.44) |
| Unsaturated fat-rich diet vs. Carbohydrate-rich diet | Non-Black | 1.75 (0.93, 3.31) | 1.71 (0.90, 3.26) |
| Black | 1.05 (0.76, 1.45) | 0.99 (0.73, 1.35) |
| Protein-rich diet vs. Unsaturated fat-rich diet | Non-Black | 1.59 (1.01, 2.50) | 1.63 (1.05, 2.53) |
| Black | 0.97 (0.76, 1.24) | 0.99 (0.78, 1.27) |
| Age | | | |  |
| Protein-rich diet vs. Carbohydrate-rich diet | < 50 yrs | 1.24 (0.78, 1.96) | 1.13 (0.71, 1.79) | Sex and race |
| ≥ 50 yrs | 1.49 (1.01, 2.20) | 1.28 (0.83, 1.96) |
| Unsaturated fat-rich diet vs. Carbohydrate-rich diet | < 50 yrs | 1.07 (0.70, 1.64) | 1.01 (0.67, 1.51) |
| ≥ 50 yrs | 1.32 (0.91, 1.92) | 1.20 (0.82, 1.74) |
| Protein-rich diet vs. Unsaturated fat-rich diet | < 50 yrs | 1.15 (0.82, 1.62) | 1.12 (0.81, 1.56) |
| ≥ 50 yrs | 1.13 (0.85, 1.50) | 1.07 (0.80, 1.42) |
| Obese status | | | |  |
| Protein-rich diet vs. Carbohydrate-rich diet | Non-obese | 1.53 (0.96, 2.45) | 1.30 (0.79, 2.12) | Sex and race |
| Obese | 1.33 (0.91, 1.95) | 1.23 (0.81, 1.88) |
| Unsaturated fat-rich diet vs. Carbohydrate-rich diet | Non-obese | 1.19 (0.74, 1.93) | 1.09 (0.66, 1.80) |
| Obese | 1.25 (0.88, 1.77) | 1.16 (0.88, 1.54) |
| Protein-rich diet vs. Unsaturated fat-rich diet | Non-obese | 1.28 (0.97, 1.69) | 1.19 (0.93, 1.52) |
| Obese | 1.06 (0.74, 1.53) | 1.06 (0.72, 1.58) |