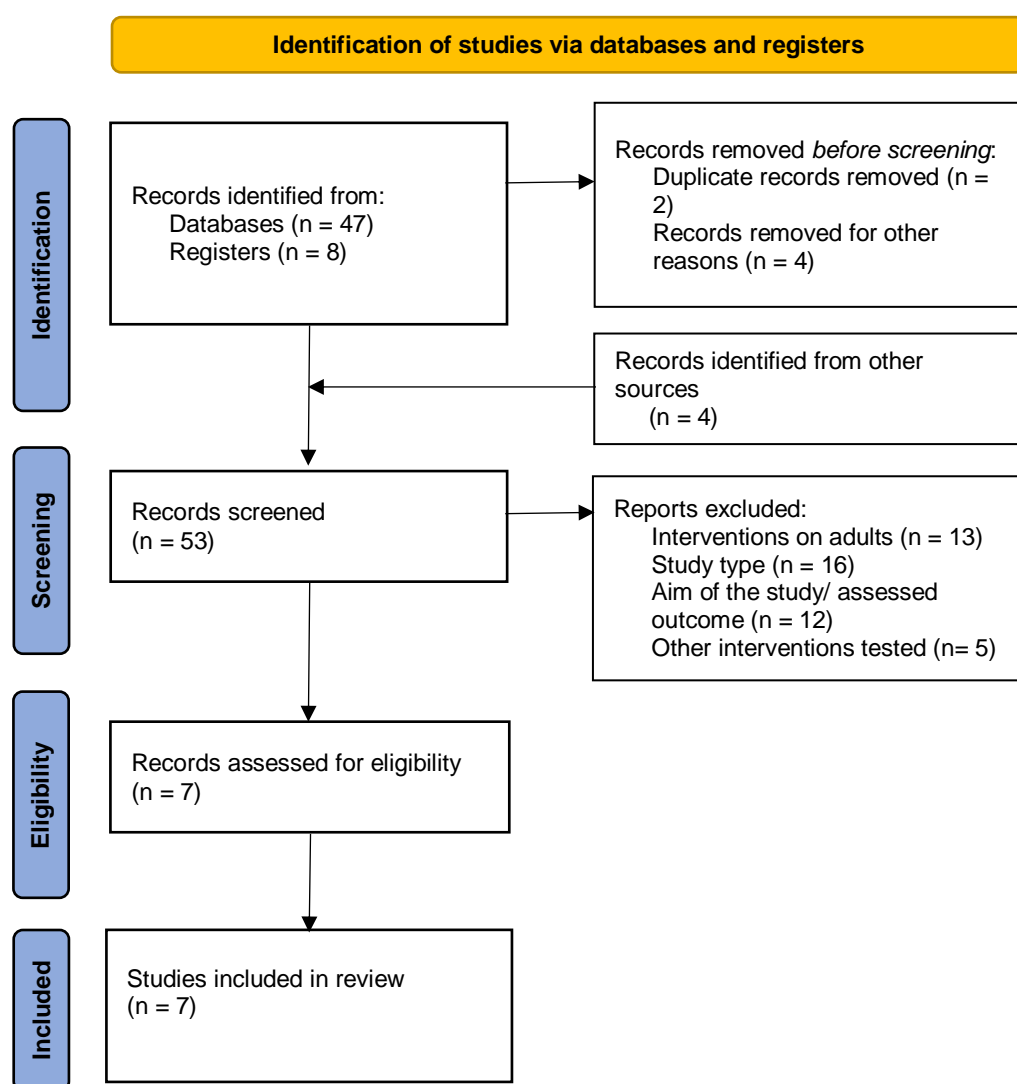


Systematic review of available evidence on the use of a low-FODMAP diet in children

Search terms: ("gastrointestinal disease"[Text Word] OR "functional gastrointestinal disease"[Text Word] OR "functional abdominal pain"[Text Word] OR "functional dyspepsia"[Text Word] OR "irritable bowel syndrome"[Text Word] OR "constipation"[Text Word] OR "infant colic"[Text Word] OR "inflammatory bowel syndrome"[Text Word] OR "small intestinal bacterial overgrowth"[Text Word] OR "non celiac gluten sensitivity"[Text Word]) AND ("FODMAP"[Text Word] OR "FODMAPs"[Text Word] OR "low-FODMAP"[Text Word] OR "low-FODMAPs"[Text Word]) Filters: Child: birth-18 years

Supplementary Figure 1: Flow chart of results retrieved by the search of articles and registers



Supplementary Table 1: Schema example of a low-FODMAP diet considering all necessary food groups

Meal	Food groups
Breakfast (and/or mid-morning snack)	Milk and dairy: Lactose-free milk or yogurt Fruit: clementine/ mandarin, orange, grapes, kiwi, pineapple, papaya, or strawberries Grain: oats or gluten-free flakes or sourdough bread ¹
Lunch	Vegetables: carrot, cucumber, eggplant, beans green, endive, kale, lettuce, spinach, Swiss chard, or tomato Carbohydrate-rich food: potato or rice, rice noodles, gluten-free pasta, quinoa Protein-rich food ² : egg, non-processed fish or meat, or plain tofu of tempeh Olive oil Fruit: clementine/ mandarin, orange, grapes, kiwi, pineapple, papaya, or strawberries
Mid-afternoon snack	Bread sourdough bread ¹ + lactose-free cheese and tomato or Lactose-free dairy or Fruit: clementine/ mandarin, orange, grapes, kiwi, pineapple, papaya, or strawberries with Nuts or seeds (Brazil nuts, macadamia, peanuts, pecan, sunflower or pumpkin seeds, walnuts)
Dinner	Vegetables: carrot, cucumber, eggplant, beans green, endive, kale, lettuce, spinach, Swiss chard, or tomato Carbohydrate-rich food: potato or rice, rice noodles, gluten-free pasta, quinoa Protein-rich food: egg, non-processed fish or meat, or plain tofu of tempeh Olive oil Lactose-free dairy or Fruit: clementine/ mandarin, orange, grapes, kiwi, pineapple, papaya, or strawberries

¹Certified low-FODMAP varieties only, check producer.

²One portion of animal foods (protein-rich) per day is usually enough. Pulses can be introduced as protein-rich foods during the reintroduction phase. Read the label of protein-rich vegan products to discard those including non-recommended foods.